

# The SCOOP

Charles County's Senior Center News



**APRIL 2024**  
[www.CharlesCountyMD.gov](http://www.CharlesCountyMD.gov)

## Welcome to the Charles County Senior Centers!

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

### Meet the Team!

**Director of Community Services**, Dina Barclay

**Deputy Director of Community Services**, Laura Gustafson

**Chief of Aging**, Lisa Furlow

**Centers Administrator**, Elizabeth Phipps

**Senior Center Supervisor**, 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**, Brittney 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 April Sponsored/Hosted Activities & Events

Clark Senior Center N/A	Indian Head Senior Center Shibashi	Nanjemoy Senior & Community Center Evening Bingo 4/19 @ 5 p.m.	Waldorf Senior & Rec Center Bingo March Line Dance Party
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## Credit Cards Now Accepted

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

### 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](mailto:ccmealstrp@comcast.net) for more information.

## 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.

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



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

Date: Wednesday, April 24, 2024

Time: 9:00 am-1:30 pm

Fee: \$5.00 (age 60+)

Location: Richard R. Clark Senior Center

## Early Closure

All Charles County Senior Centers will close at 2 p.m. on Wednesday, Apr. 17 for an all-staff meeting.



## Recipe: Tossed Spring Veggie Pasta



### What You'll Need

- 1 pound bow tie pasta
- 2 tablespoons olive oil or avocado oil
- 1/2 pound fresh asparagus, trimmed and cut into 2-inch pieces
- 1 yellow bell pepper, cut into 1-inch pieces
- 3 cloves garlic, minced
- 1 cup cherry tomatoes, cut in half
- 1 cup chicken broth
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 4 ounces goat cheese, crumbled OR Feta Cheese, crumbled
- 1 tablespoon sliced fresh basil

1. In a soup pot, cook pasta according to package directions; drain, place in a serving bowl, and cover to keep warm.
2. Meanwhile, in a large skillet over medium heat, heat oil; cook asparagus, bell pepper, and garlic 5 minutes, or just until tender. Add tomatoes, chicken broth, onion powder, salt, and pepper; cook 5 minutes, or until hot.
3. Pour vegetable mixture over pasta, toss gently with goat cheese or feta cheese and basil, and serve immediately.

## Why is hydration so important?

As we age, our bodies undergo numerous changes, and one aspect that requires steadfast attention is hydration. Staying adequately hydrated becomes even more vital for seniors as dehydration can lead to a range of health issues.

### Benefits of Proper Hydration:

- **Cognitive Function:** Adequate hydration is essential for maintaining cognitive function. Dehydration has been linked to a decline in concentration, memory, and overall cognitive performance. Seniors who prioritize hydration may experience improved mental clarity and alertness.
- **Joint and Muscle Health:** Proper hydration is crucial for supporting joint and muscle health. Dehydrated individuals may be more prone to stiffness, cramps, and joint pain. Those who stay hydrated are better equipped to maintain mobility and reduce the risk of falls and injuries.
- **Digestive Health:** Hydration plays a key role in supporting digestive health. Seniors who consume sufficient fluids are less likely to experience constipation, a common issue in older adults. Water helps keep the digestive system functioning smoothly, aiding in nutrient absorption and waste elimination.
- **Temperature Regulation:** Older adults are often more vulnerable to extreme temperatures. Staying hydrated helps regulate body temperature, reducing the risk of heat-related illnesses such as heatstroke or heat exhaustion, especially during hot weather.

### Practical Tips for Staying Hydrated:

- **Set a Schedule:** Establish a routine for drinking water throughout the day, even if you don't feel thirsty. This helps ensure a consistent intake of fluids.
- **Choose Hydrating Foods:** Include water-rich foods in the diet, such as fruits (watermelon, oranges) and vegetables (cucumbers, celery). These not only contribute to hydration but also provide essential nutrients.
- **Monitor Fluid Intake:** You should be mindful of their fluid intake, especially if you are on medications that may impact hydration levels. Consulting with healthcare professionals for personalized advice is crucial.
- **Opt. for Hydration Aids:** Consider using tools like water bottles with measurements to track daily water intake. Flavoring water with a splash of citrus or using herbal teas can also make hydration more enjoyable.





## Distracted Driving Awareness Month

April is Distracted Driving Awareness Month. Check out these avoid distracted driving tips from AARP:

### Secure Your Cargo

Be sure to put all cargo in a secure place in your car. Reaching for loose belongings is dangerous; it takes your hands off the wheel and often takes your eyes off the road. Make sure all belongings are firmly held in place.

### Restrain Your Pet

Restrain your pet while driving. It's important to restrict your pet's movement to protect it from a crash or inflating airbags.

- For dogs, consider investing in a pet seat belt, which is easy to use and works in conjunction with a normal seat belt. Keep in mind that attaching a restraining device to your dog's collar can end up choking the pup; instead, use a harness that wraps around your dog's chest.
- Cats should be contained in a crate, cage or pet car seat that is secured with a seat belt. Look for a sturdy carrier with enough ventilation and plenty of room for your cat to turn around and stretch out. Also make sure you secure the carrier so that it stays safely in place in case of a collision or sudden stops.

### Cellphones and Other Distractions

Driving is a demanding activity that requires your full attention to many things at the same time. Do not be distracted by things not directly related to the driving task. Eliminate distractions inside the vehicle and minimize activities that require you to take your eyes off the road, especially in heavy traffic.

