

The SCOOP

Charles County's Senior Center News

HAPPY

St. Patrick's Day



MARCH 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 Manager, Ruth Anderson-Cole
Aging & Disability Resource Center Coordinator, Desiree Hodgson Williams
Nutritionist, Brittany Bolin

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 March Sponsored/Hosted Activities & Events

Clark Senior Center	Indian Head Senior Center	Nanjemoy Senior & Community Center	Waldorf Senior & Rec Center
N/A	All Clubs	Evening Bingo 3/22 @ 5 p.m.	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 March.

Friday, March 29 for Good Friday.



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.

Set Your Clocks to Spring Forward!!

Daylight saving time will be at 2 a.m. on Sunday, March 10, 2024. Make sure to change the clocks on your wall, car, and appliances. This will help keep you on time for any appointments or your favorite classes at your local senior center.



Did Your Program Get Promoted?

Can't find your weekly scheduled class in the SCOOP? It was there last month, and like magic, it vanished from its normal spot on the calendar? Not to worry! Your favorite weekly program got PROMOTED! That's right, you are now top of the calendar safely notated in the weekly program category. Your program isn't gone, it's made it to weekly rotation! Thanks to you and your dedication this program is now flourishing and is expected every week.



International Women's Day 2024: Inspire Inclusion

For International Women's Day 2024 and beyond, let's **Inspire Inclusion**. When we inspire others to understand and value women's inclusion, we forge a better world.

And when women themselves are inspired to be included, there's a sense of belonging, relevance and empowerment.

The aim of the IWD 2024 #InspireInclusion campaign is to collectively forge a more inclusive world for women.

On an individual basis, it's important to understand, value and seek out the inclusion of women and girls. Additionally, sharing this knowledge, support and encouragement with others is key.

On an organizational or group basis, there are many ways to ensure the needs, interests and aspirations of women and girls are valued and included. Organizations and groups can #InspireInclusion through action in areas such as:

- forging women's economic empowerment
- recruiting, retaining and developing female talent
- supporting women and girls into leadership, decision-making, business and STEM
- designing and building infrastructure meeting the needs of women and girls
- helping women and girls make informed decisions about their health
- involving women and girls in sustainable agriculture and food security
- providing women and girls with access to quality education and training
- elevating women and girl's participation and achievement in sport
- promoting creative and artistic talent of women and girls
- addressing further areas supporting the advancement of women and girls

Information provided by

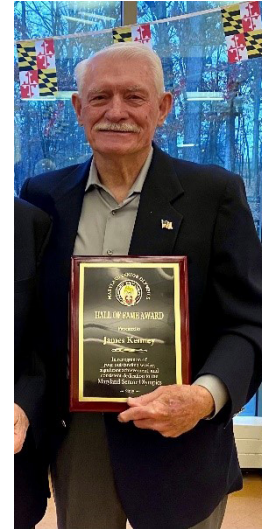
<https://www.internationalwomensday.com/>.

Maryland Senior Olympic Hall of Fame Inductee

Congratulations to James Kenney for being inducted into the Maryland Senior Olympic Hall of Fame on December 10th.

For the past 25 years, Mr. Kenney, 82 years young, has competed in track and field events.

He ranked 6th in the world for Javelin for his age group!



Hats for Backpacks

In the fall, seniors at the Indian Head Senior Center got together and knitted hats for backpacks. These hats were donated to the Indian Head Elementary School and distributed at a community event this winter. The children loved the handmade hats! Thank you to our seniors for sharing their time and talents with the community. You are appreciated!



The 31st Anniversary Southern Maryland Caregivers Conference

The 31st Annual Southern Maryland Caregivers Conference is being held in St. Mary's County on Friday, April 12th, 2024, from 8:00 a.m.-2:30 p.m., at USM Southern Maryland in California, Maryland.

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

The \$45 conference fee includes a continental breakfast, lunch, conference materials, exposure to service providers in the exhibition area, and the opportunity to attend professionally presented educational sessions on a wide array of elder care topics:

- Health Trends in Southern Maryland
- Dementia
- Managing and Coping with Difficult Behaviors
- Getting Your Affairs in Order/ Health Care Decision Making at the End of Life/MOLST
- Palliative Care
- Long Term Care Financing/Medicaid
- Medicare Updates
- Medication Management
- Veterans Services
- Public Guardianship & Older Adults
- Diabetes Management
- Assistive Technology & Caregiver Life Hacks
- Home and Community Based Services in Southern Maryland
- Understanding Medical Marijuana
- Caregiver Fitness

Registration brochures can be found at area senior centers, community centers and public libraries. Advance registration is required by March 29th but may be extended if space allows.

The conference is co-sponsored by St. Mary's County Aging and Human Services, Charles County Department of Community Services, Aging and Human Services Division and Calvert County Office on Aging. For additional information, or to receive a registration brochure, please contact Cindy Olmsted at 301- 934-0128 or e-mail at: olmstedc@charlescountymd.gov.

Walking for Older Adults

Walking is the most popular form of exercise among older adults and it's a great choice.

