

The SCOOP

Charles County's Senior Center News



Hello April



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!

Volunteer Appreciation Luncheon

Waldorf Jaycees Community Center

Thursday, Apr. 3 • By invitation only. RSVP required.

Want to be invited to next year's event? Talk with center staff about becoming a volunteer. You can make a difference in a variety of ways!!

April Closures

Good Friday, Apr. 18

Easter Monday, Apr. 21

Early Closure Wednesday, Apr. 23 @ 1:30 p.m.



April Gardening To-Do List

- Till the Garden
- Refresh Mulch
- Prune Summer Blooming Shrubs
- Prune Spring Shrubs AFTER They Bloom
- Plant Spring Perennials
- Plant Summer Bulbs
- Plant Cool Season Veggies
- Tend Perennial Herbs
- Fertilize Roses

For more tips: <https://www.hgtv.com/outdoors/gardens/planting-and-maintenance/april-to-do-list-pictures>

Make Your Own Spring Salad Dressing: Creamy Lemon Vinaigrette

- 1/3 cup olive oil
- 1 tablespoon mayonnaise (I use Hellman's Vegan)
- juice of one lemon
- 1 clove garlic
- 1 teaspoon Dijon mustard
- 1 1/2 tablespoon white wine vinegar
- 2 teaspoons sugar
- salt and pepper to taste

Information from:
<https://fraicheliving.com/spring-salad-with-creamy-lemon-vinaigrette/>





History of the Easter Bunny:

The First Easter Hare

It's not until the 1600s that we see the hare specifically linked to Easter, and this connection originated in Europe. Accounts from Germany describe children hunting for Easter eggs hidden by the Easter hare, much like our modern tradition. At the same time, records from England also mention the Easter hare, which was traditionally hunted and eaten during the Easter feast. We cannot know for sure exactly why and how these traditions came about, but we do know that our concept of the Easter Bunny — and its role in the modern holiday — was established in parts of Europe during the 17th century.

The Easter Bunny Arrives in America

The Easter Bunny first came to America with German immigrants, possibly in the late 1600s. During colonial times, the Pennsylvania Dutch — the name given to a group of German-speaking peoples who settled primarily in Pennsylvania's southwestern corner — came to America, bringing their own customs with them. These settlers laid the foundation for our modern Easter traditions, including the Easter Bunny. According to Alfred Shoemaker, a Pennsylvania Dutch folklorist, "The Easter rabbit is perhaps the greatest contribution the Pennsylvania Dutch have made to American life." One German immigrant, Johann Conrad Gilbert, who arrived in Pennsylvania in 1757, created the first known paintings of the Easter Bunny made on American soil, including two drawings of a leaping hare holding a basket of colorful Easter eggs. Likely created around 1778, the drawings are concrete evidence of the Easter Bunny's arrival in America.

Information from: <https://historyfacts.com/arts-culture/article/the-strange-history-of-the-easter-bunny/>



Celebrating 55 Years:

Earth Day Anniversary Tuesday, April 22nd, 2025

This year's theme is **OUR POWER, OUR PLANET™**.

For 55 years, Earth Day has led the world in raising awareness and taking action on critically important environmental issues. We advocate for the health of the planet, for our air, oceans, soil, eco-systems, wildlife, and human health.

On April 22nd, 2025, Earth Day will turn 55, with 192 countries and over one billion people around the globe expected to participate. This demonstrates how the diverse Earth Day movement remains as dedicated today as it was back in 1970 to bringing everyone together for a better future.

Grassroots people-power has always been at the heart of Earth Day and it is the catalyst for paradigm-shifting change because when individuals unite with a common purpose, they can overcome even the most entrenched systems and industries.

As we approach this milestone, we celebrate a transformative reality: we already possess the solutions we need to create clean, inexpensive, and unlimited energy for the entire planet through renewable solar, wind and other technologies.

