

The SCOOP

Charles County's Senior Center News



MARCH 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!

Reading Day Out: Open to All Ages!!

Nanjemoy Senior & Community Center

Sponsored by the Southern Maryland Chapter of the Top Ladies of Distinction. Join us for fun activities such as acting, crafting, storytelling and more. Snacks for sale onsite.

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



March Closures

Monday, March 31

Eid al Fitr



celebrate

WOMEN'S
HISTORY
MONTH

Women's History Month:

Why March is National Women's History Month

Local Celebrations

As recently as the 1970s, women's history was virtually an unknown topic in the K-12 curriculum or in general public consciousness. To address this situation, the Education Task Force of the Sonoma County (California) Commission on the Status of Women initiated a "Women's History Week" celebration for 1978.

The week of March 8th honors International Women's Day and was chosen as the focal point of the observance. The local Women's History Week activities met with enthusiastic response, and dozens of schools planned special programs for Women's History Week. Over one-hundred community women participated by doing special presentations in classrooms throughout the country and an annual "Real Woman" Essay Contest drew hundreds of entries. The finale for the week was a celebratory parade and program held in the center of downtown Santa Rosa, California.

Mobilizing a Movement

In 1979, Molly Murphy MacGregor, a member of our group, was invited to participate in The Women's History Institute at Sarah Lawrence College, which was chaired by noted

historian, Gerda Lerner and attended by the national leaders of organizations for women and girls. When the participants learned about the success of the Sonoma County's Women's History Week celebration, they decided to initiate similar celebrations within their own organizations, communities, and school districts. They also agreed to support an effort to secure a "National Women's History Week."

Presidential and Congressional Support

The first steps toward success came in February 1980 when President Carter issued the first Presidential Proclamation declaring the Week of March 8th, 1980, as National Women's History Week. In the same year, Representative Barbara Mikulski, who at the time was in the House of Representatives, and Senator Orrin Hatch co-sponsored a Congressional Resolution for National Women's History Week 1981. This co-sponsorship demonstrated the wide-ranging political support for recognizing, honoring, and celebrating the achievements of American women.

A National Lobbying Effort

As word spread rapidly across the nation, state departments of education encouraged celebrations of National Women's History Week as an effective means to achieving equity goals within classrooms. Maryland, Pennsylvania, New York, Oregon, Alaska, and other states developed and distributed curriculum materials for all of their public schools. Organizations sponsored essay contests and other special programs in their local areas. Within a few years, thousands of schools and communities were celebrating National Women's History Week, supported and encouraged by resolutions from governors, city councils, school boards, and the U.S. Congress.

Each year, the dates of National Women's History Week, (the week of March 8th) changed and every year a new lobbying effort was needed. Yearly, a national effort that included thousands of individuals and hundreds of educational and women's organizations was spearheaded by the National Women's History Alliance.

National Women's History Month

By 1986, 14 states had already declared March as Women's History Month. This momentum and state-by-state action was used as the rational to lobby Congress to declare the entire month of March 1987 as National Women's History Month. In 1987, Congress declared March as National Women's History Month in perpetuity. A special Presidential Proclamation is issued every year which honors the extraordinary achievements of American women.

Information from:

<https://nationalwomenshistoryalliance.org/womens-history-month-history/>



March is National Nutrition Month:

Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

1. **Make eating a social event.** Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.
2. **Drink plenty of liquids.** You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.
3. **Add a touch of spice.** Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.
4. **Make the most of your food choices.** Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.
5. **Be mindful of your nutrient needs.** You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the Nutrition Facts label on packaged foods and also speak with your healthcare provider about possible supplements.
6. **Keep food safe.** Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

Information from:

https://myplate-prod.azureedge.us/sites/default/files/2022-04/TipSheet_21_HealthyEatingForOlderAdults.pdf



Healthy, Green, Spring Dish:

Spring Green Pasta with Vegan Basil-Mint Pesto

Ingredients

Basil Mint Pesto Sauce:

- 1 cup raw walnuts
- 2 cups basil loosely packed
- 6 large mint leaves
- 3 tablespoons nutritional yeast
- 3/4 teaspoon sea salt to taste
- 1 tablespoon fresh lemon juice
- 1/2 cup avocado oil

Spring Green Pasta

- 1 (12-ounce) package Gluten-Free Pasta Noodles
- 1 tablespoon avocado oil
- 1/2 large leek chopped
- 1 bunch asparagus trimmed and chopped
- 1 cup peas
- 1 teaspoon lemon zest optional
- sea salt to taste
- 1/4 cup raw pumpkin seeds

Instructions

Prepare the Pesto Sauce:

Place walnuts in a food processor and pulse a few times. Add the basil, mint, nutritional yeast, lemon juice, and sea salt and pulse another few times. Leave the food processor on and slowly stream the oil through the opening at the top until all of it is combined. Continue processing to desired consistency (I leave my pesto a bit chunky). Refrigerate until ready to use.

Make the Pasta:

1. Cook pasta in a large pot according to package instructions (note: I always cook the pasta 3 to 5 minutes less than the package suggests, especially when it comes to gluten-free pasta). Set aside until ready to use.
2. Heat the avocado oil in a large skillet over medium heat. Add the leek and asparagus and cook, stirring occasionally, until vegetables have softened but are still al dente, about 3 to 5 minutes. Add the peas, lemon zest, and sea salt and continue cooking 1 minute.

3. Transfer pasta back to the pot you used to cook it, along with the vegetables. Add desired amount of pasta sauce and gently stir everything together (if you're using gluten-free pasta, be extra careful in your stirring or else the pasta will break). Season with sea salt to taste and serve with pumpkin seeds on top.

Nutrition

Serving: 1 Serving (of 6) · Calories: 465kcal · Carbohydrates: 72g · Protein: 14g · Fat: 14g · Saturated Fat: 1g · Polyunsaturated Fat: 1g · Monounsaturated Fat: 2g · Cholesterol: 8mg · Sodium: 556mg · Fiber: 6g · Sugar: 2g

Information from:

<https://www.theroastedroot.net/spring-green-pasta-with-basil-mint-pesto/#wprm-recipe-container-42529>

Caregivers Corner:

Exercise for You and Your Caregiver

Exercising with your caregiver

- You and your caregiver exercising together will enhance your quality of life while also making them strong and healthy enough to be a good caretaker.
- Exercise can help to make you more independent with certain tasks, which will help your caregiver have some time to care for themselves.
- Exercising together will make sure that you keep each other accountable.

Benefits of exercise for you and your caregiver

- Decreased stress
- Increased energy levels
- Enhanced brain health
- Help with sleep quality

Exercises you and your caregiver can do together

- Walking/jogging
- Dancing
- Balance exercises
- Yoga

Things to keep in mind

- Check with your physician to make sure it is safe to exercise.
- Start slowly and try to find a pace that works for both of you.
- Stay consistent with your exercises and you will see great improvement.
- Stay hydrated and safe!

Information from:

<https://research.med.psu.edu/oncology-nutrition-exercise/patient-guides/with-caregiver/>

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.



Legal Aid

Legal Aid: March 10th & April 14th

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

Get a Property/Renters Tax Break

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

Any person submitting the tax credit or rebate application may receive one of the following:

1. A direct credit on their July property tax bill if the application is completed and received before April 15, 2025, or a later credit for applications received on or before October 1, 2025.
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 encouraged.



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!

Ask SHIP:

Does Medicare cover long-term services and supports (LTSS)?