### Here are a few rules of the road for cell phone use:

- DO NOT send or read text messages while driving.
- Make outgoing calls only when you are at your destination or parked.
- Use your voicemail for incoming calls or let a passenger talk for you.
- Put your cellphone on "silent" so that you are not tempted to answer it while driving.
- Remember, research shows that even talking on a hands-free cellphone involves concentrating on the conversation at hand, often at the expense of the driving task.

Distracted driving laws, especially when it comes to cell phone use, vary by state. See the distracted driving laws in your state.

### To reduce other distractions

- Pre-set your favorite radio stations.
- Load your favorite CD before you start driving.
- Refrain from eating, drinking, and smoking.
- Know your route before starting out, so that you do not need to consult a map or directions during the trip.
- Set up your GPS-based navigation device and adjust the volume control.
- Manage passenger conversation to keep it from being distracting.

Distractions play a major role in many accidents on the roadway today, and modern technology is a major source of distraction while driving. Do your part in helping keep your roads safe by keeping your whole mind on the road and avoiding distractions!



## Earth Day Produce Hack:

### Grow vegetables from kitchen scraps.

Did you know you can grow vegetables from kitchen scraps? It's true!

**Leafy vegetables:** Cut off the plant's uneaten base, about 1 inch tall. Place it cut side up in a shallow saucer, and then add 1/2 inch of water. Refresh the water regularly.

**Bulb vegetables:** For green onions, leeks, fennel and lemongrass, cut off the end with the tiny roots about 1 inch tall. Place it root end down in water 1/2 inch deep. Water should cover the roots, but not the top. Keep water fresh.

For mature bulb onions, plant directly into soil instead of water. Cut your root base about 1 inch thick, and then plant it in a soil-filled container or into your outdoor garden. As with leafy vegetable scraps, cover the roots and base with soil, but keep the top exposed.

**Root vegetables:** For carrots, turnips, and beets, cut off the top, but leave 1/2 inch of the beet or turnip attached. Place the scrap in shallow water, cut side down and leaf end up, and fresh greens will soon appear.

## Happy Birthday & Welcome to Medicare

It is a milestone to celebrate as you turn 65! This means you may be eligible for Medicare Parts A, B, C, D and/or Supplemental Insurance (Medigap). You may also qualify for Medicare Savings Programs to help with Medicare costs. Are you confused with the telephone calls, television ads and excessive mailings? Do not worry, if you need help through this process, or need more accurate information, please contact the State Health Insurance Program (SHIP) office at 301-609-5712 (La Plata) or 240-448-2816 (Waldorf) for FREE and unbiased Medicare education and counseling. This is one of many benefits available to you as you turn 65.



## Ask SHIP:

### How can I prevent, detect, and report Medicare fraud related to a SNF stay?

Medicare fraud can occur when a provider or facility bills for services you did not receive or were not medically necessary. Examples of potential skilled nursing facility (SNF) fraud could include:

- Learning that your Medicare was charged for 1) Services that your doctor did not deem medically necessary. 2) Services that you never received. 3) More expensive services than what you received. 4) A greater quantity of services than what you received. 5) SNF services for dates after you were released from the SNF
- Being forced to stay in a SNF until your benefits have expired, even though your condition has improved, and you wish to transition to home health care services.

### You can stop SNF fraud by:

- Reading your Medicare statements to compare the services you received with the services Medicare was charged by your providers.
- Reporting any charges on your Medicare statements that are not accurate to your local Senior Medicare Patrol (SMP).
- Working with your doctor to enroll in SNF services.
- Not accepting gifts or money in return for choosing a SNF.
- Signing forms only once you have understood them.

**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.**



## Legal Aid

### Apr 2nd and May 7th

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

## End of Tax Season

Tax season is coming to an end. Once again, the Senior Information and Assistance Office is partnering with AARP Tax-Aide to provide free income tax preparation.

### To schedule a Tax Preparation Appointment:

Call 301-246-2271 and leave a message.

Or send an email to [21052181@aarpfoundation.org](mailto:21052181@aarpfoundation.org)

A tax volunteer will call you back to schedule your appointment. **After scheduling your appointment**, please remember to pick up a Tax-Aide Intake/Interview packet, at your local senior center. The documents must be completed before a tax preparer can see you.



## 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.

# CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

## Program Highlights

### Blue Crabs Baseball Silver Sluggers

#### Program Presentation

This presentation will provide participants with information about our local stadium, and the Silver Sluggers Program. This Stadium is located right here in Charles County and is the home of the Blue Crabs!

Thursday, Apr. 11, 10 a.m. Fee: FREE

#### Scam Jam

See Page 2 for details.

There will be no Cards, Games, Gospel Choir, Billiards, coloring, or Sewing Room activities on this date. Lunch will only be available for those participating in Scam Jam.

Wednesday, Apr. 24, 9 a.m. Fee: \$5/pp

#### Healthy Relationships

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

Thursday, Apr. 25, 1 p.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, Apr. 3 & 17, 10 a.m. Fee: FREE

### Book Club

Led by Nancy Marquardt, Charles County Public Library. The Wager: A Tale of Shipwreck, Mutiny, and Murder by David Grann

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

### Widow to Widow Support Group

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

Monday, Apr. 8, 11 a.m. Fee: FREE

### Charles County Mobile Library

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

Tuesday, Apr. 9 & 30, 10 a.m.- 12 p.m.

Fee: FREE

### Free Lunchtime Music with Will!

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

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

### Acrylic Art Class

Join Brent Bovell to create a beautiful piece of artwork using acrylic paints. All supplies will be provided. Please sign up and pay in the program office.

Wednesday, Apr. 10, 17 & 24 , 10 a.m. to Noon.

Fee: \$5 per person per class.

