

The SCOOP

Charles County's Senior Center News



FEBRUARY 2025

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: Brittany Arbin

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: Nieda Tice Palmer

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: Kimberly Wagner

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.

Like us on Facebook!! How to scan 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!



Inclement Weather Postings

As we get into the cooler weather, be on the look out to follow our inclement weather postings. Here's a helpful guide before travel to the center:

Schools **CLOSED** = Centers **CLOSED**

Schools **DELAYED** = Centers **OPEN ON TIME**

Charles County Government **DELAYED** = Centers **DELAYED**

To see if VanGo is delayed:

- Call VanGO at 301-609-7917
- Call PGM Transit Division at 301-645-0642

Inclement Weather Hotline:

- 301-934-9305
- 301-870-3388, ext. 5197

February Closures



Monday, Feb. 10 – Super Bowl Monday

Monday, Feb. 17 President's Day



Jaycees Buffet Bingo

Thursday, March 13, 10 a.m. to 2 p.m.

Sponsored by The Greater Waldorf Jaycees and the Department of Community Services, a luncheon and bingo! The event is open to all Charles County senior citizens, age 60 and older. We will fill up on a delicious cold buffet luncheon and play bingo for cash prizes. Please make your own transportation arrangements. There are a limited number of tickets available for this **FREE** event. You may pick up a maximum of 2 tickets. Every ticket holder must meet all eligibility requirements. Tickets will be available on **Tuesday, February 25, 2025**, and are first come, first served.

Event is held at the Greater Waldorf Jaycees Community Center.

To be eligible for a ticket, you must:

- Be 60 years of age, or older (or married to someone 60+)
- Reside in Charles County
- Be a current registered senior with Charles County Senior Centers (registration forms are current as of 10/01/2024)



February is American Heart Month: Prevent Heart Disease

February is American Heart Month. Focusing on your heart health has never been more important. Heart disease is the leading cause of death in the United States.

You can help prevent heart disease by following a heart-healthy lifestyle. Here are strategies to help you protect your heart:

1. Choose heart-healthy foods. Eat the rainbow of colors for fruit and vegetables. Consume whole grains for fiber and other nutrients that play a role in regulating blood pressure. Choose low-fat proteins such as lean meats, fish, and plant protein.
2. Maintain a healthy weight. Carrying extra weight can put more stress on the heart and blood vessels. Your heart must work extra hard to pump blood through the body. The harder your heart pumps, the higher your blood pressure, which can cause heart disease and stroke. Losing weight can lower your blood pressure.
3. Get regular physical activity. Regular physical activity can help you lose excess weight, improve your physical fitness, lower many heart disease risk factors, and manage high blood pressure. Over time, regular physical activity conditions the heart to pump blood more efficiently throughout the body.
4. Don't smoke and avoid secondhand smoke. Cigarette smoking is a major risk factor for heart disease. The chemicals you inhale when you smoke cause damage to your heart and blood vessels that makes you more likely to develop atherosclerosis, or plaque buildup in the arteries.

Information from:

<https://www.afmc.af.mil/News/Article-Display/Article/3662182/february-is-american-heart-month-prevent-heart-disease/>

Heart Healthy Recipe: Slow Cooker Turkey & Black Bean Chili or Vegetarian 3-Bean Chili

Servings: 6

Ingredients

- 2 pounds ground skinless turkey breast OR
- 2 15.5-ounce cans no-salt-added red kidney beans, rinsed and drained, and 2 15.5-ounce cans no-salt-added pinto beans, rinsed and drained
- 2 15-ounce cans no-salt-added black beans, rinsed and drained
- 1 28-ounce can no-salt-added diced tomatoes, undrained
- 2 15-ounce cans no-salt-added tomato sauce
- 1 cup frozen whole-kernel corn
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 2 teaspoons dried oregano, crumbled
- 2 teaspoons ground coriander
- 4 medium garlic cloves, minced
- 1/2 teaspoon crushed red pepper flakes

Directions

Tip: Click on step to mark as complete. In a large bowl, stir together all the ingredients. Add the bean mixture to a 3 1/2- to 4-quart slow cooker. Cook, covered, on low for 6 to 8 hours, or until the beans are tender.

Quick Tips

Cooking Tip: To make ahead, divide the chili between two 1-gallon resealable plastic freezer bags. Place the bags flat in the freezer. Thaw the bags overnight in the refrigerator. Cook as directed.

Information from:

<https://recipes.heart.org/en/recipes/slow-cooker-turkey-and-black-bean-chili-or-vegetarian-3-bean-chili>



National Women Inventors Month:

Five Examples of Lifesaving Inventions Designed by Women

The Fire Escape – The first fire escape was invented by Anna Connelly in 1887.

The Life Raft – Maria Beasley secured the patent for a life raft with collapsible metal floats and airtight containers in 1882.

The Medical Syringe – The medical syringe which could be operated with one hand was invented by Letitia Geer in 1899.

The Feeding Tube – Bessie Blount Griffin invented the electric feeding tube in 1948.

Kevlar – Invented by Stephanie Kwolek in 1965, this material is 5 times stronger than steel and is used to make bulletproof vests.

Information from:

<https://www.history.com/news/women-inventions>



National Black History Month: Origins

Historian Carter G. Woodson launched Black History Week in 1926 to recognize the significant contributions of African Americans during the second week of February to coincide with the birthdays of Abraham Lincoln (February 12) and abolitionist/writer Frederick Douglass (February 14). Congress expanded it to National Black History Month 50 years later during the nation's bicentennial celebration at which time then-President Gerald Ford urged the country to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."