Medicare usually does not cover long-term services and supports (LTSS). LTSS refers to a range of services and support that help you perform everyday activities. LTSS can be provided in a nursing home, assisted living facility, or other setting, and may include medical care, therapy, 24-hour care, personal care, and custodial care (homemaker services). If you need LTSS, there are other organizations and forms of insurance you can try:

- Medicaid is a state and federal program that provides health coverage if you have a limited income. Medicaid is the country's largest payer of LTSS and will pay for nursing home care. Medicaid benefits also coordinate with Medicare.
- An Area Agency on Aging (AAA) may be able to provide counseling and connect you with services in your area.
- Faith-based organizations and charities may offer services, financial assistance, and/or referrals to other organizations in your area.
- Geriatric care managers are health and human services professionals who work privately with you and your family to create a plan of care that meets your needs.
- In certain areas, you can dial 2-1-1 to ask for referrals to community services.
- If you are unsure what kind of care you need, you should start by asking your provider.

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.

CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Spring Craft

Join staff to create a springtime craft. All supplies provided. Class size limited. Please sign up!

Tuesday, Mar. 4, 10:30 a.m. Fee: FREE

Crosswords & Coffee

Join staff in the multipurpose room for coffee and crossword puzzles! Please sign up.

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

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.

Wednesday, Mar. 26, 10:30 a.m. Fee: FREE

Ongoing Programs

Beginners Jewelry Class

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

Wednesdays, Mar. 5 & 19, 10 a.m. Fee: FREE



Irish Tea Time

Wear your favorite shade of green and join us as we celebrate St. Patrick's Day with Irish tea. Please sign up.

Monday, Mar. 17, 1 p.m.

Fee: \$5

Book Club

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

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

Widow to Widow Support Group

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

Monday, Mar. 10, 1 p.m. Fee: FREE

Free Lunchtime Music with Will!

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

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

Charles County Mobile Library

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

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

FREE Health Checks

Come out and see Khenae Pearson, Nursing Assistant, and get your blood pressure, weight and glucose checked.

Wednesday, Mar. 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, Mar. 26, 10 a.m. Fee: \$5/PP

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.

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

Project Linus

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

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

Health & Fitness

Clark Center Fitness Room Orientation

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

Wednesday, Mar 5 & 19, 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, 2 p.m. Fee: Fitness Card

 **get motivated** 

FITNESS



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 Stained Glass 12:00 Lunch 12:00 Musicians Club 1:00 Spiritual Enrichment 1:00 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 Lunch 12:00 Powder Puff Billiards 1:00 Gospel Choir 2:00 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 Musicians Club 10:00 Pokeno 11:00 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 Council Bingo 10:00 Hand & Foot Canasta 10:00 Open Paint Session 10:00 Guitar 10:00 Lunch 12:00 Fitness Total Body Conditioning 9:00 Chair One Plus 10:00 AFEP 11:15 Chair Yoga 12:00 Line Dance 2:00
3	4	5	6	7
Bingocize 10:30	Spring Craft 10:30	Beginners Jewelry 10:00 Fitness Orientation 10:00 Bingocize 10:30	Book Club 1:00 Liturgical Dance 2:00 Book Club 2:15	Hand & Foot Canasta 10:00
10	11	12	13	14
Bingocize 10:30 Widow to Widow 1:00 Legal Aid 1:00	Hand & Foot Canasta 10:00 Easy Listening with Frank 10:30	Bingocize 10:30 Lunchtime Music with Will 11:30 Council Meeting 1:00	Buffet Bingo @ Jaycees	Council Bingo 10:00 Project Linus Meeting 9:30
17	18	19	20	21
Bingocize 10:30 Irish Tea 1:00	Mobile Library 10:00	Beginner's Jewelry 10:00 Fitness Orientation 10:00 Health Checks 10:00 Bingocize 10:30	Liturgical Dance 2:00	Crosswords & Coffee 10:00
24	25	26	27	28
Bingocize 10:30 Sisters @ Heart Meeting 11:00	Tech Group 10:00	Card Marking Class 10:00 Bingocize 10:30 Vegetarianism 10:30	Karaoke w/ Frank 10:30	Council Bingo 10:00 Hand & Foot Canasta 10:00
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INDIAN HEAD SENIOR CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Emergency Preparedness

Be ready! Join staff to discuss planning for emergencies.