What can walking do for you?

- strengthen muscles
- help prevent weight gain
- lower risks of heart disease, stroke, diabetes, and osteoporosis
- improve balance
- lower the likelihood of falling

If it's been a long time since you exercised, you may want to start out slowly. You can start with just 5 minutes and build up to the recommended 30 minutes a day. Your goal should be to get up to taking 100 steps a minute. Remember, the most important thing is to just get started.

Take these Steps

Join a walking program or walk with a buddy

Chances are you'll stick with a walking program if you have someone to walk with. Some shopping malls or town parks may have these programs. The National Institute on Aging's website has many resources for walking and other kinds of physical activity.

Wear the right shoes

Comfortable sneakers work well for most people. If you have foot problems, you may want to look into orthopedic shoes or talk to your healthcare provider about how you can continue your walking program.

Don't let a cane or walker stop you

It's OK to use your cane or walker if you already have one. These can improve your balance and help take the load off painful joints.

Aim for the right pace

Try to walk as fast as you can, but still be able to chat with a friend while walking. Aim to work as hard as you do when you climb up the stairs.

Talk to your healthcare provider if you have any problems

Tell your healthcare provider if you have any pain or problems walking. Otherwise, don't let a health problem keep you from getting started.

For walking events in Charles County please visit

<https://www.charlescountyhealth.org/walk-charles-county/>.

DID YOU KNOW?



3 Tips for Safe Walking

Be Aware of your Surroundings

Plan to walk during the daytime or in well-lit areas in the evenings. Keep an eye out for uneven surfaces, possible obstacles, and other tripping hazards.

Keep Hydrated

Bring a bottle of water (or other low-calorie liquid) with you and be sure to drink plenty of fluids if you sweat.

Dress Properly for the Weather

If walking outside, wear layers of clothing so that you can take off a layer if you're hot or put one on if too cold.

Walking Content Source:

<https://www.healthinaging.org/tools-and-tips/tip-sheet-walking-older-adults>

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.

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

Mar 5th and Apr 2nd
By appointment **only** at the Richard Clark Senior Center, contact **301-609-5712** to schedule.

Get a Property/Renters Tax Break

Did you know that the state of Maryland provides a tax credit for homeowners based on gross household income that is \$60,000 or less? Application for Renter's rebate is also available to persons with a valid lease and who meet certain eligibility criteria. Many seniors qualify for these tax credit programs, so don't miss the opportunity to apply. Online and paper applications are available.

1. A direct credit on their July property tax bill **if the application is completed and received before April 15, 2024**, or a later credit for applications received on or before October 1, 2024.
2. A direct check that is paid to the qualified renter applicant.
3. A written letter of denial stating the reason for ineligibility.

Applications are accepted and processed from February through September. Individuals can obtain an application by contacting the Department of Community Services, Information & Assistance Offices at 301-609-5712 (La Plata) or 240-448-2816 (Waldorf). Appointments are highly encouraged.



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:

How has the Extra Help program changed in 2024?

Extra Help is a federal program that helps pay for most of the out-of-pocket costs of Medicare prescription drug coverage. It is also sometimes called the Part D Low-Income Subsidy (LIS). You are eligible for the program if your income and assets are below federally set limits. You could also be automatically enrolled in the program if you have Medicaid, a Medicare Savings Program (MSP), or Supplemental Security Income (SSI).

Up until 2024, you would qualify for either full or partial Extra Help, depending on your income and assets. In 2024, the Extra Help program has expanded so that all beneficiaries earning less than 150% of the federal poverty level (FPL) will be eligible for full Extra Help. Partial Extra Help has been effectively eliminated. You may qualify based on your 2024 income if you also have limited assets. The 2024 monthly income limit is \$1,843 for individuals and \$2,485 for couples.

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

SCAM JAM Registration is now OPEN!

Date: Wednesday, April 24, 2024

Time: 9:00 a.m.-1:30 p.m. • Fee: \$5.00

Location: Richard R. Clark Senior Center

Calling all Older Adults & Caregivers... Don't be a Victim of Scams impacting our community! Be Alert, Be Informed, Be Empowered! Register to attend the annual Scam Jam event to learn about current trends in scamming, how to protect yourself, and who to report them to. Submit your registration form to your local senior center by **Monday, April 15th.**

CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Hand Made Soap Demonstration

Join Janine & Woody Delauder from Rootbound Farms to learn how to make your own hand made soaps.

Wednesday, Mar. 6, 10 a.m. Fee: FREE

Twentieth Century Life

Would you like to share with others what life was like when you were growing up? Join Debi Scoggins for a roundtable discussion on the daily life in the twentieth century, with emphasis on Charles County.

Thursday, Mar. 7, 10:30 a.m. Fee: FREE

Brain Injury & Aging Safety

Did you know...Falls are the leading cause of traumatic brain injury in children and older adults, with the greatest incidence in individuals 83-90 years old. This presentation by Najah Britton will cover what a brain injury is and the many causes.