### Grocery Bag Distribution

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

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

### Free Karaoke Day

Tune up those vocal cords and join us for some karaoke fun with DJ Psyborg from Mosquito Cove Digital Magic Entertainment.

Tuesday, Apr. 16, 10:30 a.m. Fee: FREE

### Easy Listening with Frank

Bring a snack and join us for some relaxing easy listening music provided by DJ Psyborg from Mosquito Cove Digital Magic Entertainment.

Tuesday, Apr. 23, 10:30 a.m. Fee: FREE

### Learn to Quilt

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

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

### 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, Apr. 3 & 17, 10 a.m. Fee: \$5

### Earth Day Meditation

See page 14 for details.

Monday, Apr. 22, 10 a.m. Fee: FREE

### Therapeutic Yoga

Mondays, 11 a.m. Fee: Fitness Card

### Total Body Conditioning

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

Mondays, 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

### Tai Chi

See page 14 for details.

Tuesdays, 2 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



## What's in a Name?

Do you ever wonder how place names came about? Why do people name their land or homes? Join Debi Scoggins for a trip back in time to decipher the significance of place names with an emphasis on Charles County.

**Thursday, Apr. 18, 10:30 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 <b>Fitness</b> Total Body Conditioning ..... 9:00 Walking at Laurel Springs ..... 9:00 Pilates ..... 10:00 Therapeutic Yoga ..... 11:00 African Dance ..... 12:00 Drums Alive ..... 1:00	Billiards ..... 9:30 Quilting Class ..... 9:30 Coloring & Puzzles ..... 9:30 Guitar ..... 10:00 Cards & Games ..... 10:00 <b>Fitness</b> Lunch ..... 12:00 Spiritual Enrichment ..... 1:00 Flex & Stretch ..... 10:00 Zumba ..... 11:30 Line Dance ..... 1:00 Tai Chi ..... 2:00	Billiards ..... 9:30 Sewing Room OPEN ..... 9:30 Crochet/Knitting ..... 9:30 Coloring & Puzzles ..... 9:30 Mah Jong ..... 10:00 <b>Fitness</b> Cards & Games ..... 10:00 Pokeno ..... 11:00 Lunch ..... 12:00 Powder Puff Billiards ..... 1:00 Gospel Choir ..... 2:00 <b>Fitness</b> 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 <b>Fitness</b> 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 <b>Fitness</b> Core & More ..... 9:15 Total Body Conditioning ..... 10:15 AFEP ..... 11:30 Gentle Stretch ..... 12:00 Circuit Training ..... 1:00 Line Dance ..... 2:00
<b>1</b> Therapeutic Yoga ..... 11:00	<b>2</b> Zumba ..... 11:30	<b>3</b> Beginners Jewelry ..... 10:00 Fitness Orientation ..... 10:00	<b>4</b> Book Club ..... 1:00 Liturical Dance ..... 2:00	<b>5</b> Hand & Foot Canasta ..... 10:00
<b>8</b> Widow to Widow ..... 11:00	<b>9</b> Hand & Foot Canasta ..... 10:00 Mobile Library ..... 10:00	<b>10</b> Acrylic Paint Class ..... 10:00 Lunchtime Music with Will ..... 11:30 Council Meeting ..... 1:00	<b>11</b> <b>Blue Crabs Silver Sluggers Presentation ..... 10:00</b> Grocery Distribution ..... 11:30 Hand Dance ..... 2:00	<b>12</b> Total Body Conditioning ..... 10:15
<b>15</b> Walking at Laurel Springs ..... 9:00	<b>16</b> <b>Free Karaoke Day ..... 10:30</b>	<b>17</b> Acrylic Paint Class ..... 10:00 Beginners Jewelry ..... 10:00 Fitness Orientation ..... 10:00  <b>CLOSING AT 2:00</b>	<b>18</b> <b>What's in a Name ..... 10:30</b> Liturgical Dance ..... 2:00	<b>19</b> <b>Project Linus Meeting ..... 9:30</b>
<b>22</b> <b>Earth Day Meditation ..... 10:00</b> <b>No Pilates Today</b>	<b>23</b> <b>Free Easy Listening ..... 10:30</b>	<b>24</b> <b>Scam Jam ..... 9:00</b> Acrylic Paint Class ..... 10:00 Caregivers Support Group ..... 2:00	<b>25</b> <b>Healthy Relationship ..... 1:00</b> Hand Dance ..... 2:00	<b>26</b> Hand & Foot Canasta ..... 10:00
<b>29</b> Drums Alive ..... 1:00	<b>30</b> Mobile Library ..... 10:00			

# INDIAN HEAD SENIOR CENTER

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

Get your Latest *SCOOP* online!

## Location 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

### ACA Town Hall Meeting

Opportunity to ask questions to members of the Area Council of Aging.

Thursday, Apr. 11, 10:15 a.m. Fee FREE

### Meditation with Debi

See Page 14 for details.

Wednesday, Apr. 17, 11:15 a.m. Fee: FREE

### Stroke Awareness

April is Stress Awareness month, join Shellee Stine, RN, Stroke Coordinator for Charles Regional Medical Center as she shares how stress correlates with our health.

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

### Earth Day

Recycling helps save the earth. Join Michelle Smith as she shares how focusing on litter and recycling can help. Please sign up with Staff, a head count is needed.

Monday, Apr. 22, 11:30 a.m. Fee: FREE

### Bring Your Daughters & Sons to the Center (Work)

Share your day with your children.