This Earth Day 2025, let us commit to harnessing renewable energy to build a healthy, sustainable, equitable and prosperous future for us all, let us commit to Renewable Energy Now. Visit the below website to see how you can support Renewable Energy.

For more Information: <https://www.earthday.org/>

Caregivers Corner:

Maintaining Boundaries as A Caregiver

Caregivers continuously provide help for others who are unable to help themselves. Although the role is full of positive rewards and experiences, the role can tax your wellbeing without allowing opportunities for respite.

In light of that reality, caregivers have to create whatever form of respite they hope to experience. Short of taking an extended break, one small way to give yourself respite is to set and maintain boundaries.

Think of boundaries as your values, needs, and preferences, put into action. You have both a right and a duty to set boundaries (i.e. express your values, needs, and preferences), for the sake of your wellbeing. You cannot take care of others without taking care of yourself.

"The care you give to yourself is the care you give to your loved one," says one caregiver.

Caregivers deserve to exercise, sleep right, have hobbies, and enjoy their lives. They time to reach out to their community, family and friends, or supportive peers. Boundaries can support the needs caregivers deserve to meet.

Boundaries are meant to protect you and the person you care for, to preserve your caregiving relationship, and to create a more functional partnership. By showing the courage to value your own needs, you enhance the quality of care you provide.

All caregivers experience the emotions of stress, frustration, and anger, so no feeling you have is invalid. One way to honor these valid feelings is to set boundaries. It's not productive for anyone to deny your undeniable needs.

A glowing caregiver gives glowing care, and it all begins with boundaries.

1. Accept your emotions, good and bad.
2. Catch stress early on
3. Set boundaries according to your goals.
4. Reach out to others
5. Say NO
6. Build a community outside of your caregiving relationship

Information from:

Maintaining Boundaries As A Caregiver: Go From Guilt To Glow | Mental Health America <https://www.mhanational.org/maintaining-boundaries-caregiver-go-guilt-glow>



April is National Counseling Awareness Month:

Signs It's Time to See a Therapist

Anybody can benefit from talk therapy if they feel comfortable with a therapist and are willing to engage during their sessions.

People often see a therapist when they:

- are coping with the loss of a loved one
- have (or think they have) a mental illness
- have experienced a traumatic event
- are going through a major change
- experiencing a lot of stress
- have symptoms of mental illnesses

Still, you don't need to be dealing with something major to go to therapy. We're all works in progress. Nobody is perfect, and most of us have baggage and unhealthy patterns. Therapy can help with that.

For example, therapy can help you:

- improve your resilience to stress
- unpack past traumas
- work on your relationships
- improve your communication skills
- make thoughtful, healthy decisions
- develop healthy coping mechanisms
- work on unhealthy habits or patterns

If you have a specific goal for therapy, it's essential to discuss this with your therapist upfront. Although these goals can change over time, it's a good idea to keep them in mind.

For more Information: <https://psychcentral.com/health/signs-its-time-to-see-a-therapist/>



Legal Aid

Legal Aid: April 14th & May 12th

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

SCAM JAM Registration is now OPEN!

Date: Wednesday, May 15, 2024

Time: 9:00 a.m.-1:30 p.m.

Fee: \$5

Location: Village Green Pavilion

Calling all Older Adults & Caregivers... Don't be a Victim of Scams impacting our community! Together we can Empower, Educate and Protect against Fraud. Register to attend the annual Scam Jam workshops to learn about current trends in scamming and how to protect yourself. Submit your registration form to your local senior center by Monday, May 5th. **New Speakers this year, you won't want to miss!**



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.

End of Tax Season

Tax Season is coming to an end...Have you scheduled your appointment yet?

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. **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:

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. (See question 6.)
- 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 Singalong

Join DJ Frank for a group singalong featuring songs that remind us of Spring. Please sign up.

Monday, Apr. 1, 10:30 a.m. Fee: FREE

"Revive" Grief Counseling Program

A six-week Grief Counseling Program to help those learn to cope with the loss of a loved one. Please sign up.