Information from:

<https://www.census.gov/newsroom/facts-for-features/2025/black-history-month.htm>

National Caregivers Day: Feb. 21

Caregivers play an indispensable role in ensuring the health, dignity, and quality of life of the people they serve. They:

- Reduce the burden on healthcare systems by enabling individuals to remain at home.
- Provide emotional stability to families during times of illness or crisis.
- Ensure continuity of care, which is critical for managing chronic conditions or recovery.

Caregivers are often the lifeline for those who cannot fully care for themselves, making their role invaluable in society.
<https://caregiverdoc.com/national-caregivers-day/>

Caregivers Corner: Talking to Kids about Alzheimer's & Dementia

Alzheimer's disease impacts every member of the family, including children. If you are a parent, grandparent or teacher, you may be looking for ways to support a child or teenager who is dealing with the diagnosis of someone they love. The Alzheimer's Association has information to help you understand what a child may feel and recommendations for having conversations about Alzheimer's. Also, different types of dementia can cause varying symptoms that develop at different ages, so it's helpful to tailor your approach to the specific situation.

Each child will react differently to someone who is living with Alzheimer's or another dementia. The young people in your life might have questions about what is happening. It's important to answer these questions openly and honestly. It will also help to share with them the changes the disease might bring, now and in the future.

Join us over the next several months while we explore feelings and reactions of children, ways to help kids cope, common questions, and resources for children and teens learning about Alzheimer's and dementia that is impacting a loved one in their life.

Information from:

https://www.alz.org/help-support/resources/kids-teens/for_parents_teachers

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 service is *FREE* through the AARP Tax Foundation.

To schedule a Tax Preparation Appointment:

Call 301-246-2271 and leave a message.

A Tax-aide volunteer will call you back to schedule your appointment. Appointments will be available at the following locations: Richard R. Clark Senior Center, St. James Episcopal Church in Indian Head, and the Nanjemoy Senior & Community Center.

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.

Ask SHIP:

How can I protect my Medicare number?

Medical identity theft happens when someone steals your personal information and uses it to get medical treatment or equipment and bills your insurance for it. Healthcare companies can try to reach people in various ways, like television commercials, radio ads, events, mailings, phone calls, and text messages. Some of them may be legitimate, but some could potentially be scammers trying to steal your personal and/or medical identity information.

It is important to protect your Medicare and/or health ID number and only share it with your health care provider or trusted person. You should protect your Medicare card like you would a credit card. Scammers have various ways of stealing someone's Medicare number and other personal information. Make sure you read your Medicare statements often. If you see services or prescriptions that you didn't know about or receive, your Medicare and/or health ID number could be considered "compromised." Here are some reasons you would report potential medical identity theft:

- You gave out your Medicare and/or health ID number:
- Over the phone or internet to someone offering additional benefits, durable medical equipment, genetic testing, COVID-19 testing/supplies, back braces, etc.
- At a fair or other gathering as a check-in or to receive free services
- In response to a television or radio commercial, Facebook ad, postcard, or print ad requesting a Medicare number
- You are contacted by a debt collection company for a provider bill you do not owe
- You received boxes of braces, testing kits, or other medical supplies in the mail that you did not request
- A Medicare and/or a Medicare Advantage plan denies or limits your coverage or benefits because of a medical condition you do not have

If you believe you may have experienced medical identity theft, call your local Senior Medicare Patrol (SMP) with questions, at 301-609-5712 (La Plata area residents) or 240-448-2816 (Waldorf area residents) if you have more questions.



Legal Aid

Legal Aid: March 10th

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

Medicare Enrollment Periods

General Enrollment Period -Jan 1 to Mar 31st, 2025 – If you did not sign up for Medicare Parts A and/or B during your Initial Enrollment Period and do not qualify for a Special Enrollment Period, you may sign up during this time.

Medicare Advantage Open Enrollment Period – Jan 1st to Mar 31st, 2025 – If you are currently enrolled in a Medicare Part C Advantage Plan, you may switch Advantage plans or drop your Advantage plan and return to Original Medicare (Parts A & B).

If you have questions regarding the current enrollment period, missed your enrollment period, or are unsure if you qualify for a Special Enrollment Period. Contact the SHIP program at 301-609-5712 or 240-448-2816.

Maryland Access Point: Connecting Seniors to Resources

Working with senior citizens, young disabled persons, caregivers, professionals, and families who have long-term care needs, the MAP staff can connect these entities with private and public resources for long-term care. The MAP also provides Options Counseling to aid consumers with developing a personalized action plan, combined with referrals and resources received to make an informed decision about meeting their long-term care needs or that of another person.

If you have questions about services and resources available to Charles County Aging and Young Disabled, please contact Maryland Access Point (MAP) at 855-843-9725 or email mdaccesspoint@charlescountymd.gov.



Medicare 101

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.

Wednesday, March 12th 2pm at P.D. Brown Library
50 Village Street, Waldorf, MD 20602

Tuesday, March 18th 6pm at Waldorf West Library
10450 O'Donnell Place, Waldorf, MD 20603

Let us know you're coming by calling 301-934-0118. Walk-ins welcome!

CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Help Us Name the Richard R. Clark Senior Center Musicians

The RRCSC musicians do not have a name. They agree with the Council's idea to have a contest to select a name for the group. The musicians will review the submitted names and select a winner. The Council will pay the winner \$25. The name submission forms, and box are located in the Front Lobby near the signup sheets. The flyer has a short bio and picture of the musician group. The winner will be announced during the March 4th Taco Tuesday event, sponsored by the Richard R. Clark Senior Council.

Monday, Feb. 3-27, 9 a.m. Fee: FREE

Black History Month

Join the Richard R. Clark Senior Center as we celebrate Black History Month. Each week we will have a different activity. Please sign up.

Movie: Monday, Feb. 3, 10 a.m.

Black History Trivia, Feb. 13, 10:30 a.m.

Jewelry Earrings, Feb. 19, 10 a.m.

African Dance Demo, Feb. 24, 12:30 p.m.

Black History Trivia

Join staff to test your knowledge about Black History Month trivia.

Thursday, Feb. 13, 10:30 a.m.

Make a Blanket Day (MABD)

Join the Project Linus group for the annual Make a Blanket Day. No sewing experience necessary.

Friday, Feb. 21, 9:30 a.m. Fee: FREE

Introduction to Winter Sowing

Did you know that you can sow seeds outdoors, in containers, in the dead of winter, and they'll germinate with ease and success? At this workshop, learn the basics of winter sowing- a technique used to propagate seeds outdoors in a recyclable mini-greenhouse without grow lights. Winter sowing extends the growing season, allows natural cold stratification and simplifies gardening. This is a fun and rewarding activity that does not require a lot of money, space or time. Join the Charles County Master Gardeners for this interactive hands-on workshop. Space is limited. Pre-registration is required.

Thursday, Feb. 27, 10 a.m. Fee: FREE

Senior Council Bingo

Richard R. Clark Senior Center Council Bingo, hosted in the multipurpose room. Doors open at 9:30 a.m. Last call to purchase bingo card(s) is at 10 a.m. One winner per game. No bills over \$10. Interested in lunch? Call the Senior Center before 10 a.m. the day prior to bingo to reserve your lunch.

Friday, Feb. 28, 9:30 a.m.

Fee: \$4= 3 face cards; \$8= 6 face cards

Ongoing Programs

Jewelry Class

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

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

Book Club

Led by Nancy Marquardt, Charles County Public Library. Please sign up for the timeslot of your choice.

Thursday Feb. 6, 1 p.m. & 2:15 p.m. Fee: FREE

Widow to Widow Support Group

Canceled this month.

Free Lunchtime Music with Will!

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

Wednesday, Feb. 12, 11:30 a.m. Fee: FREE

Charles County Mobile Library

Visit the Charles County Mobile Library, located inside our building.

Tuesday, Feb. 18, 10 a.m. Fee: FREE

FREE Health Checks

Come out and see Khenae Pearson, Nursing Assistant, and get your blood pressure, glucose and/or weight checked. Please sign up.

Wednesday, Feb. 19, 10 a.m. Fee: FREE

Greeting Card Making Class

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

Wednesday, Feb. 26, 10 a.m. Fee: \$5

Learn to Quilt

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

Tuesday, 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. This group creates and donates hand-made items to children in need.

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

Project Linus

Karen Huffman & Gail Cavella, along with a group of volunteer members, come together to create and collect blankets to provide to children in their time of need.

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

Health & Fitness

Clark Center Fitness Room Orientation

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

Wednesdays, Feb. 12 & 26, 10 a.m. Fee: \$5

Chair Yoga

This class is a chair formatted class aimed at improving strength, posture, balance, and freedom of movement. Breathing practices will also be included.

Mondays, 11 a.m.

Fridays, 12 p.m. Fee: Fitness Card

Yoga Flow

Envision a journey of movement, breathwork, flexibility, and meditation in this mat-based yoga class. All fitness levels welcome.

Tuesdays, 3 p.m.

Wednesdays, 12 p.m. Fee: Fitness Card

Save the Date: Taco Tuesday

Mark your calendar for Taco Tuesday on March 4, 2025. Music provided by the

Richard R. Clark Senior Center Musicians.

The winner of the "Name the Musicians

Contest" will be announced during the

party. More details to come in the March

SCOOP.

FRIENDSHIP PARTY

Come dance with us as we celebrate all of the friendships in our lives. Enjoy music, dancing, and friendly fun activities. Let's celebrate the friendships we have created. Bring a friend you love and receive a special gift. Please sign up with a Program Assistant staffer.