Thursday, Apr. 25, 9:30 a.m. Fee: FREE

### Beat the Blues Jean Party

Join DJ Swagg for some fun music and dancing as we welcome Spring and shake away the Winter blues. Blue Jeans welcome.

Tuesday, Apr. 30, 10:45 a.m. Fee: Donation

## Ongoing Programs

### Bingo

Mondays, Apr. 1, 15 & 29, 9:30 a.m.

Fee: 5¢ per card

### Singing Group

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

Mondays, Apr. 1, 15 & 29, 1 p.m. Fee: FREE

### Senior Tech

Friday, Apr. 5, 11 a.m. Fee: FREE

### Project Linus/Sewing 101

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

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

### Widow & Widower Support Group

Peer to peer support group facilitated by Brenda Dubose.

Wednesdays, Apr. 10 & 24, 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, Apr. 23, 9:30 a.m. Fee: FREE

## Health & Fitness Programs

### You Matter - Affirmations

Thursday, Apr. 4, 10:30 a.m. Fee: FREE

### Diabetes Prevention Program (DPP)

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

Friday, Apr. 12, 9:30 a.m. Fee: FREE

### Eat Well/Move Well

My Plate.

Tuesday, Apr. 16, 1:30 p.m. Fee: FREE

### Shibashi

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

Tuesday, Apr. 23, 3 p.m. Fee: Donation

### Tai Chi for Arthritis II

Outside class for students who practice the 41 movements.

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

### Dance Fit w/Shä'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 Surprise

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

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

### Fitness w/Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

### Kettlebell Training

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

### STEAM Festival

Hands-on STEAM activities for the family at the Velocity Center.

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

### Mobile Market

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

## How Foods Affect You Workshop

Join Dr. Evelyn Crayton and Registered Dietician June Thompson, members of the National Organization of Blacks in Dietetics and Nutrition for this 2-hour workshop to learn more about the foods you eat and how the foods affect you. Sponsored by Ivy and Pearls of So. MD Community Charities, Inc.

Must sign up by Apr. 12.

**Friday, Apr. 19, 10:30 a.m.**

**Fee: FREE**



# INDIAN HEAD SENIOR CENTER

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

Hours: 9 a.m.–3 p.m., Mon./Wed./Fri  
9 a.m. to 4 p.m., Tues. & Thurs.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room ..... 9:00 Billiards ..... 9:00 Cards/Games ..... 9:00 <b>Fitness</b> Tai Chi for Arthritis II ..... 9:00 Dance Fit ..... 10:30 Tai Chi for Arthritis ..... 1:00	Fitness Room ..... 9:00 Billiards ..... 9:00 Cards/Games ..... 9:00 <b>Fitness</b> Mobility & Balance ..... 9:15 AFEP ..... 11:15	Fitness Room ..... 9:00 Billiards ..... 9:00 Cards/Games ..... 9:00 <b>Fitness</b> Tai Chi for Arthritis II ..... 9:00 Fitness Surprise ..... 10:15 Tai Chi for Arthritis ..... 1:00 Fitness Orientation ..... 2:00	Fitness Room ..... 9:00 Billiards ..... 9:00 Card/Games ..... 9:00 Canvas Painting ..... 11:00 <b>Fitness</b> Fitness Surprise ..... 9:30 AFEP ..... 11:15 Fitness w/Lamont ..... 1:00 Kettle Bell Training ..... 2:15	Cards/Games ..... 9:00 Fitness Room ..... 10:15 Billiards ..... 10:15 <b>Fitness</b> Chair Yoga ..... 9:00
<b>1</b>  Bingo ..... 9:30 Singing Group ..... 1:00  <b>Bring your Lunch</b>	<b>2</b>  Council Meeting ..... 9:30	<b>3</b>  <b>Pickleball w/Nate ..... 10:15</b>	<b>4</b>  You Matter - Affirmations ..... 10:30	<b>5</b>  Senior Tech ..... 11:00
<b>8</b>  Project Linus/Sewing 101 ..... 9:30	<b>9</b>  Paper Dolls ..... 10:00 Pastor Chris ..... 1:00	<b>10</b>  Widow & Widower Support Group ..... 10:00	<b>11</b>  <b>ACA Town Hall Meeting ..... 10:15</b>  No AFEP	<b>12</b>  Diabetes Prevention Program ..... 9:30
<b>15</b>  Bingo ..... 9:30 Singing Group ..... 1:00	<b>16</b>  <b>Painting Workshop with Olga ..... 10:30</b>  Eat Well/Move Well ..... 1:30  <b>No AFEP</b>	<b>17</b>  Meditation w/Debi ..... 11:15  <b>CLOSING AT 2:00</b>	<b>18</b>  Stroke Awareness ..... 10:00 Grocery Distribution ..... 11:30	<b>19</b>  How Foods Affect You ..... 10:30
<b>22</b>  Project Linus/Sewing 101 ..... 9:30 <b>Earth Day ..... 11:30</b>	<b>23</b>  Information & Assistance with Julie ..... 9:30 Tea Club ..... 1:00 Shibashi ..... 3:00	<b>24</b>  <b>SCAM Jam (Clark) ..... 9:30</b> Widow & Widower Support ..... 10:00 Mobile Market ..... 11:30 Book Club ..... 1:00	<b>25</b>  <b>Bring Your Daughters &amp; Sons to the Center (Work) ..... 9:30</b>	<b>26</b>  Green Thumb Club ..... 10:30
<b>29</b>  Bingo ..... 9:30 Singing Group ..... 1:00	<b>30</b>  <b>Beat the Blues Jean Party ..... 10:45</b>  <b>No Fitness Classes</b>			

## Painting Workshop with Olga Herrera

Take this opportunity to learn how to paint or improve your painting from a gentle patient Instructor. Local artist, author, sculptor, illustrator, and mom Olga Herrera has been teaching all levels of painters while developing her portfolio, illustrating and writing children's books. All supplies will be provided; however, space is limited. See Staff to sign up and pay before April 11.