Thursday, Mar. 14, 10:30 a.m. Fee: FREE

Active Shooter Presentation

Charles County Building Security Officers, Terence McCants and Dave Hill will discuss ways to protect yourself in the event of an active shooter.

Thursday, Mar. 21, 10 a.m. Fee: FREE

Ongoing Programs

Beginners Jewelry Class

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

Wednesday, Mar. 6 & 20, 10 a.m. Fee: FREE

Book Club

Led by Nancy Marquardt, Charles County Public Library. Demon Copperhead by Barbara Kingsolver

Thursday, Mar. 7, 1 p.m. Fee: FREE

Widow to Widow Support Group

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

Monday, Mar. 11, 1 p.m. Fee: FREE

Lunchtime Music with Will!

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

Wednesday, Mar. 13, 11:30 a.m. Fee: FREE

Grocery 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, Mar. 14, 11:30 a.m. Fee: FREE

Charles County Mobile Library

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

Tuesday, Mar. 19, 10 a.m.- Noon 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, Mar. 27, 10 a.m. Fee: \$5

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

get motivated

FITNESS

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, Mar. 6 & 20, 10 a.m. Fee: \$5

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.

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.

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.

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

St. Patrick's Day Party

Join us for some traditional Irish music, dancing and a delicious lunch. Sign up and payment required in the program office by March 12. This event is sponsored in part by the Charles County Arts Alliance.

Tuesday, Mar. 19, 10:30 a.m.

Fee: \$3/age 60+, \$6/age 59-



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 Walking at Laurel Springs.....9:00 Pilates.....10:00 *NEW Therapy to Yoga.....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 *NEW Tai Chi.....2:00	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 Line Dance.....2:00
				1 Hand & Foot Canasta.....10:00
4 Pilates.....10:00	5 Flex & Stretch.....10:00	6 Hand Made Soap Demo .10:00 Beginners Jewelry.....10:00 Fitness Orientation.....10:00	7 Twentieth Century Life .10:30 Book Club.....1:00 Liturgical Dance.....2:00	8 Total Body Conditioning.....10:15
11 Widow to Widow.....11:00	12 Hand & Foot Canasta.....10:00	13 Lunchtime Music with Will ..11:30 Council Meeting.....1:00	14 Brain Injury Presentation.....10:30 Grocery Distribution.....11:30 Hand Dance.....2:00	15 Project Linus Meeting.....9:30
18 Yoga Flow.....1:00	19 Mobile Library.....10:00 St. Patrick's Day Party ..10:30	20 Beginners Jewelry.....10:00 Fitness Orientation.....10:00	21 Active Shooter Presentation.....10:00 Liturgical Dance.....2:00	22 Hand & Foot Canasta.....10:00
25 Drums Alive.....1:00	26 Zumba.....11:30	27 Greeting Card Class.....10:00 Caregivers Support Group.....2:00	28 Strength Training.....9:00 Hand Dance.....2:00	29 Good Friday  All Senior Centers Closed

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

Conversation with the Team

The Indian Head Senior Center Staff and Council will be available to answer questions and take suggestions.

Tuesday, Mar. 5, 3 p.m. Fee: FREE

Tuesday, Mar. 12, 10:30 a.m. Fee: FREE

Healthy Living for Your Brain and Body

Learn about latest research in how diet, nutrition, exercise, cognitive activity, and social engagement helps with healthy aging. Hosted by the Alzheimer's Association.

Wednesday, Mar. 6, 10 a.m. Fee: FREE

How to Read the SCOOP

How many times have you heard, "it's in the SCOOP"? Join Staff for this interactive event.

Thursday, Mar. 7, 10:30 a.m. Fee: FREE

Paper Dolls 2024 Style

Remember playing with paper dolls as a child, well the new version challenges your dexterity, your creative mind, and your social skills. Join Pat Butler as she teaches you the basics of making paper dolls.

Friday, Mar. 8, 10 a.m. Fee: Your Supplies

Wednesday, Mar. 20, 10 a.m.

Fee: Your Supplies

Maryland Relay 7-1-1

How do you know if Maryland Relay is right for you? Join Marcus Smith with Hamilton Relay, a partner with Maryland Relay for an interactive presentation.

Tuesday, Mar. 19, 10:15 a.m. Fee: FREE

Green Thumb Club

We are in the process of redesigning our outdoor garden space and helping others in the community design garden spaces. Join the Charles County Master Gardeners, the Sierra Club and local community members as we brainstorm planting options and design.

Friday, Mar. 22, 10:30 a.m. Fee: FREE

Ongoing Programs

Senior Tech

Friday, Mar. 1, 11 a.m. Fee: FREE

Bingo

Mondays, Mar. 4 & 18, 9:30 a.m.

Fee: 5¢ per card

Singing Group

Whether you sing gospel or just sing, this is the group for you.

Mondays, Mar. 4 & 18, 1 p.m. Fee: FREE

Project Linus/Sewing 101

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

Mondays, Mar. 11 & 25, 9:30 a.m. Fee: FREE

Widow & Widower Support Group

Peer to peer support group facilitated by Brenda Dubose.