Wednesdays, Apr. 9-30, 10:30 a.m. Fee: FREE

Charles County Litter- Be Part of the Solution, Not the Pollution

Join Michelle with Charles County Litter Control for an informative presentation on how to part of the solution. Please sign up.

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

Meet the Animal

Join Program Assistant, Emma, as she presents facts about Chincilla's. You will have the opportunity to meet this animal as well.

Tuesday, Apr. 15, 10:30 a.m. Fee: FREE

Earth Day

Join Pure Play as they lead us through a upcycle project. Please sign up.

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

History of the La Plata Tornado

Join Debbie Scoggins as she shares a presentation about the 2002 La Plata Tornado. Please sign up.

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

Lunchtime Poetry with Charlotte

Join Charlotte Ayers, published author, as she shares poetry during lunch.

Thursday, Apr. 24, 12:15 a.m. Fee: FREE

Tech Group

Meet with staff as you navigate through your latest technology trouble. Please sign up.

Tuesday, Apr. 29, 10 a.m. Fee: FREE

Ongoing Programs

Beginners Jewelry Class

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

Wednesday, Apr. 2 & 16, 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 Apr. 3, 1 p.m. & 2:15 p.m. Fee: FREE

Free Lunchtime Music with Will

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

Wednesday, Apr. 9, 11:30 a.m. Fee: FREE

Widow to Widow Support Group

Women's group focusing on grief.

Monday, Apr. 14, 1 p.m. Fee: FREE

Charles County Mobile Library

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

Tuesday, Apr. 15, 10 a.m. Fee: FREE

Health Checks

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

Wednesday, Apr. 16, 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, Apr. 23, 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.

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

Knitting & Crocheting Family

Join Doreen & Peggy, along with a group of volunteers, come together to create and collect projects to provide for those in need. If you are new, they can teach you! This is also an open session for you to come work on your own projects.

Wednesdays, 9 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



FITNESS

Health & Fitness

Clark Center Fitness Room Orientation

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

Wednesday, Apr. 2 & 16, 10 a.m. Fee: \$5

Walk with Ease

See page 14 for details.

Thursday, Apr. 10, 10:30 a.m. Fee: Free

Peanut Butter & Jelly Day

Did you know there is a National Peanut Butter and Jelly Day?! Staff will present some fun facts about this special day and supplies will be provided to make your own PBJ. Please sign up.

Monday, Apr. 7, 12 p.m.

Fee: Donation



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 Lunch 12:00 Stained Glass 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 Lunch 12:00 Powder Puff Billiards 1:00 Gospel Choir 2:00 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 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 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
	1 Spring Singalong 10:30	2 Fitness Orientation 10:00 Jewelry Club 10:00	3 Book Club 1:00 Liturgical Dance 2:00 Book Club 2:15 Volunteer Appreciation Luncheon @ Jaycees	4 Hand & Foot Canasta 10:00
7 Peanut Butter & Jelly Day 12:00	8 Hand & Foot Canasta 10:00	9 Beginner Linedancing 10:00 "Revive" Grief Counseling 10:30 Lunchtime Music with Will 11:30 Council Meeting 1:00	10 Charles County Litter, Be Part of the Solution, Not the Pollution 10:30 Walk with Ease 10:30	11 Council Bingo 9:30 Project Linus Meeting 9:30
14	15 Mobile Library 10:00 Meet the Animal 10:30	16 Jewelry Club 10:00 Fitness Orientation 10:00 Health Check 10:00 "Revive" Grief Counseling 10:30	17 Easy Listening with Frank 10:30 Liturgical Dance 2:00	18 Good Friday  Centers Closed
21 Easter Monday  Centers Closed	22 Earth Day 10:00	23 Card Making Class 10:00 LaPlata Tornado History 10:30 "Revive" Grief Counseling 10:30 All Centers Close at 1:30 p.m.	24 Lunchtime Poetry with Charlotte 12:15	25 Hand & Foot Canasta 10:00
28 Sisters @ Heart 11:00	29 Tech Group 10:00	30 "Revive" Grief Counseling 10:30		

INDIAN HEAD SENIOR CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Spring Basket Raffle

Tickets are on sale now and can be purchased through the Indian Head Senior Council. Drawing will be held on May 21st during the Spring Tea w/Jazz event.