**Tuesday, Apr. 16, 10:30 a.m. • Fee: \$10**



# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

## Program Highlights

### \*NEW FITNESS CLASS\* Tai Chi

Welcome to Randy Schoh as brings his expertise to Nanjemoy leading our new Tai Chi class.

Tuesdays, 10 a.m. Fee: Fitness Pass

### Introduction to Herbalism

Learn about the benefits of plants and herbs.

Monday, Apr. 15, 1 p.m. Fee: FREE

### Dept. of Social Services

Walk-ins accommodated.

Wednesday, Apr. 17, 10 a.m. Fee: FREE

### CarFit

Thirty-minute appointments available to have your car settings modified to best fit your ergonomic and mobility needs. Appointment required. Call 301-246-9612 to schedule.

Wednesday, Apr. 17, 10 a.m. Fee: FREE

### Earth Day Meditation

Connecting to mother earth is a great way to let go, breathe, and realign to yourself and purpose. Outdoors preferred. Led by Debi Shanks.

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

### Seated Massage for Seniors

Enjoy a 10-minute seated massage by a licensed massage therapist by appointment only.

Monday, Apr. 29, 11 a.m. Fee: FREE

### Mother's Day Tea

Join us for freshly prepared food, live entertainment, money raffle, and more. This event is hosted by the Nanjemoy Senior Center Council. Event tickets are on sale now and can be purchased through council members.

Wednesday, May 8, 11 a.m.  
Fee: \$12 paid to the Nanjemoy Senior Center Council

## Ongoing Programs

### Artistic Aesthetics

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

Mondays, 1:00 p.m.,  
Casual Crafting, Apr. 1, Fee: \$5  
Upcycle an Old Painting, Apr. 8, Fee: FREE  
Casual Crafting, Apr. 15, Fee: \$5  
Mini Photo Journals, Apr. 22, Fee: FREE  
Hat Centerpieces for Mother's Day, Apr. 29, 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, Apr. 18, 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

### 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. Video may be used as needed.

Mondays & Wednesdays, 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

### 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!!

### Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Apr. 2 & 23, 10:30 a.m. Fee: FREE

### WIC Services

Fridays, Apr. 12 & 26, 9 a.m.-4 p.m. Fee: FREE

### Mobile Food Market

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

Wednesday, Apr. 17, 12 p.m. Fee: FREE

\*While supplies last\*

### New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Apr. 25, 11:30 a.m. Fee: FREE

\*While supplies last\*

### Billiard/Game Room

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

### Computer Lab

Print, copy, fax services available.

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

## Recreation Programs

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

### Exploding Volcanoes

Ages 3-5 first session and ages 6-9 second session.

Wednesday, Apr. 10, 2-2:45 p.m. & 3-3:45 p.m.

Fee: \$15

### Toddler & Future Chef

Ages 2-6 first session and ages 7-12 second session.

Tuesday, Apr. 16, 6-6:45 p.m. & 7-7:45 p.m.

Fee: \$12

### Move & Groove

Ages 2-5.

Friday, Apr. 26, 10-10:45 a.m. Fee: FREE

### Storytime

Ages 2-5.

Friday, Apr. 26, 11-11:45 a.m. Fee: FREE

## 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, Apr. 19, 5-7 p.m. Fee: 5¢ per card**

**Food prices are determined by the council.**



# NANJEMOY SENIOR/COMMUNITY CENTER

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

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

Luncheon at Noon—Reservation/Registration Required

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

Community Center Hours:

8:30 a.m.–4:30 p.m., Mon–Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30 Computer Lab .....8:30 Fitness Room .....8:30 Senior Tech Appts.....8:30 Lunch .....12:00 Dominos.....1:00 Games/Puzzles.....1:00 <b>Fitness</b> AFEP .....10:00	Billiards.....8:30 Causal Crafting .....8:30 Computer Lab .....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch .....12:00 Dominos.....1:00 Games/Puzzles.....1:00 <b>Fitness</b> Flex & Stretch.....10:00 Core Fitness .....11:15	Billiards.....8:30 Causal Crafting .....8:30 Computer Lab .....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch .....12:00 Dominos.....1:00 Games/Puzzles.....1:00 <b>Fitness</b> AFEP .....10:00 Walking Club .....11:00	Billiards.....8:30 Causal Crafting .....8:30 Computer Lab .....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch .....12:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles.....1:00 <b>Fitness</b> Tai Chi .....10:00 Total Body Conditioning.....11:00	Billiards.....8:30 Causal Crafting .....8:30 Computer Lab .....8:30 Fitness Room.....8:30 Shop the Rack .....8:30 Senior Tech Appts.....8:30 Lunch .....12:00 Dominos.....1:00 Games/Puzzles.....1:00 <b>Fitness</b> Walking Club .....1:00
<b>1</b> Artistic Aesthetics: <i>Casual Crafting</i> .....1:00	<b>2</b> <u>Community Program</u> Mobile Library .....10:30	<b>3</b> AFEP .....10:00	<b>4</b> Tai Chi .....10:00	<b>5</b> Walking Club .....1:00
<b>8</b> Senior Council Meeting .....10:00 Artistic Aesthetics: <i>Upcycle an Old Painting</i> .....1:00	<b>9</b> Flex & Stretch.....10:00	<b>10</b> <b>Recreation Program</b> <b>Exploding Volcanoes</b> ....2:00 <b>Exploding Volcanoes</b> ....3:00	<b>11</b> Total Body Conditioning.....11:00	<b>12</b> <u>Community Program</u> WIC Services .....9:00
<b>15</b> Introduction to Herbalism .....1:00 Artistic Aesthetics: <i>Casual Crafting</i> .....1:00	<b>16</b> <u>Recreation Program</u> Toddler Chef .....6:00 Future Chef .....7:00	<b>17</b> CarFit .....10:00 <u>Community Programs</u> <b>Dept. of Social Services</b> .10:00 Mobile Food Market .....12:00 <b>CLOSING AT 2:00</b>	<b>18</b> I&A Services.....9:30 <b>Earth Day Meditation</b> ..10:30	<b>19</b> Senior Council Bingo Fundraiser .....5:00
<b>22</b> Artistic Aesthetics: <i>Mini Photo Journals</i> .....1:00	<b>23</b> <u>Community Program</u> Mobile Library .....10:30	<b>24</b> <b>Scam Jam at</b> <b>Richard R. Clark</b> .....9:00	<b>25</b> New Hope Grocery Distribution .....11:30	<b>26</b> <u>Community Program</u> WIC Services .....9:00  <b>Recreation Program</b> <b>Move &amp; Groove</b> .....10:00 Storytime.....11:00
<b>29</b> <b>Seated Massage</b> <b>for Seniors</b> .....11:00 Artistic Aesthetics: <i>Hat Centerpieces for</i> <i>Mother's Day</i> .....1:00	<b>30</b> Flex & Stretch.....10:00			

# WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest **SCOOP** online!

## Program Highlights

### Effective Communication Strategies

Does communicating with your loved one frustrate you? Is there a better way to reach a person with neuro-cognitive difficulties? This program will give you real-life tools you can use as you navigate the difficulties of being a care partner. Brought to us by the Alzheimer's Association.

Wednesday, Apr. 3, 10 a.m. Fee: FREE

### Lettuce Celebrate

In honor of Earth Day, join the Charles County Master Gardeners for this fun and informative event! You will learn all about lettuce and be taught how to build a lettuce box at home. Everyone will walk away with a lettuce plant donated by Wintergreen Nursery.

Monday, Apr. 22, 11 a.m. Fee: FREE

### Keeping Physically Healthy – Virtual

A 30-minute exploration of the importance of keeping physically healthy and how it fits in with the concept of Total Wellness.

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

### Earth Day Meditation

See pg. 14 for more details.

Wednesday, Apr. 25, 10:30 a.m. Fee: FREE

### Estates Planning

Please join Attorney, Heather Cherry, as she discusses everything about Estates Planning. She is very knowledgeable and will open the floor for questions at the end.

Friday, Apr. 26, 10 a.m. Fee: FREE

## Ongoing Programs

### 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, Apr. 2 & 9, 10 a.m. Fee: FREE

### 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, Apr. 5, 11 a.m. Fee: FREE

### Widow & Widower Support Group

Facilitated by Brenda Dubose.

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

### Bible Study

Facilitated by Minister Yvonnde' Wilson. All are welcome!

Tuesday, Apr. 16 , 11 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, Apr. 17, 10 a.m. Fee: \$3/pp

### Book Club

This month's book is "Around the World in 80 Days," by Jules Verne. Please come prepared with your thoughts on this book and join in the discussions.

Friday, Apr. 19, 1 p.m. Fee: FREE

### Basic Sewing

Join instructor, Melon Spriggs, and learn basic sewing techniques. Please bring your own sewing supplies (fabrics, thread, etc.)

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

### Guitar Club

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

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

Fee: FREE

### 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 fellow paper crafters and create your own special pieces of art. This is a self-run time slot for paper crafters alike. Please bring your own crafting supplies.

Tuesdays & Fridays, 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.**

**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 in 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, Apr. 10 & 24, 1 p.m.

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

Fee: \$5

### 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, and 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. and

Fridays, 11:30 a.m.

Fee: FREE

### Chair One Plus

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

Fridays, 12:30 p.m.

Fee: Fitness Card



## Mother's Day Brunch

This event is hosted by the Waldorf Senior Center Council. Join the celebration!

Entertainment, food, and more! Ticket sales will take place on Thursday, Apr. 4 from 9:30-10:45a.m. and Thursday, Apr. 11 from 9:30-10:30 a.m.