Wednesdays, Mar. 13 & 27, 10 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, Mar. 15, 9:30 a.m. Fee: FREE

Health & Fitness Programs

Eat Well/Move Well

Reviewing the Wellness Wheel.

Tuesday, Mar 5, 1:30 p.m. Fee: FREE

Diabetes Prevention Program (DPP)

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

Thursday, Mar. 14, 9:30 a.m. Fee: FREE

Shibashi

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

Tuesday, Mar. 19, 3 p.m. Fee: Donation

You Matter – Affirmations

Thursday, Mar. 28, 10:45 a.m. Fee: FREE

Tai Chi for Arthritis II

Outside class for students who practice the 41 movements.

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

Dance Fit w/Shi'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

Fitness Surprise

Wednesdays, 10:15 a.m.

Thursdays, 9:30 a.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

Community Programs

Mobile Market

Wednesday, Mar. 27, 11 a.m. Fee: FREE

YOGA THERAPY INTRODUCTION

Not sure you can handle a yoga class due to some injury. Join Nieda Tice-Palmer for a discussion and schedule a one-on-one session.

Tuesday, Mar. 26, 10:15 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.

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Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness 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 Fitness Mobility & Balance9:15 AFEP11:15	Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Tai Chi for Arthritis II.....9:00 Fitness Surprise10:15 Tai Chi for Arthritis1:00 Fitness Orientation2:00	Fitness Room9:00 Billiards.....9:00 Card/Games.....9:00 Canvas Painting.....11:00 Fitness Fitness Surprise.....9:30 AFEP11:15 Fitness w/Lamont.....1:00 Kettle Bell Training2:15	Cards/Games.....9:00 Fitness Room.....10:15 Billiards.....10:15 Fitness Chair Yoga9:00
				1 Senior Tech.....11:00
4 Bingo9:30 Singing Group1:00	5 Council Meeting9:30 Eat Well/Move Well1:30 Conversation with the Team ..3:00	6 Healthy Living for Your Brain and Body10:00	7 How to Read the SCOOP10:30	8 Paper Dolls 2024 Style10:00
11 Project Linus/Sewing 1019:30 Pizza Lunch11:45	12 Conversation with the Team10:30 Pastor Chris1:00 Line Dancing3:00	13 Widow & Widower Support Group.....10:00	14 Diabetes Prevention Program9:30	15 Information & Assistance with Julie9:30
18 Bingo9:30 Singing Group1:00	19 Maryland Relay.....10:15 Shibashi3:00	20 Paper Dolls 2024 Style ..10:00	21 Trivia w/Taylani.....10:15 Grocery Distribution11:30	22 Green Thumb Club10:30
25 Project Linus/Sewing 1019:30	26 Yoga Therapy.....10:15 Tea Club1:00	27 Widow & Widower Support Group.....10:00 Mobile Market.....11:00 Book Club Ask Me Anything.....12:30	28 You Matter - Affirmations ...10:45	29 Good Friday  All Senior Centers Closed

“Ask Me Anything” Meet Local Author Christine Trent

Are you looking for a new book for your book club? Are you ready to start a new book series? Christine Trent, a Southern Maryland resident and bestselling historical mystery author, will host our book club as we discuss her latest book, “St. Clements Bluff.” Christine is the author of 13 books, some of which have been translated into multiple languages. During the “Ask Me Anything” event, Christine will answer any questions you have about her books, writing, and about the publishing process. She will also sell and sign books.

Wednesday, Mar. 27, 12:30 p.m. • Fee: FREE



NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

Quilting Class

Learn to quilt a bag in this two-class session at the Material Girl Quilting Boutique. All materials are provided including transportation to the venue. Prior registration is required with payment. Limited availability. The event is sponsored in part by the Charles County Arts Alliance. Wednesdays, Mar. 13 & 20, 10 a.m.-12 p.m.

Departure at 9:30 a.m. Fee: \$4

Irish Roots & American Branches

Celebrate St. Patty's Day through a live dance performance by Footworks. This event is open to all ages with prior registration for seating. This program is fully sponsored by the Charles County Arts Alliance.

Friday, Mar. 15, 12 p.m. Fee: FREE

Leprechaun House or Trap

Do you want to build a leprechaun house or a trap to get the gold? Only you can decide. Sign up to create your own house or trap for St. Patty's Day. All ages welcome! Limited availability. Prior sign up is required.

Friday, Mar. 15, 1 p.m. Fee: \$3

Senior Council Bingo Fundraiser

Join us for an evening of nickel bingo with the Nanjemoy Senior Center Council. Food sales at the event to benefit the senior council on behalf of the Nanjemoy Senior and Community Center.

Friday, Mar. 22, 5-7 p.m. Fee: 5¢ per card
Food prices are determined by the council.

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.

Fence Centerpiece, Mar. 4, Fee: \$4

Pool Noodle St. Patty's Day Wreath, Mar. 11, Fee: FREE

Casual Crafting, Mar. 18, Fee: \$5

Yarn Easter Egg, Mar. 25, 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, Mar. 21, 9:30 a.m. Fee: FREE

Nickel Bingo

Join us for bingo every week!