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

Crochet Club

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

Wednesdays, Mar. 5 & 19, 10 a.m. Fee: FREE

One Woman Show

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, Mar. 12, 11 a.m. Fee: \$5

First Day of Spring Art Project

The first day of Spring is also International Day of Happiness! Join us to make an art project for our center.

Thursday, Mar. 20, 10:30 a.m. Fee: FREE

Office Hours with Dr. Cook

Q&A with Dr. Richard Cook.

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

March Soup Madness

Sample nutritious, homemade soups made by our own senior council.

Friday, Mar. 21, 12 p.m. Fee: Donation

Meditation with Debi

Join our Fitness and Health coordinator, Debi Shanks, to practice creating a calm and relaxed mental state.

Wednesday, Mar. 26, 9:30 a.m. Fee: FREE

Scribble Day

Scribble Day is all about celebrating creativity!

Thursday, Mar. 27, 1 p.m. Fee: FREE

Painting with Rachel

Join us to paint the coast of Ireland in honor of St. Patrick's Day. Preregistration required. Maximum class size is 10.

Friday, Mar. 28, 10 a.m. Fee: \$5

Ongoing Programs

Bingo

Mondays, Mar. 3 & 17, 9:30 a.m.

Fee: 5¢ per card

Choir Group

If you love to sing, this is the group for you!

Mondays, Mar. 3 & 17, 1 p.m. Fee: FREE

Project Linus/ Sewing 101

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

Mondays, Mar. 10 & 24, 9:30 a.m. Fee: FREE

Pastor Chris & Friends

Join us for music and fellowship!

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

Widow to Widow Support Group

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

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

Senior Tech

Sign up with a description of your need and your device information. By appointment only.

Friday, Mar. 14, 10 a.m. Fee: \$1

Information & Assistance w/Julie

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

Tuesday, Mar. 18, 10:30 a.m. Fee: FREE

Tea Club

Come and share the health benefits of teas.

Tuesday, Mar. 25, 1 p.m. Fee: FREE

Green Thumb Club

Help prep the soil for our Spring planting.

Thursday, Mar. 27, 10:30 a.m. Fee: FREE

Health & Fitness Programs

Shibashi w/ Randi

Gentle, flowing movements and breathing techniques that help to improve health and balance the body, mind, and spirit.

Tuesday, Mar. 25, 3 p.m. Fee: Donation

Fitness w/ Natonyia: Dance Fit / Drums ALive!

Dance your way into weight loss, strong bones, better posture, balance, and de stress! Each week, alternate between Dance Fit and Drums ALive!

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

Fitness w/Veronica

Exercise to promote strength with some laughter.

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

Mobility & Balance w/Nieda

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

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

Arthritis Foundation Exercise Program (AFEP)

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

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

Fitness Orientation

Required before using fitness equipment.

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

Mobility Flow

Flow with Sonja in this gentle, yoga-based fitness class!

Tuesdays, 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, Mar. 26, 11 a.m. Fee: FREE

Save the Date:

Scam Jam Wednesday, May 14th.

National OREO day

Join our Nutritionist, Brittney, for a healthier chocolate snack!

Thursday, Mar. 6, 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 Fitness Dance Fit/Drums ALive! 0:30	Fitness Room.....9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Mobility Flow.....9:30 AFEP 11:15	Fitness Room.....9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Fitness w/ Veronica.....10:00 Fitness Orientation2:00	Fitness Room.....9:00 Billiards.....9:00 Card/Games.....9:00 Canvas Painting.....11:00 Fitness Mobility & Balance9:30 AFEP 11:15 Fitness w/Lamont.....1:00 Kettlebell2:15	Card/Games.....9:00 Fitness Room.....10:15 Billiards.....10:15 Fitness Chair Yoga9:00
3 Bingo9:30 Choir Group1:00	4 Council Meeting9:30 Emergency Preparedness.....1:00	5 Crochet Club10:00 Bingocize11:00	6 Oreo Day.....10:30	7 Bingocize11:00
10 Project Linus/Sewing 1019:30	11 Pastor Chris1:00	12 Widow & Widower Support .10:00 One Woman Show11:00 Bingocize11:00	13 Buffet Bingo @ Jaycees	14 Senior Tech.....10:00 Bingocize11:00
17 Bingo9:30 Choir Group1:00	18 Information & Assistance with Julie10:30 Emergency Preparedness.....1:00	19 Crochet Club10:00 Bingocize11:00	20 Spring Art Project.....10:30	21 Dr. Cook10:00 March Soup Madness12:00 Bingocize1:00
24 Project Linus/Sewing 1019:30	25 Tea Club1:00 Shibashi3:00	26 Meditation w/Debi9:30 Bingocize11:00 Mobile Market.....11:00 Book Club.....1:00	27 Green Thumb.....10:30 Scribble Day1:00	28 Bingocize1:00 Painting w/ Rachel1:00
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NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