**Wednesday, May 8, 10:30 a.m.**

**Fee: \$15 paid to Waldorf Senior Center Council**

# WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room ..... 9:00 Racquetball ..... 9:00 Guitar Club ..... 10:00 Cards & Games ..... 10:30 Pinochle ..... 11:00 Lunch ..... 12:00 Basic Sewing ..... 1:00 Cornhole ..... 1:00 Table Tennis ..... 2:30 <b>Fitness</b> Chair Dance Aerobics ..... 9:30 Chair Yoga ..... 10:30 Yoga ..... 11:30 Kettlebell Fitness ..... 12:30 Enhanced Fitness ..... 1:30	Fitness Room ..... 9:00 Racquetball ..... 9:00 Leather Crafting ..... 10:00 Tech Time ..... 10:30 Cards & Games ..... 10:30 Pokeno ..... 10:30 Basketball ..... 11:00 Lunch ..... 12:00 Basic Sewing ..... 1:00 <b>Fitness</b> Total Body Conditioning ..... 9:30 Gentle Stretching ..... 10:30 Line Dancing ..... 11:30 Beginner Pickleball ..... 2:30	Fitness Room ..... 9:00 Racquetball ..... 9:00 Basketball ..... 10:00 Bridge Club ..... 10:00 Cards & Games ..... 10:30 Lunch ..... 12:00 Basic Sewing ..... 1:00 <b>Fitness</b> Chair Dance Aerobics ..... 9:30 AFEP ..... 10:30 Basic Fitness Training ..... 11:30 Chair One Plus ..... 2:00 Enhanced Fitness ..... 1:00	Fitness Room ..... 9:00 Racquetball ..... 9:00 Gospel Choir ..... 9:30 Cards & Games ..... 10:30 Watercolors ..... 10:30 Basketball ..... 11:00 Pinochle ..... 11:00 Lunch ..... 12:00 <b>Fitness</b> Guitar Club ..... 1:00 Total Body Conditioning ..... 9:30 Line Dancing ..... 11:30	Fitness Room ..... 9:00 Racquetball ..... 9:00 Cards & Games ..... 10:30 Crochet Club ..... 11:00 Lunch ..... 12:00 Crafter's Corner ..... 1:00 Cornhole ..... 1:00 <b>Fitness</b> Chair Dance Aerobics ..... 9:30 Core & More ..... 10:30 AFEP ..... 11:30 Chair One Plus ..... 12:30
<b>1</b> <b>Yoga Canceled Today</b>	<b>2</b> Prayer Group ..... 10:00 <b>Walk with Ease</b> ..... 1:00	<b>3</b> <b>Effective Communication Strategies</b> ..... 10:00	<b>4</b> Bingo ..... 10:30 Grocery Distribution ..... 11:30 <b>Walk with Ease</b> ..... 1:00 Beginner Pickleball ..... 2:30	<b>5</b> <b>Poetry Club</b> ..... 11:00
<b>8</b> Widow & Widower Support Group ..... 9:30	<b>9</b> <b>Homeowner's &amp; Renter's Tax Credit</b> ..... 10:00 Prayer Group ..... 10:00 <b>Walk with Ease</b> ..... 1:00	<b>10</b> Fitness Orientation ..... 1:00	<b>11</b> Bingo ..... 10:30 <b>Walk with Ease</b> ..... 1:00 Intro to Pickleball ..... 2:30	<b>12</b> Diabetes Prevention ..... 10:00
<b>15</b> WSC Council Meeting ..... 9:30	<b>16</b> Mobile Library ..... 9:00 Fitness Orientation ..... 10:30 <b>Bible Study</b> ..... 11:00 <b>Walk with Ease</b> ..... 1:00	<b>17</b> Jewelry Club ..... 10:00 <b>Closing at 2:00</b>	<b>18</b> Bingo ..... 10:30 <b>Walk with Ease</b> ..... 1:00 Beginner Pickleball ..... 2:30	<b>19</b> <b>Book Club</b> ..... 1:00
<b>22</b> Lettuce Celebrate ..... 11:00	<b>23</b> Stronger Memory Intro ..... 11:00 <b>Walk with Ease</b> ..... 1:00	<b>24</b> <b>Keeping Physically Healthy</b> ..... 11:30 Fitness Orientation ..... 1:00	<b>25</b> Bingo ..... 10:30 <b>Earth Day Meditation</b> ..... 10:30 <b>Walk with Ease</b> ..... 1:00 Intro to Pickleball ..... 2:30	<b>26</b> <b>Estates Planning</b> ..... 10:00 Chair One Plus ..... 12:30
<b>29</b> Widow & Widower Support Group ..... 9:30	<b>30</b> Fitness Orientation ..... 10:30 <b>Walk with Ease</b> ..... 1:00			



## Therapeutic Yoga

Join Nieda as she dives deeper into yoga for body work and healing.

Yoga Therapy can help people manage stress and pain levels, and have better outcomes from many treatments, including pain management. Yoga therapists teach movement, meditation, breathing techniques, relaxation and lifestyle changes that are evidence-supported. Yoga practice includes tools to support self-regulation and resilience. Yoga Therapy respects individual differences, and tailors the practices to support an individual's goals. The "Therapeutic Yoga" class will be a chair/mat class aimed at improving strength, posture, balance, and freedom of movement. It will include breathing practices and other techniques for supporting regulation and resilience in the body and mind.

**Richard R. Clark Senior Center, Mondays, 11 a.m.**

**Fee: Fitness Card**

**Indian Head Senior Center, Fridays, 9 a.m.**

**Fee: Fitness Card**

## Bike to Work Day

Bike to Work Day will be on Friday, May 17 at the Indian Head Village Green starting at 10 a.m. Event features mini class sessions, vendors, giveaways, lunch, and culminating with a bike ride on the Indian Head Rail Trail at 1 p.m. Register online at [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org) for the Indian Head pit stop (MD Charles Co. Indian Head at Village Green Pavilion) to get a free t-shirt. Signup at your local senior center by May 3rd to order lunch. Lunch donation is made on the day of the event.

Friday, May 17, 10 a.m. • Fee: FREE with lunch donation day of event.

## Tai Chi coming to Clark & Nanjemoy

Welcome Randy Schoch! Randy brings a vast knowledge and experience level to this exceptional form of exercise.

**Richard R. Clark Senior Center, Tuesdays, 2 p.m.**  
**Fee: Fitness Card**

**Nanjemoy Senior Center, Thursdays, 10 a.m.**  
**Fee: Fitness Card**

Thank you for your continued dedication to improving your health and fitness.