Thursdays, 12:45 p.m. Fee: 5¢ per card

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, 11 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, 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 adults 18+ independent use. **Like us on Facebook!!**

Reading Day Out

Sponsored by the Southern Maryland Chapter of the Top Ladies of Distinction. Join us for fun activities such as acting, crafting, storytelling and more. Snacks for sale onsite along with the Mobile Rec Unit. Open to all ages!

Saturday, Mar. 2, 11 a.m.-1 p.m.

Fee: per vendor

WIC Services

Fridays, Mar. 1 & 15, 9 a.m.-4 p.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Mar. 12 10:30 a.m., Fee: FREE

Wacky Science

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

Tuesday, Mar. 13, 3-4 p.m. Fee: \$20

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

Mobile Food Market

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

Wednesday, Mar. 20, 12 p.m.,
Fee: FREE – While supplies last

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Mar. 28, 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.

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

Fee: 10¢ per side.

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 use clothing items for free.

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

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

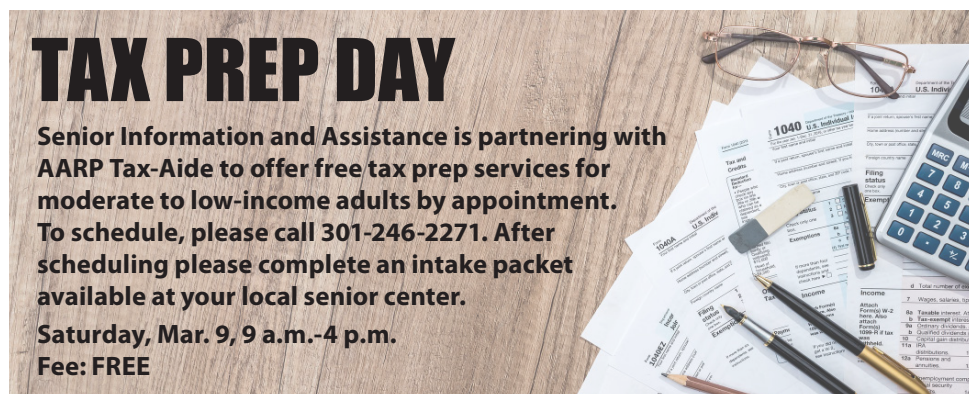
TAX PREP DAY

Senior Information and Assistance is partnering with AARP Tax-Aide to offer free tax prep services for moderate to low-income adults by appointment.

To schedule, please call 301-246-2271. After scheduling please complete an intake packet available at your local senior center.

Saturday, Mar. 9, 9 a.m.-4 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 Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Tai Chi for Arthritis11:00	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 Walking Club11:00	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 Tai Chi10:00 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 <u>Community Program</u> WIC Service9:00 Saturday: 3/2/24 Reading Day Out
4 Senior Council Meeting10:00 Artistic Aesthetics: Fence Centerpiece.....1:00	5 Flex & Stretch.....10:00	6 AFEP10:00	7 Nickel Bingo.....12:45	8 Saturday: 3/9/24 Tax Prep Day9:00
11 Artistic Aesthetics: Pool Noodles St. Patty's Day Wreath.....1:00	12 Multipurpose Room Reserved for Meeting <u>Community Program</u> Mobile Library.....10:30	13 <u>CCAA Sponsored</u> Quilting Class.....9:30 <u>Recreation Program</u> Wacky Science.....3:00	14 Nickel Bingo.....12:45	15 <u>Community Program</u> WIC Services9:00 Leprechaun House or Trap1:00 <u>CCAA Sponsored</u> Irish Roots & American Branches12:00
18 Artistic Aesthetics: Casual Crafting1:00	19 Core Fitness11:15	20 <u>CCAA Sponsored</u> Quilting Class.....9:30 <u>Community Programs</u> Mobile Food Market12:00	21 I&A Services.....9:30	22 Senior Council Bingo Fundraiser5:00
25 Artistic Aesthetics: Yarn Easter Egg1:00	26 Flex & Stretch.....10:00	27 AFEP10:00	28 New Hope Grocery Distribution11:30	29 Good Friday  All Senior Centers Closed

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

Program Highlights

International Women's Day

Join us in celebration of all women! We will have a parfait bar with light refreshments which will open at 10 a.m. Following the parfait bar, at 10:30 a.m., the LaPlata High School Show Troupe will put on a performance!

Pre-registration required. Register by March 6.

Friday, Mar. 8, 10 a.m. Fee: \$3

Tell Me What the Doctor Said – VIRTUAL

Learn about the art of partnering with your doctor and your medical team so that you understand your medical situation and receive the best care possible. Please note that the instructor for this class will be joining virtually. This class is brought to you by AARP.

Wednesday, Mar. 13, 9:30 a.m. Fee: FREE

St. Patrick's Day Lunch

Don't forget to sign up for our yummy specialty lunch!