Sewing Class

Learn to sew one hotel style pillowcase in this two-class session at the Material Girls Quilting Boutique. All materials are provided including transportation to the venue. Prior registration is required with payment. Limited availability. The event is sponsored in part by the Charles County Arts Alliance.

Wednesdays, Mar. 5 & 12, 10 a.m.-12 p.m.
Departure at 9:30 a.m.

Tax Prep Day

AARP Tax-Aide to offer FREE tax prep services, to assist senior and moderate to low-income adults, by appointment ONLY. To schedule, please call 301-246-2271. After scheduling, please complete an intake packet available at your local senior center.

Thursday, Mar. 6, 9 a.m.-3 p.m. Fee: FREE

Pizza & Painting

Spring is almost here! Paint a pre-sketched 8x10' canvas with a spring 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, Mar. 7, 12:30 p.m. Fee: \$8

Senior Council Bingo Fundraiser

Evening nickel bingo with the Nanjemoy Senior Council. Food sales at the event to benefit the senior council on behalf of the Nanjemoy Senior & Community Center.

Friday, Mar. 14, 5-7 p.m. Fee: \$5

Let's Take a Trip

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

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

Friday Films

Join us to watch Belfast, a poignant story of love, laughter and loss in one boy's childhood amid the music and social tumult of the late 1960's.

Friday, Mar. 21, 11 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.
Spring Doormat, Mar. 3 Fee: \$10
Casual Crafting, Mar. 10 Fee: FREE
Pots of Gold, Mar. 17 Fee: FREE
Casual Crafting, Mar. 24 Fee: FREE

I&A Services

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds. See Staff or call 301-934-6737 for an appointment Thursday, Mar. 20, 9:30 a.m.

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 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 Card

Total Body Conditioning

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

Thursdays, 11 a.m. Fee: FREE

Community Programs

Reading Day Out

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

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

Fee: Per vendor

WIC Services

Friday, Mar. 14 & 28, 9 a.m.-4 p.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesdays, Mar. 4 & 25 10:30 a.m. Fee: FREE

Mobile Food Market

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

Wednesday, Mar. 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. Fee: FREE

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

Age restrictions for drop-in use of

Community Rooms are 13-17 with adults 18+ independent use.

like us on
facebook 



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!

Recreation Programs

Move and Groove

Let your kids run, jump, and play to the sound of music. We will play short, exciting games to get your little one moving and grooving. Adult participation required. Recommended for ages 2-5.

Friday, Mar. 14, 11-11:45 a.m. Fee: FREE

Storytime

Reading aloud creates memories and encourages critical thinking. Come join us for a fun, interactive story, and an activity to follow. Adult participation required. Recommended for ages 2-5.