All April

Fee: One ticket/\$1; Six tickets/\$5

Crochet Club

Join Vicki Eichhorn and learn about basic crochet techniques while working on projects. Wednesdays, Apr. 2 & 16, 10 a.m. Fee: FREE

Happy, Healthy, and Hip: A Movement Workshop for Seniors

Dr. Donna joins us for a workshop full of "hip" tips and exercises for the hips. Dress for movement!

Friday, Apr. 4, 10:15 a.m. Fee: Donation

Lunchtime Music w/ Will

Join us at lunchtime to listen to acoustic guitar tunes by Will Yecley.

Tuesday, Apr. 8, 12 p.m. Fee: FREE

Easter Craft

Join staff to create a lovely Easter Basket craft, to fill with treats or decorate your home.

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

Poetry Workshops

April is National Poetry Month. Join staff and community to write and share poetry. Two "workshop" sessions will be followed by a group poetry reading at the end of the month. On the 24th we will also have supplies available to make a bookmark.

Thursdays, Apr. 10 & 24, 1 p.m. Fee: FREE

Health Chat & Cocoa

Join the conversation! Deep Launching is partnering with the Charles County Health Department to inform you about free health services.

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

Lunch w/ the Mayor

Chat with Indian Head Mayor Brandon Paulin at lunchtime. Lunch signup required by 10 a.m. the day prior.

Wednesday, Apr. 23, 12 p.m.

Fee: Lunch Donation

Recycled Craft

Recycle materials into a craft project.

Thursday, Apr. 24, 10:30 a.m. Fee: FREE

Pure Play Art Project

Join Pure Play Every Day for an art project.

Tuesday, Apr. 29, 1 p.m. Fee: FREE

Poetry Reading

Read aloud poems you've written, or bring your favorite poem to share.

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

Ongoing Programs

Crafting w/ Mary

Join Mary monthly for a creative craft.

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

Bingo

Monday, Apr. 7, 9:30 a.m. Fee: 5¢ per card

Choir Group

Love to sing, this is the group for you.

Monday, Apr. 7, 1 p.m. Fee: FREE

Pastor Chris & Friends

Tuesday, Apr. 8, 1 p.m. Fee: FREE

Widow to Widow Support Group

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

Wednesday, Apr. 9, 10 a.m. Fee: FREE

Senior Tech

Sign up with a description of your needs and the device you will be using. Appointment required.

Friday, Apr. 11, 10:30 a.m. Fee: \$1

Project Linus/ Sewing 101

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

Mondays, Apr. 14 & 28, 9:30 a.m. Fee: FREE

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, by making an appointment by calling 301 934-6737.

Tuesday, Apr. 15, 10:30 a.m. Fee: FREE

Green Thumb Club

Help prep the soil for our Spring planting.

Thursday, Apr. 17, 10:30 a.m. Fee: FREE

Earth Day Tea Club

Come and share the health benefits of teas.

Tuesday, Apr. 22, 1 p.m. Fee: FREE

Health & Fitness Programs

Yoga Therapy

Stay after Yoga class for additional instruction and practice.

Fridays, Apr. 11 & 25, 10:15 a.m. Fee: FREE

Walk w/ Ease

This 6-week, structured, evidence-based program is designed by the Arthritis Foundation to help you improve mobility, strength, and balance, and reduce pain. There will be an education component, and walking goals will be set.