Tuesday, Mar. 19, Noon.

Fee: Suggested Donation of \$3 day of.

Walk with Ease

See pg. 14 for details.

Tuesdays & Thursdays, Mar. 19-Apr. 30,
Fee: FREE

Free Home Phones with Free Lines

Join Rupali from Clear Captions for a great Lunch and Learn. Rupali will be teaching you about the free services Clear Captions provides and how to get a free phone service! Lunch will be provided, so you must pre-register by March 18.

Wednesday, Mar. 20, 11:30a.m. Fee: FREE

Line Dance Party

Join us for a fun filled Line Dance Party, sponsored by our very own Senior Center Council! Registrations will take place in the lobby through Betty Rouse/Margaret Ford with the Senior Center Council on Tuesdays and Thursdays between 10:30-11:30 a.m.

Friday, Mar. 22, 10:30 a.m.

Fee: \$5 paid to the Senior Center Council

Lunch is not included. If you would like lunch after the party, you must sign-up separately on our lunch lists. Lunch is a suggested donation fee of \$3.

Living Life After Losses

As we age, we encounter losses – loss of physical abilities, self-esteem, spouses, independence, or cognitive acuity. Through the practice of resiliency, we can survive these losses and continue growing and thriving. This class is brought to you by AARP.

Wednesday, Mar. 27, 9:30 a.m. Fee: FREE

Acrylic Portrait w/ Olga

Led by local artist and instructor Olga Herrera. In this class you will be creating an acrylic portrait while using a live model! Sponsored in part by funds from Charles County Art Alliance. Please pre-register.

Wednesday, Mar. 27, 10 a.m. Fee: \$10

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, Mar. 1, 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, Mar. 5 & 12, 10 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Mar. 11 & 25, 9:30 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, Mar. 13, 10 a.m. Fee: \$3

Book Club

This month's book is "The Bullet that Missed," by Richard Osman. Please come prepared with your thoughts on this book and join in the discussions.

Friday, Mar. 22, 1 p.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Mar. 19, 11 a.m. Fee: FREE

Basic Sewing

Join instructor, Melon Spriggs, and learn basic sewing techniques. Please bring your own sewing supplies (fabrics, thread, etc.) Mondays & Wednesdays, 1 p.m. Fee: FREE

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. You can create custom handmade keychains, purses, credit card wallets and more. If this grabs your interest, then this class is for you! Please bring your own materials, including a piece of leather suitable for your project and some general leather crafting tools. Any materials needed moving forward will be discussed during your first class.

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 and paper crafters.

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.

Wednesday, Mar. 6 & 20, 1 p.m.

Tuesday, Mar. 12 & 26, 10:30 a.m. Fee: \$5

Tai Chi Health

This slow, gentle non-impact exercise builds strength, balance, flexibility, and coordination and is good for your heart, breathing and immune function.

Tuesdays & Thursdays, 1 p.m. Fee: FREE

Chair Dance Aerobics

Now offered three times a week! This class is great for all fitness levels and includes cardio and dancing while seated.

Mondays, Wednesdays, & Fridays, 9:30 a.m.

Fee: Fitness Card

Arthritis Foundation Exercise Program (AFEP)

Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength.

Wednesdays, 10:30 a.m. &

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

WALDORF SENIOR & RECREATIONAL CENTER

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room9:00 Racquetball9:00 Guitar Club10:00 Cards & Games10:30 Pinochle11:00 Lunch12:00 Cornhole1:00 Basic Sewing1:00 Table Tennis2:30 Fitness Chair Dance Aerobics9:30 Chair Yoga10:30 Yoga11:30 Kettlebell Fitness12:30 Enhanced Fitness1:30	Fitness Room9:00 Racquetball9:00 Leather Crafting10:00 Tech Time10:30 Cards & Games10:30 Pokeno10:30 Basketball11:00 Lunch12:00 Crafter's Corner1:00 Beginner Pickleball2:30 Fitness Total Body Conditioning9:30 Line Dancing11:30 Walking Club12:30 Tai Chi Health1:00	Fitness Room9:00 Racquetball9:00 Basketball10:00 Bridge Club10:00 Cards & Games10:30 Lunch12:00 Basic Sewing1:00 Fitness Chair Dance Aerobics9:30 AFEP10:30 Basic Fitness Training11:30 Enhanced Fitness1:00	Fitness Room9:00 Racquetball9:00 Gospel Choir9:30 Cards & Games10:30 Watercolors10:30 Basketball11:00 Pinochle11:00 Lunch12:00 Guitar Club1:00 Fitness Total Body Conditioning9:30 Line Dancing11:30 Walking Club12:30 Tai Chi Health1:00	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Crochet Club11:00 Lunch12:00 Crafter's Corner1:00 Fitness Chair Dance Aerobics9:30 Core & More10:30 AFEP11:30 Chair One Plus12:15 Cornhole1:00
				1 Poetry Club11:00
4 Basic Sewing1:00	5 Mobile Library9:00 Prayer Group10:00	6 Acrylics10:00 Fitness Orientation1:00	7 Bingo10:30 Grocery Distribution11:30 Beginner Pickleball2:30	8 International Women's Day10:00
11 Widow & Widower Support Group9:30	12 Prayer Group10:00 Fitness Orientation10:30	13 Tell Me What the Doctor Said w/ AARP9:30 Jewelry Club10:00	14 Bingo10:30 Intro to Pickleball2:30	15 Diabetes Prevention10:00
18 WSC Council Meeting9:30	19 Bible Study11:00 St. Patrick's Day Lunch12:00 Walk with Ease1:00 No Tai Chi for Health	20 Free Home Phones w/ Free Lines11:30 Fitness Orientation1:00	21 Bingo10:30 Beginner Pickleball2:30 Walk with Ease1:00 No Tai Chi for Health	22 Line Dance Party10:30 Crochet Club11:00 Book Club1:00 Crafter's Corner1:00
25 Widow & Widower Support Group9:30	26 Mobile Library9:30 Fitness Orientation10:30 Walk with Ease1:00 No Tai Chi for Health	27 Living Life After Losses w/ AARP9:30 Acrylic Portrait10:00	28 Bingo10:30 Intro to Pickleball2:30 Walk with Ease1:00 No Tai Chi for Health	29 Good Friday  All Senior Centers Closed