Friday, Mar. 14, 12-12:45 p.m. Fee: FREE

NANJEMOY SENIOR/COMMUNITY CENTER

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

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

Luncheon at Noon—Reservation/Registration Required

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

Community Center Hours:

8:30 a.m.–4:30 p.m., Mon–Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness AFEP10:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Shop the Rack1:00 Fitness Flex & Stretch.....10:00 Core Fitness11:15	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club.....1:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness Total Body Conditioning.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Shop the Rack8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00 Walking Club.....1:00
3 Senior Council Meeting10:00 Artistic Aesthetics: <i>Spring Doormat</i>1:00	4 Dominos.....9:00 <u>Community Program</u> Mobile Library10:30	5 <u>CCA Sponsored</u> <u>Sewing Class</u>9:30	6 Tax Prep9:00 Nickel Bingo.....12:45	7 <u>Community Program</u> Pizza & Painting12:30
10 AFEP10:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	11 Computer Lab8:30 Dominos.....1:00	12 <u>CCA Sponsored</u> <u>Sewing Class</u>9:30 Games/Puzzles1:00	13 Buffet Bingo @ Jaycees No Bingo @ NSCC	14 Senior Tech Appts.....8:30 <u>Community Program</u> WIC9:00 <u>Recreation Program</u> Move & Groove11:00 Storytime12:00
17 AFEP10:00 St. Patrick's Day Luncheon11:00 Artistic Aesthetics: <i>Pots of Gold</i>1:00	18 Flex & Stretch.....10:00 Let's Take a Trip1:00	19 Games/Puzzles10:00 Community Program Mobile Food Market12:00	20 Fitness Room.....8:30 I&A Services9:30 Bingo12:45	21 AFEP10:00 Friday Films11:00
24 AFEP10:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	25 Core Fitness11:15 Games/Puzzles1:00 <u>Community Program</u> Mobile Library10:30	26 Dominos.....1:00	27 Total Body Conditioning.....11:00 Bingo12:45	28 <u>Community Program</u> WIC9:00
31 Eid al Fitr  All Senior Centers are Closed				

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

National Cereal Day

In honor of National Cereal Day, stop by the kitchen to grab some cereal for breakfast (while supplies last). Please pre-register.

Friday, Mar. 7, 9:30 a.m. Fee: Donation

Monarch Butterfly Presentation

Michael Callahan with the Nanjemoy Creek Environmental Education Center will be here to teach us all about the Monarch Butterfly.

Friday, Mar. 14, 10 a.m. Fee: Free

Who needs an Estate Plan? Everyone.

Local attorney Melissa Willett will provide information and answer questions regarding Estate Planning in Maryland and how it can affect you and your loved ones.

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

Living Well with Chronic Conditions

This is a free six-week workshop designed for people with chronic conditions and/or caregivers. Each session builds upon the last in order to help you set goals, make action plans, and improve your life. It is a motivational experience! See front desk to register. No class April 18.

Fridays, Mar. 21-May 2, 9:30 a.m.-12 p.m.

Fee: FREE

Diabetes Awareness

Learn how combining exercise and specific foods can lower your risk or help lower A1C numbers.

Tuesday, Mar. 25, 10:45 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 meeting every first and second Tuesday of the month.

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

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Mar. 10, 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. Please pre-register.

Wednesday, Mar. 12, 10 a.m. Fee: \$3

Bible Study

Facilitated by Minister Yvonnde' Wilson. All are welcome!

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

Poetry Club – NEW DATE & TIME

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

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

Book Club

This month's book "The Guest List" by Lucy Foley. Please come prepared with your thoughts on this book and join in the discussions.

Thursday, Mar. 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, Mar. 21, 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

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

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.

Mondays, Mar. 3 & 17, 11:30 a.m. OR
Wednesdays, Mar. 12 & 26, 10:30 a.m.

Fee: \$5

Drums Alive

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 music and drumming you don't even realize your exercising!

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

Yoga Flow

Yoga Flow can be done either standing, sitting, or on the floor. All are welcome.

Fridays, 1:30 p.m. Fee: Fitness Card



International Women's Day Performance

Join us in celebration of all women! We will have a parfait bar with light refreshments which will open at 10:00 a.m. Following the parfait bar, at 10:30 a.m., the La Plata High School Show Troupe will put on a performance!

Pre-registration required. Please pre-register.

Wednesday, Mar. 5, 10 a.m.