Mondays, beginning Apr. 14, 9:30 a.m. &

Tuesdays & Thursdays, 12:30 p.m. Fee: FREE

Shibashi w/ Randi

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

Tuesday, Apr. 22, 3 p.m. Fee: Donation

Chair Fitness w/Natonyia

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

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

Mobility Flow

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

Tuesdays, 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

Exercise to promote strength with some laughter.

Wednesdays, 10 a.m. Fee: Fitness Card

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. & 2 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

Community Yard Sale

Offered monthly on Mobile Market days. Seller is responsible for supplying table and seating as needed as well as set up and clean up of their merchandise. Space rental is payable in cash only to the Indian Head Senior Council before the start of sales.

Wednesday, Apr. 23, 9 a.m.,

Sale from 9:30 a.m.-1 p.m.

Fee: \$10 cash payable to IHSC Council

Mobile Market

Free giveaways of produce and pantry essentials.

Wednesday, Apr. 23, 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 Dance Fit/Drums ALive! 10:30	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 Orientation 2:00	Fitness Room 9:00 Billiards 9:00 Card/Games 9:00 Canvas Painting 11:00 Fitness Mobility & Balance 9:30 AFEP 11:15 Fitness w/Lamont 1:00 Fitness w/Lamont 2:00	Card/Games 9:00 Fitness Room 10:15 Billiards 10:15 Fitness Chair Yoga 9:00
	1 Council Meeting 9:30 Crafting w/ Mary 1:00	2 Crochet Club 10:00	3 Volunteer Appreciation Luncheon @ Jaycees	4 Happy hips 10:15
7 Bingo 9:30 Choir Group 1:00	8 Lunchtime Music w/ Will 12:00 Pastor Chris 1:00	9 Widow & Widower Support 10:00	10 Easter craft 10:30 Poetry workshop 1:00	11 Yoga Therapy 10:15 Senior Tech 10:30
14 Project Linus/Sewing 101 9:30 Walk with Ease 9:30	15 Information & Assistance with Julie 10:30 Walk with Ease 12:30 Health Chat & Cocoa 1:00	16 Crochet Club 10:00	17 Green Thumb 10:30 Walk with Ease 12:30 Earth Day activity 1:00	18 Good Friday  Centers Closed
21 Easter Monday  Centers Closed	22 Walk with Ease 12:30 Tea Club 1:00 Shibashi 3:00	23 Community Yard Sale 9:00 Mobile Market 11:00 Lunch with the Mayor 12:00 All Centers Close at 1:30 p.m.	24 Recycled craft 10:30 Walk with Ease 12:30 Poetry workshop, bookmarks 1:00	25 Yoga Therapy 10:15
28 Project Linus/Sewing 101 9:30 Walk with Ease 9:30	29 Walk with Ease 12:30 Pure Play 1:00	30 Poetry Reading 11:00 Book club 1:00		

Save the Date: Spring Tea w/Jazz • Wednesday, May 21, 10:45 a.m. Fee: \$12 cash payable to IHSC Council

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Master Gardeners

National Arbor Day is celebrated every year on the last Friday in April in the United States. This observance correlates nicely with a yearly Master Gardeners event- 'Backyard Buffers'. The program is supported by the Maryland Department of Natural Resources and provides Charles County homeowners tree and shrub seedlings to create a native woodland buffer. Attend this interactive presentation with the Charles County Master Gardeners and a representative from the Maryland Forest Service. Pre-registration is required.

Wednesday, Apr. 2, 10 a.m. Fee: FREE

Pizza & Painting

Spring is almost here! Paint an 8x10' canvas with an Easter 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, Apr. 11, 12:30 p.m. Fee: \$8

Senior Council Yard Sale

Come join the Nanjemoy Senior Council in a community yard sale! Whether you are looking for new treasures or wanting to get rid of some, you won't have to look any further. The Nanjemoy Senior council will be charging \$5 for a space and \$10 for space and a table. There will also be a delicious breakfast available for \$10, so come hungry!

Saturday, Apr. 12, 8 a.m.-12 p.m.