Welcome Jereen Donaldson & Trishna Kresslein!!

Join us in welcoming these ladies to our fitness team!

Striving to bring you a variety of programs for all fitness levels, be sure to say hello and check out their classes. Jereen will be teaching Chair Dance at the Waldorf Senior Center and Trishna will be teaching Chair One Fitness at various senior centers in the upcoming months.

Hand Dancing is back!

No partner needed to learn the basics in this fun social class. Richard R. Clark Senior Center, Thursday, Mar. 14 & 28, 2 p.m.

Aquatic Fitness

Class size is limited please sign up **ONLY** if you plan on attending. March 4-May 23

Lackey:

Mon/Wed OR Tu/Thu 3:15 p.m.

Fee: \$55 (twice a week)

St Charles:

Monday OR Wednesday 3:15 p.m.

Fee \$25 (once a week)

*NO CLASSES Mar. 25-Apr. 1



Walking Group

Weather permitting, we will be back to group walks at Laurel Spring Park (Meet in large parking lot on right upon entering park) Walk is canceled for inclement weather or if "feels like temp" is 40 degrees or below.

Mondays • 9 a.m. (Instructor led)

Fridays • 9 a.m. (on your own with group)

Biking

Weather permitting, meet at Indian Head Rail Trail (parking area) Biking is canceled for inclement weather of if "Feels like temp is 40 degrees or below.

Friday, Mar. 8 & 22 • 1 p.m.

IF YOU NEVER
GO
YOU'LL NEVER
KNOW
"LIFE IS BETTER ON A BIKE"



Chair One Plus

This dance-based workout comes unique with extra exercises that any level can do.

Waldorf Senior & Rec Center • Wed. 2 p.m. & Fri. 12:15 p.m.

Fee: Fitness Card • Instructor: Trishna Kresslein

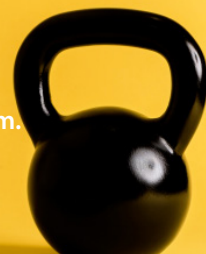
Kettle Bell

New day and time! This class uses these bell-shaped weights for a variety of exercises to help strengthen the body anyone at any fitness level can benefit from.

Waldorf Senior & Rec Center

Mondays, 12:30 p.m. • Fee: Fitness Card

Instructor: Sabrina McCrae



Walk with Ease

New class forming Mar. 19-Apr. 30.

Mondays: Laurel Springs Park 9 a.m.

Tuesdays & Thursdays: Waldorf Senior & Rec Center 1 p.m.

Registration Required • Fee: FREE

The overall goals of the Walk with Ease Program are:

To promote education about physical activity for adults with arthritis. To promote education about arthritis self-management and walking safely and comfortably. To encourage participants to continue their walking program and explore other exercise and self-management programs that deliver proven benefits for adults with arthritis.

During the six-week program, participants will:

Understand the basics about arthritis and the relationship between arthritis, exercise, and easing pain. Exercise safely and comfortably. Use methods to make walking fun. Make a personal walking plan with realistic goals for improved fitness. Learn tips and resources to help them overcome barriers and continue to be physically active.

Liturgical Dance Group "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 and movement. Come and see for yourself how good you will feel!

Richard R Clark Senior Center

Thursday Mar. 7 & 21

2 p.m.