Friday, Feb. 14, 10:30 a.m. • Fee: \$5



CLARK SENIOR CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

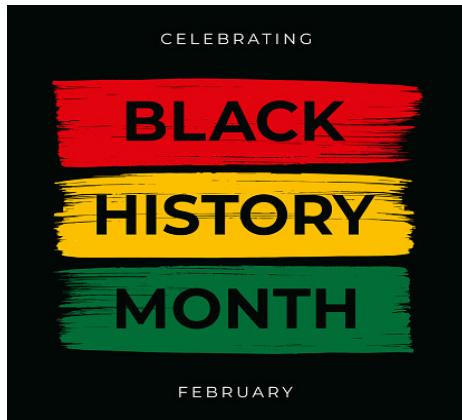
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards 9:30 Sewing Room OPEN 9:30 Coloring & Puzzles 9:30 2N1 Social Club 10:00 Duplicate Bridge 10:00 Fitness Total Body Conditioning 9:00 Pilates 10:00 Chair Yoga 11:00 Drums Alive 1:00	Billiards 9:30 Quilting Class 9:30 Coloring & Puzzles 9:30 Guitar 10:00 Cards & Games 10:00 Fitness Strength Training 9:00 Flex & Stretch 10:00 Zumba 11:30 Line Dance 1:00 Yoga Flow 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 Fitness Basic Fitness Training 9:00 Dance Aerobics 11:00 Yoga Flow 12:00 AFEP 1:00 Core & More 1:45	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 Pilates 12:30	Billiards 9:30 Project Linus 9:30 Coloring & Puzzles 9:30 Open Paint Session 10:00 Guitar 10:00 Lunch 12:00 Musicians Club 1:00 Fitness Total Body Conditioning 9:00 Chair One Plus 10:00 AFEP 11:15 Chair Yoga 12:00 Line Dance 2:00
3 Movie 10:00 Bingocize 10:30	4 Easy Listening w/Frank 10:30	5 Beginners Jewelry 10:00 Bingocize 10:30	6 Book Club 1:00 Liturical Dance 2:00 Book Club 2:15	7 Hand & Foot Canasta 10:00
10 Super Bowl Monday  All Senior Centers Closed	11 Hand & Foot Canasta 10:00	12 Fitness Orientation 10:00 Bingocize 10:30 Lunchtime Music with Will 11:30 Council Meeting 1:00	13 Black History Trivia 10:30 Hand Dance 2:00	14 Project Linus Meeting 9:30 Friendship Party 10:30
17 President's Day  All Senior Centers Closed	18 Mobile Library 10:00	19 Beginners Jewelry: Earrings 10:00 Health Check 10:00 Bingocize 10:30	20 Free Karaoke Day 10:30 Liturgical Dance 2:00	21 Make a Blanket Day 9:30
24 Bingocize 10:30 African Dance Demo 12:30	25 Winter Craft 10:30	26 Card Making Class 10:00 Fitness Orientation 10:00 Bingocize 10:30 Caregivers Support Group 2:00	27 Introduction to Winter Sowing 10:00 Hand Dance 2:00	28 Senior Council Bingo 9:30 Hand & Foot Canasta 10:00



INDIAN HEAD SENIOR CENTER

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

Get your Latest *SCOOP* online!



Program Highlights

Black History Month Trivia

Join us as we explore history facts together. Bring some facts to share!

Thursday, Feb. 6, 10:30 a.m. Fee: FREE

Black History Month Performance

Shemika Berry aka Shemika Renee' is an award-winning makeup artist, award nominated actress, and costumer who can transform into historical figures that will captivate and inspire. Join us as she brings history to life. Don't forget to sign up for lunch! Space is limited. Prior signup with payment required. Brought to you in part by the Charles County Arts Alliance and the Maryland State Arts Council.

Wednesday, Feb. 12, 11 a.m. Fee: \$5

Valentine's Day Card Making

Come out and create one-of-a-kind Valentine cards for your family and loved ones. All supplies will be provided. Prior signup requested for supply purchases.

Thursday, Feb. 13, 10:45 a.m. Fee: FREE

Black History Month Movie

Celebrate Black History Month through film and enjoy a story of courage, strength and perseverance.

Tuesday, Feb. 18, 1 p.m. Fee: FREE

Ongoing Programs

Bingo

Monday, Feb. 3, 9:30 a.m. Fee: 5¢ per card
Friday, Feb. 14, 9:30 a.m. Fee: 5¢ per card

Choir Group

Love to sing, this is the group for you.

Monday, Feb. 3, 1 p.m. Fee: FREE

Widow to Widow Support Group

Focuses on facing grief after the loss of a partner. Facilitated Brenda DuBose.

Wednesday, Feb. 12, 10 a.m. Fee: FREE

Information & Assistance w/Julie

Come out to hear current Medicare topics and local resources for Seniors in Charles County. For additional assistance, schedule to meet privately with Aging & Disability Resource Specialist, Julie Hammonds, by calling 301-934-6737 for an appointment.

Tuesday, Feb. 11, 10:30 a.m. Fee: FREE

Pastor Chris & Friends

Join Pastor Chris as we sing Christian hymns and participate in Bible study. All are welcome!

Tuesday, Feb. 11, 1 p.m. Fee: FREE

Green Thumb Club

Help prep the soil for our Spring planting.

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

Project Linus/ Sewing 101

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

Monday, 24, 9:30 a.m. Fee: FREE

Book Club

This month's book is North Woods by Daniel Mason. Facilitated by the Potomac Branch Library.

Wednesday, Feb. 26, 1 p.m. Fee: FREE

Health & Fitness Programs

Chair Fitness w/ Natonyia

Get your muscles moving with the stability of chair exercises.

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

Mobility Flow w/ Sonya

Seated exercises for muscle movement and flexibility.

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

AFEP (Arthritis Foundation Exercise Program)

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

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

Fitness w/Veronica

Join us for a full-body workout!

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

Bingocize

Fitness with bingo fun!

Wednesdays & Fridays, 11 a.m. Fee: FREE

Fitness Orientation

Required before using fitness equipment.

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

Mobility & Balance w/ Nieda

Join Nieda as she incorporates functional movement for every-body.

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

Fitness w/Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

Kettle Bell

Geared for all levels of fitness to stay strong and agile.

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

Chair Yoga

This gentle form of yoga is encouraged for those who have mobility challenges.

Fridays, 9 a.m. Fee: Fitness Card

Community

Mobile Market

Free giveaways of produce and pantry essentials.