Fee: \$5 for space, \$10 for space & table

Let's Take a Trip

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

Tuesday, Apr. 22, 1 p.m. Fee: FREE

Friday Films

Join us for Queen Bees. Temporarily forced to stay in a retirement community, a headstrong woman navigates mean cliques, high-stakes bridge games, and new relationships. Snacks provided.

Friday, Apr. 25, 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.

Easter Cookies, Apr. 7 Fee: \$2

Casual Crafting, Apr. 14 Fee: FREE

Casual Crafting, Apr. 28 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, Apr. 17, 9:30 a.m. Fee: FREE

Nickel Bingo

Join us for bingo every week!

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

Health & Fitness Programs

Arthritis Foundation Exercise Program (AFEP)

Evidence-based exercise program. Gentle 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!!***

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.

Saturday, Apr. 5, 9 a.m.- 3 p.m. Fee: FREE

Deep Launching Health Resource Discussion

Come and meet with members of Deep Launching to learn about health disparity, health equity, and how you might be affected. Available health services from Charles County will be shared. Complementary hot beverages will be available during the discussion. Enter to win a free gift by completing a 2-minute survey after the discussion.

Wednesday, Apr. 9, 11 a.m. Fee: FREE

WIC Services

Fridays, Apr. 11 & 25, 9 a.m.-4 p.m. Fee: FREE

Easter Egg Hunt & Reggie Rice's The Magic of Laughter

Are you ready for Easter goodies, a laugh and want to be in awe? Then grab your family and come join us for this fun filled morning of an Easter egg hunt sponsored by the Nanjemoy Senior Council and amazing magic show with Reggie Rice! He is a three-

time winner of Comedy Magician of the Year for Washington, DC. He will have super magic and super fun for everyone! All ages welcome! Pre-registration is required.

Tuesday, Apr. 15, 10 a.m. Fee: \$2

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesdays, Apr. 15 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, Apr. 16, 12-2 p.m. Fee: FREE

Self Defense Classes

This 2-session class will include introductions, discussion on expectations, techniques, awareness, and home safety defense.

Basic martial art movements, like blocking, striking, and kicking will also be covered. Students should wear comfortable fitness attire and athletic shoes. Space is limited, pre-registration required.

Wednesdays, Apr. 23 & 30, 10 a.m. Fee: \$10

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

Recreation Programs

Prior signup online registration at CharlesCountyMD.MyRec.com

Art Adventure

Join us for a fun and creative arts and crafts adventure. Every class we will create multiple masterpieces. Whether it will be paint, construction paper, glue, crayons, or something else-your child will love the artwork they bring home.

Adult participation is required for participants ages 2-6

Wednesday, Apr. 2, 2-2:45 for 2-6 y & 3-3:45 p.m. for 7-12 y
Fee: \$12 resident, \$14 non-resident

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 Club1:00	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 Club1:00
	1 Dominos.....9:00	2 <u>Master Gardeners</u>10:00 <u>Recreation Program</u> <u>Art Adventure</u>2:00 <u>Art Adventure</u>3:00	3 <u>No Bingo</u> <u>Volunteer Appreciation Luncheon @ Jaycees</u>	4 AFEP10:00
7 AFEP10:00 Artistic Aesthetics: <i>Easter Cookies</i>1:00	8 Computer Lab8:30 Dominos.....1:00	9 Games/Puzzles1:00 <u>Community Program</u> Deep Launching Health Resource Discussion11:00	10 Total Body Conditioning.....11:00 Bingo12:45	11 Senior Tech Appts8:30 <u>Community Program</u> WIC9:00 Pizza & Painting12:30 Sat. 4/12 Senior Council Yard Sale8:00
14 AFEP10:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	15 Flex & Stretch.....10:00 <u>Community Program</u> Easter Egg Hunt/Magic Show 10:00 Mobile Library10:30	16 Games/Puzzles10:00 <u>Community Program</u> Mobile Food Market12:00	17 Fitness Room.....8:30 I&A Services9:30 Bingo12:45	18 Good Friday  Centers Closed
21 Easter Monday  Centers Closed	22 Core Fitness11:15 Let's Take a Trip1:00	23 Dominos.....1:00 <u>Community Program</u> Self Defense10:00 All Centers Close at 1:30 p.m.	24 Total Body Conditioning.....11:00 Bingo12:45	25 AFEP10:00 Friday Films11:00 <u>Community Program</u> WIC9:00
28 Artistic Aesthetics: <i>Casual Crafting</i>1:00	29 Flex and Stretch.....10:00	30 Billiards.....8:30 <u>Community Program</u> Self Defense10:00		