Parfait Bar Fee: \$3 • Performance 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 Enhanced Fitness 1:30	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 Fitness Walking Club 12:30 Basketball 1:00 Crafter's Corner 1:00 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 Enhanced Fitness 1:00	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 Drums Alive 10:30 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 Yoga Flow 1:30
3	4	5	6	7
Fitness Orientation 11:30 Enhanced Fitness 1:30	Prayer Group 10:00 Intro to Pickleball(7) 11:00	International Women's Day Performance 10:00 Matter of Balance 11:00 NO ENHANCED FITNESS	Bingo 10:30 Drums Alive 10:30 Intro to Pickleball(8) 11:00	National Cereal Day 9:30
10	11	12	13	14
Widow & Widower Support Group 9:30 Enhanced Fitness 1:30	Prayer Group 10:00 Intro to Pickleball(8) 11:00	Jewelry Club 10:00 Fitness Orientation 10:30 Enhanced Fitness 1:00	ACA Meeting 9:30 Drums Alive 10:30 Intro to Pickleball(10) 11:00 Buffet Bingo @ Jaycees NO COUNCIL BINGO @ WSRC	Butterfly Monarch Presentation 10:00
17	18	19	20	21
Fitness Orientation 11:30 Enhanced Fitness 1:30	Mobile Library 9:00 Bible Study 11:00 Poetry Club 1:00	Estates Planning w/ Melissa Willett 11:00 Enhanced Fitness 1:00	Bingo 10:30 Drums Alive 10:30 Book Club 1:00 Intro to Pickleball(4) 11:00	Living Well 9:30 Jazz Appreciation 1:00
24	25	26	27	28
WSC Council Meeting 9:30 Enhanced Fitness 1:30	Diabetes Awareness....10:45	Fitness Orientation 10:30 Enhanced Fitness 1:00	Bingo 10:30 Drums Alive 10:30	Living Well 9:30 Guitar Performance 12:00
31				
Eid al Fitr  All Senior Centers are Closed				

WELCOME

Welcome Sonja Smith!

Sonja will be teaching a variety classes at the Clark center & Indian Head Senior Center. Her focus is yoga, but you will see some balance and mobility classes as well. We are lucky to have her! Stop in and check out her class!

Nutrition News!

March is National Nutrition Month! Time to check your food and make sure they are serving you well.

Eating rich nutrient dense foods matter with getting the proper vitamins our bodies need. Eating whole foods can play a huge but very simple part in fighting disease, healthy skin, hair and nails and keeping our joints and bones. part in keeping our body, mind and spirit healthy for years to come! What is your idea of good nutrition, and do you do anything specific for your health?

We would love to see you in our centers to help keep you on track with your journey to be the best YOU!

If you have specific concerns about your diet or need some great nutritional advice, please reach out to

Brittney Bolin, our very own nutritionist. She can set up a time to meet and plan! 301-934-0138



Diabetes and the Older Adult

In this lecture we will learn to build a solid plan of action to make the changes necessary to understand how combining exercise and diet can lower your risk or help lower A1C numbers.

Waldorf Senior & Rec. Center

Tuesday, Mar. 25, 10:45 a.m.-12 p.m.

Facilitator: Debi Shanks



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

Debi & Nate

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.

COMING SOON

Walking & Biking resume in April!!!

Walk With Ease

New class forming in April. Please see April SCOOP for dates, locations and times.

The overall goals of the Walk With Ease Program are:

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

During the six-week program, participants will:

Understand the basics about arthritis and the relationship between arthritis, exercise, and easing pain. Exercise safely and comfortably. Use methods to make walking fun. Make a personal walking plan with realistic goals for improved fitness.

Learn tips and resources to help them overcome barriers and continue to be physically active.



Aquatic Fitness

Class size is extremely limited please sign up ONLY if you plan on attending. Classes are March 17-May 23.

Lackey High School

Mon /Wed • 3 p.m.

Fee: \$55 (twice a week)

St. Charles High School

Mon/Wed OR Tue/Thu • 3 p.m.