*Debi & Nieda*



## Earth Day Meditation

Connecting to mother earth is a great way to let go, breathe, and realign to yourself and purpose. Hope to see you at one of our locations. Weather permitting, these meditations will take place outside. Facilitator: Debi Shanks

Indian Head Senior Center, Apr. 17, 11:15 a.m. • Fee: FREE

Nanjemoy Senior Center, Apr. 18, 10:30 a.m. • Fee: FREE

Richard R. Clark Senior Center, Apr. 22, 10 a.m. • Fee: FREE

Waldorf Senior & Rec Center, Apr. 25, 10:30 a.m. • Fee: FREE

## Chair One Plus

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

Waldorf Senior & Rec Center, Fridays, 12:30 p.m. • Fee: Fitness Card

## Biking

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

**Fridays, Apr. 12 & 26, 1 p.m. • Fee: FREE**

## Walking Group

Weather permitting, we will be back to group walks at Laurel Spring Park. (Meet in the 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) • Fee: FREE**

**Fridays, 9 a.m. (on your own with group) • Fee: FREE**

## Save the Dates:

**May 17th**  
**Bike Day (Bike to Work Day)**  
**at the Indian Head Pavilion.**

**May 24th**  
**Charles County Senior Health Fair,**  
**Richard R Clark Senior Center.**



## Hand Dancing

No partner needed to learn the basics in this fun social class.

**Richard R. Clark Senior Center, Thursdays, Apr. 11 & 25, 2 p.m.**  
**Fee: FREE**

# 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
<b>1</b> <b>Easter Monday</b>  <b>No Meal Services</b>	<b>2</b> Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Orange Glazed Carrots Party Harty Beans Mangos, Apple Juice <b>COLD:</b> Ham and Swiss on Whole Wheat, Coleslaw, Diced Mangos, Fruit Punch Juice	<b>3</b> Curry Chicken Brown Rice Carrots and Green Beans Naan Flatbread Tangy Cherry Salad Pineapple Juice	<b>4</b> Beef and Rice Roasted Broccoli Carrot Raisin Salad Biscuit Fresh Apple Slices Fruit Punch Juice	<b>5</b> Jerk Catfish w/Mango Salsa Roasted Baby Carrots Mashed Potatoes Cornbread Citrus Salad Grape Juice
<b>8</b> Chicken Salad Sandwich on Brioche Bun Carrot Raisin Salad 3 Bean Salad Diced Mangos Apple Juice	<b>9</b> Liver and Onions Brown Rice, Stewed Tomatoes Cornbread Mandarin Oranges Grape Juice <b>COLD:</b> Seafood Salad Sandwich on Whole Wheat, Coleslaw, Pasta Salad, Mandarin Oranges Grape Juice	<b>10</b> Asian Tuna Burger w/ Lettuce and tomato Whole Wheat Bun Roasted Sweet Potatoes Green Beans Mandarin oranges Orange Juice	<b>11</b> Balsamic Chicken White Rice California Blend Vegetables Biscuit Fruit Cocktail Fruit Punch Juice	<b>12</b> Pork Chop Au Gratin Potatoes Collard Greens Whole Wheat Roll Pineapple Chucks Pineapple Juice
<b>15</b> Ginger Lime Chicken Mashed Sweet Potato Broccoli Whole Wheat Roll Mandarin Oranges Apple Juice	<b>16</b> Chicken Marsala Parsley Potatoes, Roasted Carrots, Cornbread Apricots, Orange Juice <b>COLD:</b> Turkey & Cheese on Whole Wheat, Broccoli Salad, Apricots, Orange Juice	<b>17</b> Lemon Pepper Tilapia Lemon Parsley Rice Green Beans w/ Roasted Tomatoes Whole Wheat Roll Peaches Fruit Punch Juice	<b>18</b> Ground Turkey Meat sauce Whole Wheat Spaghetti & Mozzarella Cali. Blend Vegetables Biscuit Applesauce Grape Juice	<b>19</b> Baked Tuna Cuban Black Beans White Rice, Tomato Salad Whole Wheat Roll Raisins Pineapple Juice
<b>22</b> Tuna Noodle Casserole Stewed Tomatoes Cornbread Apricots Apple Juice	<b>23</b> 1/4 Herb Roasted Chicken Parsley Mashed Potatoes Roasted Carrots Biscuit, Diced Mangos Fruit Punch Juice <b>COLD:</b> Ham and Swiss on Whole Wheat, Coleslaw, Diced Mangos, Fruit Punch Juice	<b>24</b> Oven Fried Chicken Mashed Potatoes w/Gravy Broccoli Cornbread Fruit Salad Pineapple Juice	<b>25</b> Sweet and Sour Pork Brown Rice Roasted Tomatoes Whole Wheat Roll Black Bean Mango Salad Peaches Fruit Punch Juice	<b>26</b> BBQ Pulled Pork Sandwich Whole Wheat Bun Coleslaw Roasted Sweet Potatoes Grapes Grape Juice
<b>29</b> Egg Salad Sandwich on Whole Wheat (2) Cucumber & Onion Salad Roasted Tomato Salad 3 Bean Salad Apple Slices Apple Juice	<b>30</b> Blackened Catfish Roasted Sweet Potatoes Collard Greens Cornbread Pineapple Chunks Pineapple Juice <b>COLD:</b> Chicken Salad Sandwich on Whole Wheat, Coleslaw, Pasta Salad, Pineapple Chunks Pineapple Juice			

## Charles County Luncheon Program

Available at Noon • Days Vary By Center

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

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

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

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

# The SCOOP

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



[www.CharlesCountyMD.gov](http://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

**\*\*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.