Instructor/Choreographer: Dr. Jacqueline Pressey

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 Baked Tuna Cuban Black Beans White Rice, Tomato Salad Whole Wheat Roll Raisins Pineapple Juice
4 Tuna Noodle Casserole Stewed Tomatoes Cornbread Apricots Apple Juice	5 ¼ 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	6 Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli Cornbread Fruit Salad Pineapple Juice	7 Sweet and Sour Pork Brown Rice Roasted Tomatoes Whole Wheat Roll Black Bean Mango Salad Peaches Fruit Punch Juice	8 Lemon Pepper Tilapia Lemon Parsley Rice Green Beans w/ Roasted Tomatoes Whole Wheat Roll Peaches Fruit Punch Juice
11 Egg Salad Sandwich on Whole Wheat (2) Cucumber & Onion Salad Roasted Tomato Salad 3 Bean Salad Apple Slices Apple Juice	12 Chipotle Chicken Roasted Bean and Corn Salad Roasted Beets Whole Wheat Roll Diced Mangos Fruit Punch Juice COLD: Chicken Salad Sandwich on Whole Wheat, Coleslaw, Pasta Salad, Pineapple Chunks Pineapple Juice	13 Sloppy Joe on Whole Wheat Bun 5 Blend Veggies Roasted Potatoes Peaches Grape Juice	14 Shredded Beef and Noodles Stewed Tomatoes Applesauce Cornbread Orange Juice	15 Blackened Catfish Roasted Sweet Potatoes Collard Greens Cornbread Pineapple Chunks Pineapple Juice
18 Tuna Salad Sandwich on Whole Wheat Bun Cranberry Salad Pasta Salad Mandarin Oranges Apple Juice	19 ST. PATRICK'S DAY Shepard's Pie California Blend Vegetables Biscuit, Apricots Pineapple Juice Parsley + Paprika COLD: Turkey & Cheese on Whole Wheat, Broccoli Salad, Apricots, Pineapple Juice	20 Ground Turkey Spanish Rice Green Beans Biscuit Pineapple Orange Juice	21 BIRTHDAY CELEBRATION Sweet and Sour Chicken Brown Rice Sautéed Spinach w/ Garlic Whole Wheat Roll Mixed Fruit Cup Fruit Punch Juice	22 Salmon Cake w/ Lemon Dill Sauce Party Harty Beans Zucchini Blend Cornbread Apricots Pineapple Juice
25 Teriyaki Chicken Fluffy Rice Stir-Fry Vegetables Whole Wheat Roll Mandarin Oranges Apple Juice	26 BBQ Beef Sweet Potato Casserole Broccoli, Whole Wheat Roll Fruit Cocktail, Orange Juice COLD: Egg Salad Sandwich on Whole Wheat, Coleslaw, Pasta Salad, Fruit Cocktail Orange Juice	27 Chicken Parmesan Noodles Roasted Brussel Sprouts Biscuit Diced Mango Fruit Punch Juice	28 CCPS Offices Closed  No Lunch Service	29 Good Friday  All Senior Centers Closed
Charles County Luncheon Program Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.75 per person. All donations are used to provide meals for Charles County seniors. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.75. Lunch reservations must be made by 10 a.m. the preceding day. We appreciate your assistance in keeping costs down. Party & special event meal prices may vary. Clark Senior Center.....Tuesday–Friday Indian Head Senior Center.....Monday–Friday				Available at Noon • Days Vary By Center Nanjemoy Senior Center Monday–Friday Waldorf Senior Center Monday–Friday
				For those days where potatoes, corn, beans, and/or peas are used for the starch component of the meal, an additional starch such as bread, crackers, or muffins will be available for those participating in the CACFP program.

The SCOOP

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



www.CharlesCountyMD.gov



Department of Community Services

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

About Charles County Government

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

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

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

Publication Changes & Cancellations

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

Senior Center Inclement Weather Policy

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

Travel Bucket List!

Trips sponsored by Action Travel Tours 301-645-1770

**** 2N1 Sponsored Trips**

Overnight Trips

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. Other dates and river itineraries available.

****May 19-24, 2024: Sedona's Red Rocks and the Grand Canyon.** This 6-day, 8 meal 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: Spring has Sprung in Historic and Beautiful Buck's County, PA. New Hope PA offers scenic countryside, history, the arts, downtown charm, and miles of vineyards. We plan to visit some of all of that while there. We will visit the beautiful Paxson Hall Farm and Gardens, the Parry Mansion, some small-town shopping, an antique stop or two and a play at the famous New Hope Playhouse plus more.

June 10-14, 2024: The 37th Annual Mystery Trip. Call to reserve your spot to destinations and experiences unknown. For our 36th annual trip in 2023, we spent 5 amazing days exploring southeast Maine. Did I mention eating wonderful lobster? Join the fun and experience the "Original Mystery Trip" for yourself.

****September 21 – October 1, 2024: Splendor of the Seine River Cruise.** Your journey begins in Paris and includes a two-night hotel stay and touring. Embark the Scenic Gem for a butlered seven-night cruise along the Seine River from Paris to Honfleur/ Normandy Beaches and back to Paris.

****October 3 – 12, 2024: Royal Caribbean Cruises Vision of the Seas from Baltimore.** Sail from the convenience of your backyard at peak Fall foliage through spectacular New England and Canada. Port stops include Boston, Portland, Saint John Bay of Fundy, and Halifax. Passport is required. Prices from \$911 per person. Prices and availability are subject to change.