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

iPhone Made Simple

Join Tayloni to learn more about how to operate your iPhone. She will teach you the tips and tricks of using your iPhone to its best capacity, helping you become comfortable on your device.

Wednesday, Apr. 2, 10 a.m. Fee: FREE

What's Involved When You Inherit a House

Inheriting a property from a loved one can bring with it a lot of complicated emotions and decisions. Do you sell, move into the house or turn it into a rental? Real Estate professional Frank McKnew, estate planning attorney Robert Burke and home equity strategist Robbie Loker review the legal and financial implications to inheriting property.

Monday, Apr. 7, 10:30 a.m. Fee: FREE

Walk with Ease

Please see pg. 14 for details.

Thursdays, Apr. 10-May 22, 12:30 p.m.

Fee: FREE

Easter Celebration with the Gospel Choir & Guitar Club

Waldorf Senior Center's own Gospel Choir & Guitar Club will be putting on a performance after lunch in celebration of the Easter holiday.

Friday, Apr. 11, 1 p.m. Fee: FREE

Texture Painting with Olga

Come learn about this differing painting technique that uses thick paint to create a 3D effect.

Wednesday, Apr. 16, 10 a.m. Fee: \$10

Belly Dancing

Join us Erica Simuel for a fun low-impact belly dancing course. During this 4-week course you will learn the basics of belly dancing while improving flexibility, strength, and coordination! All are welcome.

Thursdays, Apr. 22-May 13, 9:45-10:15a.m.

Fee: \$8

Living a Blue Zone Lifestyle Part 1

Join the County Nutritionist, Brittney Bolin, to learn about what it means to live a "Blue Zone Lifestyle".

Tuesday, Apr. 29, 10:30 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, Apr. 1 & 8, 10 a.m. Fee: FREE

Jewelry Club

You will make beautiful pieces of jewelry in this class. All supplies will be provided. Sign up and payment required at front desk. Please pre-register.

Wednesday, Apr. 9, 10 a.m. Fee: \$3

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Apr. 14 & 28, 9:30 a.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Apr. 15, 11 a.m. Fee: FREE

Poetry Club

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

Tuesday, Apr. 15, 12:30 p.m. Fee: FREE

Book Club

This month's book Pride and Prejudice by Jane Austen. Please come prepared with your thoughts on this book and join in the discussions.

Thursday, Apr. 17, 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, Apr. 25, 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.

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, Apr. 14 & 28

Wednesdays, Apr. 9 & 23, 11:30 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

Community

Lettuce Celebrate

In honor of Earth Day, join the Charles County Master Gardeners and learn all about lettuce! We will learn how to build a lettuce box while also learning all the ins and outs of lettuce. Lettuce plugs will be donated by Wintergreen Nursery for each participant to take home to plant. Master Gardeners will raffle off a lettuce box at the end! Ages 18 and up are welcome.