Wednesday, Feb. 26, 11 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 Fitness Chair Fitness 10:30	Fitness Room 9:00 Billiards 9:00 Cards/Games 9:00 Fitness Fitness Surprise 9:30 AFEP 11:15	Fitness Room 9:00 Billiards 9:00 Cards/Games 9:00 Fitness Fitness w/ Veronica 10:15 Fitness Orientation 2:00	Fitness Room 9:00 Billiards 9:00 Card/Games 9:00 Fitness Canvas Painting 11:00 Mobility & Balance 9:30 AFEP 11:15 Fitness w/Lamont 1:00 Kettlebell 2:15	Card/Games 9:00 Fitness Room 10:15 Billiards 10:15 Fitness Chair Yoga 9:00
3 Bingo 9:30 Choir Group 1:00	4 Council Meeting 9:30	5 Bingocize 11:00	6 Mobility & Balance 9:30 Black History Month Trivia 10:30	7 Bingocize 11:00
10 Super Bowl Monday  All Senior Centers Closed	11 Information & Assistance with Julie 10:30 Pastor Chris 1:00	12 Widow & Widower Support 10:00 Black History Month Performance 11:00 Bingocize 1:00	13 Valentine's Day Card Making 10:45 AFEP 11:15	14 Bingo 9:30 Bingocize 11:00
17 President's Day  All Senior Centers Closed	18 AFEP 11:15 Black History Month Movie 1:00	19 Bingocize 11:00	20 Fitness w/ Lamont 1:00	21 Green Thumb 10:30 Bingocize 11:00
24 Project Linus/Sewing 101 9:30	25 Tea Club 1:00	26 Bingocize 11:00 Mobile Market 11:00 Book Club 1:00	27 Kettlebell 2:15	28 Bingocize 11:00

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Pizza & Painting

Romance is in the air! Paint a pre-sketched 8x10' canvas with a Valentine's themed design and enjoy 2 slices of pizza (cheese or pepperoni), fruit and a bottle of water. All supplies provided. Space is limited. Prior registration with payment is required.

Friday, Feb. 7, 12:30 p.m. Fee: \$8



Sweetheart Bingo

Celebrate Valentine's Day with your sweetheart at evening 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, Feb. 14, 5-7 p.m. Fee: \$5 + 5¢ per card

Let's Take a Trip

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

Tuesday, Feb. 18, 1 p.m. Fee: FREE

Come Alive, with Drums Alive!

This energetic drum fitness class, we use stability balls on top of buckets with drumsticks to create rhythms and movement patterns for the brain and body. Having to focus on the music and drumming you don't even realize you're exercising! Come try this lively workout that will have you singing, moving and grooving!

Monday, Feb. 24, 10 a.m. Fee: FREE

Ongoing Programs

Artistic Aesthetics

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

Mondays, 1 p.m.

Feb. 3: Valentine's Cards Fee: FREE

Feb. 24: Book Floral Centerpiece Fee: \$3

I&A Services

Come out to hear current Medicare topics and local resources for Seniors in Charles County. For additional assistance, schedule to meet privately with Aging & Disability Resource Specialist, Julie Hammonds, by calling 301-934-6737 for an appointment.

Thursday, Feb. 20, 9:30 a.m. Fee: FREE

Nickel Bingo

Join us for bingo every week!

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



FITNESS

Health & Fitness Programs

Arthritis Foundation Exercise Program (AFEP)

Evidence-based exercise program. Gentle all go 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 & Fridays, 10 a.m. Fee: FREE

Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m. Fee: FREE

Core Fitness

Core work, muscle work, and flexibility.

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

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, Feb. 11, 10:30 a.m. Fee: FREE

WIC Services

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

Mobile Food Market

Maryland Food Bank is giving away free fresh and shelf-stable food distribution. Open to the public.

Wednesday, Feb. 19, 12-2 p.m. Fee: FREE

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

Friday Films

Join us to watch *The Woman King*, a remarkable story of the Agojie, all-female unit of warriors who protected the African Kingdom of Dahomey in the 1800's. Inspired by true events.

Friday, Feb. 21, 11 a.m. Fee: FREE



NANJEMOY SENIOR/COMMUNITY CENTER

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

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

Luncheon at Noon—Reservation/Registration Required

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

Community Center Hours:

8:30 a.m.–4:30 p.m., Mon–Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness AFEP10:00 Bingocize11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness 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 Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club.....1:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Shop the Rack8:30 Lunch12:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness Total Body Conditioning.....11:15	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Shop the Rack8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00 Walking Club.....1:00
3	4	5	6	7
Senior Council Meeting10:00 Bingocize11:00 Artistic Aesthetics: <i>Valentine's Cards</i>1:00	Computer Lab8:30 Dominos.....1:00	Games/Puzzles10:00	Bingocize11:00	Senior Tech Appts.....8:30 Pizza & Painting12:30
10 Super Bowl Monday  All Senior Centers Closed	11 Flex & Stretch.....10:00 <u>Community Program</u> Mobile Library10:30	12 Games/Puzzles10:00	13 Bingo12:45	14 AFEP10:00 Senior Council Bingo5:00 <u>Community Program</u> WIC9:00
17 President's Day  All Senior Centers Closed	18 Core Fitness11:15 Let's Take a Trip1:00	19 Dominos.....10:00 <u>Community Program</u> Mobile Food Market12:00	20 I & A Services.....9:30 Bingo12:45	21 AFEP10:00 Friday Films11:00
24 Drums ALive!10:00 Artistic Aesthetics: <i>Book Floral Centerpieces</i>1:00	25 Computer Lab8:30	26 Fitness Room.....8:30	27 Billiards.....8:30	28 AFEP10:00 <u>Community Program</u> WIC9:00

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Movie Monday: Hidden Figures

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

Monday, Feb. 3, 10 a.m. Fee: \$1

African Dance

NAAADT will be hosting a 4-week dance workshop focusing on African and African American-based movement styles.