\$55 (twice a week)

NO CLASSES March 31, April 14-21

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 Apple Juice Shrimp & Chicken Gumbo Brown Rice Green Beans Biscuit Pears	4 Soup of the Day Fruit Blend Juice Turkey on Sub Roll w/ Lettuce/Tomato/Cheese Creamy Cucumber Salad Carrot sticks w/ Dip Grapes	5 Grape Juice Chicken & Mushrooms w/ Gravy Buttered Egg Noodles Biscuit Sweet Peas Apricots	6 Pineapple Juice Sloppy Joe Sandwich (Whole Wheat Bun) Green Beans Pickled Beets Fruit Salad	7 Orange Juice Taco Seasoned Turkey Spanish Rice Stewed Tomatoes Corn Bread Peaches
10 Fruit Blend Juices Old Bay Tilapia Roasted Red Potatoes Broccoli Biscuit Apple Slices	11 Apple Juice White Chicken Chili Corn Bread Squash Blend Peaches	12 Orange Juice Oven Fried Chicken Company Potatoes Sweet Peas Dinner Roll Pears	13 Fruit Blend Juice Stuffed Cabbage Mashed Sweet Potatoes Garlic Green Beans Whole Wheat Bread (2) Pineapple	14 Vegetarian Meal Grape Juice Veggie Sub – Lettuce, Tomato, Onion, Green Peppers, Cucumber & Cheese on Hoagie Roll Chickpea Greek Salad Chips, Pears
17 St. Patrick's Day Apple Juice Shepards Pie Green Beans Biscuit Green Fruited Jello	18 Orange Juice Grilled Chicken Caesar Salad Veggie Pasta Blend Bread Stick Applesauce	19 Fruit Blend Juice Beef Stew w/ Stew Vegetables Spinach Salad Biscuit Fresh Oranges	20 Vegetarian Meal Grape Juice Cheese Enchilada Seasoned Black Beans Cilantro Lime Corn Mexican Rice Apple Slices	21 Pineapple Juice Salmon Cakes w/ Dill Sauce Seasoned Rice Broccoli Pears
24 Vegetarian Meal Apple Juice Black Bean Burger w/ Cheese, Lettuce, Tomato, Onion Candied Sweet Potatoes Creamy Cucumber Salad Fruit Cocktail	25 Pineapple Juice Italian Wedding Soup Side Salad Bread Stick (2) Pears	26 Orange Juice Tuna Salad on Potato Roll Veggie Pasta Salad Celery & Carrot Sticks w/ Ranch Diced Peaches	27 Birthday Celebration Fruit Blend Juice Ham Slice Au Gratin Potatoes Cabbage & Carrots Green Seedless Grapes Dinner Roll Assorted Cake	28 Grape Juice Honey Lemon Chicken Parsley Potatoes Asian Blend Vegetables Onion Roll Mandarin Oranges
31 Eid al Fitr  All Senior Centers are Closed				
Charles County Luncheon Program		<i>Available at Noon • Days Vary By Center</i>		
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.		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.		
Clark Senior Center.....Tuesday–Friday Indian Head Senior Center.....Monday–Friday		Nanjemoy Senior CenterMonday–Friday Waldorf Senior CenterMonday–Friday		

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.

Action Travel Tours

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

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

Friday 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, Mar. 14, 9:30 a.m.

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

Senior Council St. Patrick's Day Luncheon

Luncheon

Celebrate St. Patrick's Day with theme food, fun and music! This event is sponsored by the Nanjemoy Senior Council.

Monday, Mar. 17, 11 a.m.-1 p.m. • Fee: \$15



Waldorf Senior Council

Thursday 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 March

Sponsored/Hosted Activities & Events

Clark Senior Center
Sunset Memorial,
Bingo

Indian Head Senior Center
All Clubs

Nanjemoy Senior & Community Center
St. Patrick's Day Luncheon

Waldorf Senior & Rec Center
Bingo
Pokeno