Thursdays, Feb 6-27, 10:30 a.m. Fee: \$10

The Romantic Scammer

Join Dr. Jacqueline M. Pressey to learn about senior dating tips geared towards the older population and how to stay safe! Refreshments will be provided.

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

Intro to Pickleball – New Session

Join Nate Schultz as he teaches you all the fundamentals of Pickleball throughout this 10-day course. Equipment will be provided. Must pre-register.

Tuesdays & Thursdays, Feb. 11-Mar. 13, 11 a.m.
Fee: FREE

Charcoal w/ Olga

Join Olga Herrera to learn how to create your own custom art piece with charcoal.

Wednesday, Feb. 19, 10 a.m. Fee: \$5

Intro to Vegetarianism

Have you ever thought about becoming a vegetarian, wondered the health benefits or where to start? Learn how eating a vegetarian diet can improve your heart health, lower your cholesterol, reduce cancer risk and improve your sleep. Come learn some fun and easy recipes, the health benefits and how to get started.

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

Valentine Craft

Love is in the air! Join us as we each paint and customize a heart shaped trinket box.

Friday, Feb. 14, 10 a.m. • Fee: \$3

Ongoing Programs

Prayer Group

We are praying at the Center! All are invited to join our new Prayer Group. We will be meeting every first and second Tuesday of the month.

Tuesday, Feb. 4 & 11, 10 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Feb. 24, 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, Feb. 12, 10 a.m. Fee: \$3

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

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

Poetry Club

Join the Poetry Club at the Waldorf Senior Center every third Tuesday of the month! Local poets come together to share their beautiful pieces of work with others.

Tuesday, Feb. 18, 1 p.m. Fee: FREE

Book Club

This month's book is "Narrative of The Life of Frederick Douglass" by Frederick Douglass. Please come prepared with your thoughts on this book and join in the discussions.

Thursday, Feb. 20, 1 p.m. Fee: FREE

Jazz Appreciation

Join fellow jazz enthusiasts in our multi-purpose room to listen to some amazing Jazz. This will take place every third Friday of the month.

Friday, Feb. 21, 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

Bring your guitar/instrument to the center and play some tunes while learning new skills from peers.

Mondays, 11 a.m.

Thursdays, 1 p.m.

Fee: FREE

Leather Crafting

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, 12 p.m.

Fee: FREE

Gospel Choir

Sing or listen, all are welcome.

Thursdays, 9:30 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

Crochet Club

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

Fridays, 10 a.m.

Fee: FREE

Paper Crafting

Fellow paper crafter, Julia Benge, will be onsite to offer ideas to get you started in paper crafting. All paper crafting supplies will be provided, but feel free to bring your own.

Fridays, 1 p.m.

Fee: FREE

Health & Fitness

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Monday, Feb. 3, 11:30 a.m.

Wednesdays, Feb. 12 & 26, 10:30 a.m.

Fee: \$5

Total Body Conditioning

Tuesdays & Thursdays, 9:30 a.m.

Fee: Fitness Card

Tai Ji Quan: Moving for Better Balance

Research-based balance training regimen designed to improve balance and stability.

Tuesdays & Thursdays, 1 p.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 Room 9:00 Racquetball 9:00 Guitar Club 11:00 Pinochle 11:00 Lunch 12:00 Basic Sewing 1:00 Table Tennis 2:30 Fitness Chair Dance Aerobics 9:30 Stability Ball Fitness 10:30 Chair One Plus 11:30 Kettlebell Fitness 12:30	Fitness Room 9:00 Racquetball 9:00 Cards & Games 10:30 Pokeno 10:30 Tech Time 10:30 Leather Crafting 12:00 Lunch 12:00 Walking Club 12:30 Basketball 1:00 Crafter's Corner 1:00 Fitness Total Body Conditioning 9:30 Gentle Stretching 10:30 Line Dancing 11:30 Tai Ji Quan: Moving for Better Balance 1:00	Fitness Room 9:00 Racquetball 9:00 Basketball 10:00 Bridge Club 10:00 Lunch 12:00 Basic Sewing 1:00 Fitness Chair Dance Aerobics 9:30 AFEP 10:30 Basic Fitness Training 11:30	Fitness Room 9:00 Racquetball 9:00 Gospel Choir 9:30 Watercolors 10:30 Pinochle 11:00 Lunch 12:00 Walking Club 12:30 Mah Jong 1:00 Basketball 1:00 Guitar Club 1:00 Table Tennis 2:30 Fitness Total Body Conditioning 9:30 Line Dancing 11:30 Tai Ji Quan: Moving for Better Balance 1:00	Fitness Room 9:00 Racquetball 9:00 Crochet Club 10:00 Chess Club 10:30 Lunch 12:00 Crafter's Corner 1:00 Paper Crafting 1:00 Fitness Chair Dance Aerobics 9:30 Gentle Stretching 10:30 AFEP 11:30 Core and More 12:30
3 Movie Monday 10:00 Fitness Orientation 11:30	4 Mobile Library 9:00 Prayer Group 10:00	5 Matter of Balance 11:00 NO ENHANCED FITNESS	6 Bingo 10:30 African Dance (1) 10:30 NO DRUMS ALIVE	7 Bubble Gum Day! Stop by the Front Desk for a Piece of Bubble Gum.
10 Super Bowl Monday  All Senior Centers Closed	11 Prayer Group 10:00 Intro to Pickleball(1) 11:00 Romantic Scammer 11:00	12 Jewelry Club 10:00 Fitness Orientation 10:30 Matter of Balance 11:00 NO ENHANCED FITNESS	13 ACA Meeting 9:30 Bingo 10:30 African Dance(2) 10:30 Intro to Pickleball(2) 11:00 NO DRUMS ALIVE	14 Valentine Craft 10:00
17 President's Day  All Senior Centers Closed	18 Bible Study 11:00 Intro to Pickleball(3) 11:00 Poetry Club 11:00	19 Charcoal w/ Olga 10:00 Matter of Balance 11:00 NO ENHANCED FITNESS	20 Bingo 10:30 African Dance(3) 10:30 Intro to Pickleball(4) 11:00 Book Club 1:00 NO DRUMS ALIVE	21 Vegetarianism 10:30 Jazz Appreciation 1:00
24 Widow & Widower Support Group 9:30 WSC Council Meeting 9:30	25 Mobile Library 9:00 Intro to Pickleball(5) 11:00	26 Fitness Orientation 10:30 Matter of Balance 11:00 NO ENHANCED FITNESS	27 Bingo 10:30 African Dance(4) 10:30 Intro to Pickleball(6) 11:00 NO DRUMS ALIVE	28 Guitar Performance 12:00

Bless your Heart!

Your heart is a super muscle, with the ability to pump out 2,000 gallons of blood a day!

The heart's job is to deliver oxygen and nutrients to all your organs and tissues. It also removes carbon dioxide and other waste products from those same places.

Keeping our hearts healthy takes a conscious effort to eat nutrient rich foods and to get proper exercise. Cardiovascular exercises and whole foods can play a huge part in keeping our hearts healthy for years to come! How are you taking care of this important muscle? We would love to see you in our centers to help keep you on track with your journey to be the best YOU!

Tai Chi Quan; Moving for better balance

New Session beginning in January

Tai Ji Quan: Moving for Better Balance (TJQMBB) is a research-based balance training regimen designed to improve balance and stability. Created by Fuzhong Li, Ph.D., this approach shifts Tai Ji Quan from traditional martial arts to a health-centered practice aimed at reducing fall risks and enhancing physical function.



Waldorf Senior & Rec. Center:

Tuesdays & Thursdays, starting Jan. 7, • Fee: FREE

Senior Fitness Rooms

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

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

Indoor Fitness

We don't stop when the weather gets chilly!

Here are ways to keep moving as the weather gets a little colder and we tend to want to stay indoors.

Bowling at AMF in Waldorf: Thursdays 2:30 *Fee paid at AMF

Billiards, Pickleball, Racquetball and ping pong! Check each center's calendar for times and days.

Don't forget: CCGTV runs our fitness classes daily in the morning and in the afternoon. Check out channel 95 (Comcast) or 10 (Verizon) for our senior based classes.

African Dance

National Association of American African dance teachers will be hosting a 4-week dance workshop focusing on African and African American-based movement styles.

Waldorf Senior & Rec. Center

Thursdays, Feb 6-27, 10:30 a.m. • Fee: \$10 (includes all four classes)

New Class!

Drums Alive in Waldorf

If you have ever experienced this fun energetic class, now is your chance!

In drum fitness, we use stability balls on top of buckets with drumsticks to create rhythms and movement patterns for the brain and body. Having to focus on the music and drumming you don't even realize you're exercising!

Instructor: Natonyia Nadea

Thursdays, starting Jan. 23, 10:30 a.m. Fee: Fitness Card

Bingocize!

Fitness-health education-nutrition

Bingocize isn't just another health program, it is a vibrant fusion of fitness and health education that incorporates the beloved game of bingo! It isn't just health education and exercise, it is about creating memorable experiences infused with music, movement and social connections. This 6-week class meets twice a week. Join us in this evidence-based program for fun, movement and prizes! Registration required. **Fee: Free**

Indian Head Senior Center:

Wednesdays & Fridays, Jan. 8 - Mar. 14, 11 a.m.

Richard R. Clark Senior Center:

Mondays & Fridays, Jan. 27 - Apr. 4, 10:30 a.m.



Matter of Balance

Have you recently fallen or have a fear of falling? Want to find ways to prevent falling?

This evidence-based class combines lecture and basic exercise in a discussion type setting to talk about the fear and risk of falling. Prevention and ways we can change limiting beliefs about falling. This class is for 8 weeks and meets once a week. Space is limited. Registration required.

Waldorf Senior & Recreation Center:

Wednesdays, Jan. 15-Mar. 5, 11 a.m.-12:30 p.m. • Fee: FREE

Richard R Clark Senior Center will be offering this class in April.

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

Debi & Nate

SENIOR CENTER MENU

1% or skim Milk is offered with all meals
All Juice is 100% Juice

Lunch Cancellation Policy

If you have a lunch reservation and cannot dine at the Center, please call the Senior Center PRIOR to the reservation day to cancel your meal. If the meal is not cancelled, the County must still pay for the meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fruit Blend Juice Swedish Meatballs Biscuit Fluffy Rice Collard Greens Peaches	4 Pineapple Juice Chicken, Bacon Ranch on Spinach Wrap w/ Lettuce & Tomato Veggie Pasta Salad Chips Apricots	5 Vegetarian Meal Apple Juice Vegetarian Chili Sweet Peas Spinach Salad Whole Wheat Dinner Roll Fresh Fruit	6 Grape Juice Blackened Salmon Wild Rice Whole Wheat Dinner Roll Roasted Veggie Blend Fruit Salad	7 Orange Juice Chicken Noodle Soup Mixed Veggies Dinner Roll Fruit assortment
10 Fruit Blend Juices Tuna Salad w/ Lettuce & Tomato Rye Bread Seasoned Buttered Noodles Peaches	11 Apple Juice Crispy Chicken Sandwich w/ Cheese (whole wheat bun) Mac n Cheese Chuckwagon Veggies Chocolate Chip Cookie Peaches	12 Vegetarian Meal Orange Juice Hearty Tomato Soup Corn Bread Side Salad w dressing Pears	13 Fruit Blend Juice LS Ham Slice Mashed Sweet Potato Succotash Whole Wheat Bread (2) Peaches	14 Grape Juice Meat Loaf Mashed Potatoes Cheesy Broccoli Dinner Roll Valentine Jell-O Fruit Salad Chocolate Cake
17 President's Day  Centers Closed	18 Apple Juice Pork Chop Sauerkraut Au Gratin Potatoes Cornbread Applesauce	19 Fruit Blend Juice Loaded Baked Potato Soup Dinner Roll Seasoned Corn Fresh Oranges	20 Grape Juice Jerk Tilapia Seasoned Rice Bread Stick Asparagus Apple slices	21 Pineapple Juice Shepards Pie Dinner Roll Green Beans Pears
24 Apple Juice Chophouse Burger Sandwich (Whole Wheat Bun) w/ Cheese Orange Glazed Carrots Party Hearty Beans Fruit Cocktail	25 Pineapple Juice 1/4 Herbed Baked Chicken Buttermilk & Chive Mashed Potatoes Seasoned Brussel Sprouts Cornbread Pears	26 Orange Juice Open Faced Turkey Sandwich w/ Gravy (Whole Wheat Bread) California Blend Vegetables Citrus Salad	27 Birthday Celebration Fruit Blend Juice Kielbasa w/ Peppers & Onions, Hoagie Roll Potato Salad Baked Beans Diced Peaches Assorted Cake	28 Vegetarian Meal Grape Juice Baked Penne w/ Ricotta & Mozzarella Roasted Vegetables Breadstick Mandarin Oranges
Charles County Luncheon Program Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$6, actual cost is \$10.75 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 \$10.75. 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				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.
<i>Available at Noon • Days Vary By Center</i>				

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 Travels:

Old Man Winter has descended. Do you need a quick getaway to somewhere warm and sunny? Call Travel Leaders/Action Travel Tours your full service travel agency or sign up for one of our group trips below. Now taking Mystery Trip reservations. Call or email the office for pricing and detailed itineraries.

Contact via phone at 301-645-1770 or by email at admin@actiontraveltours.com.

If a trip is cancelled by Action Travel or the vendor, a refund or future credit will always be issued. Trip cancellations are usually 60-45 days prior to travel based on the number of people signed up. The below listed trips were all scheduled with availability at the time this list was sent for publication. All tours are on a first come basis. Please call to verify trip dates, prices and stated details.

May 8, 2025: Spring Blooms at Nemours Mansion and Longwood Gardens.

A great daytrip for Mom. Resembling a French chateau, the Nemours Estate includes a 47,000 square-foot home – with 77 rooms – and is quite grand, incorporating many European design elements as well as furnishings. The grounds and gardens are just as magnificent. Then on to Longwood Gardens to embrace the season of renewal as their gardens awaken. Walk through sweeping blankets of color of brilliant tulips, fragrant wisteria, bleeding hearts, and lilies that will delight as they sway in time with the sun.



June 9-13, 2025: 38th Annual Mystery Trip. Travel with new friends and old to destinations unknown but guaranteed to be fun. Last year we had an amazing time in Chattanooga, TN.



Senior Council Bingo Fundraisers

Richard R. Clark Senior Council Bingo

Richard R. Clark Senior Center Council Bingo, hosted in the multipurpose room. Doors open at 9:30 a.m. Last call to purchase bingo card (s) is at 10 a.m. One winner per game. No bills over \$10. Interested in lunch? Call the Senior Center before 10 a.m. the day prior to bingo to reserve your lunch.

Friday, Feb. 28, 9:30 a.m. • Fee: \$4= 3 face cards; \$8= 6 face cards

Nanjemoy Senior Council Bingo: Evening Sweetheart Bingo

Celebrate Valentine's Day with your sweetheart at evening 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, Feb. 14, 5-7 p.m. • Fee: \$5 + 5¢ per card

Waldorf Senior Council Bingo

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 in the SCOOP.

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

Council News for February Sponsored/Hosted Activities & Events

Clark Senior Center
Sunset Memorial,
Bingo

Indian Head Senior Center
All Clubs

Nanjemoy Senior & Community Center
Sweetheart Bingo

Waldorf Senior & Rec Center
Bingo
Pokeno