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

WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness 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 Basketball 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 Fitness 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 Lunch 12:00 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
	1 Prayer Group 10:00	2 iPhone Made Simple ...10:00	3 NO BINGO Volunteer Appreciation Luncheon @ Jaycees	4 Living Well 9:30
7 What's Involved When You Inherit a House 10:30	8 Mobile Library 9:00 Prayer Group 10:00 Intro to Pickleball (1) 11:00	9 Jewelry Club 10:00 Fitness Orientation 11:30	10 ACA Meeting 9:30 Bingo 10:30 Skills & Drills (1) 11:00 Walk w/ Ease 12:30 NO TAI JI QUAN	11 Living Well 9:30 Food Waste Prevention 11:00 Easter Celebration w/ Gospel Choir and Guitar Club....1:00
14 Widow & Widower Support Group 9:30 Fitness Orientation 11:30	15 Bible Study 11:00 Intro to Pickleball (2) 11:00 Poetry Club 12:30 NO TAI JI QUAN	16 Texture Painting w/ Olga.....10:00 NO BASKETBALL	17 Bingo 10:30 Skills & Drills (2) 11:00 Book Club 1:00 Walk w/ Ease 12:30 NO TAI JI QUAN	18 Good Friday  Centers Closed
21 Easter Monday  Centers Closed	22 Belly Dancing (1) 9:45 Intro to Pickleball (3) 11:00 NO TAI JI QUAN	23 Lettuce Celebrate 10:30 Fitness Orientation 11:30 All Centers Close at 1:30 p.m.	24 Bingo 10:30 Skills & Drills (3) 11:00 Walk w/ Ease 12:30 NO TAI JI QUAN	25 Living Well 9:30 Jazz Appreciation 1:00
28 Widow & Widower Support Group 9:30 WSC Council Meeting 9:30 Fitness Orientation 11:30	29 Mobile Library 9:00 Belly Dancing (2).....9:45 Living a Blue Zone Lifestyle Pt.1 10:30 Intro to Pickleball (4) 11:00 NO TAI JI QUAN	30 National Raisin Day		

Spring is Here!

There is no time like NOW to get you out and moving. Exercise and fresh air is a great way to not only lift ones spirits but be with friends and move your body!

We would love to see in our outdoor adventures.

Walking Club

Laurel Springs Park • Mondays, 9 a.m.

Biking w/Nate

Indian Head Rail Trail (White Plains) • Friday, Apr. 4, 1 p.m.



Walk With Ease *New sessions

Join us at either location. This class meets 3 times per week for 6 weeks. Space is limited. 2 classes to choose from! Fee: FREE- regular attendance required

Richard R Clark Senior Center:

Thursday, April 10th 10:30 a.m. +
Mondays at 9:00 a.m. Laurel Springs Park +
One day walk on your own.

Waldorf Senior Center:

Thursday, April 10th 12:30 p.m.+
Mondays 9:00 a.m. @ Laurel Springs Park +
One day walk on your own.

Indian Head Senior Center:

Monday, April 14, 9:30 a.m. +
Tuesdays & Thursdays, 12:30 p.m.

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.

Kayaking with Debi

Join us on this Earth Day Adventure

Gilbert Run Regional Park is the perfect place to learn. Calm waters and beautiful scenery make for a great experience.

Beginner: Apr. 22, 10 a.m. • Self-led: Apr. 22, 11 a.m.

Registration required; kayaks provided.

Fee: \$5 for 1 hour.

Call Debi Shanks 301-609-5711 to register.

Shibashi w/Randi

This energy enhancing Qi Gong/Tai chi exercise coordinate movement with breath and concentration. Suitable for anyone!

Indian Head Senior Center:

Tuesday, Apr. 22, 3 p.m. • Fee: Donation



Dancing for the body, mind and spirit

Belly Dancing w/ Erica

Join us for a fun low-impact belly dancing course. During this 4-week course you will learn the basics of belly dancing while improving flexibility, strength, and coordination! All are welcome.

Waldorf Senior & Rec Center:

Thursdays, Apr. 15-May 13, 9:45-10:15a.m., • Fee: \$8

Beginner Line Dance

Learn the very basics of line dancing! This basic class is a good start for the beginner or anyone looking to dance for exercise.

Richard R. Clark Senior Center:

Wednesday, Apr. 9, 10 a.m. • Fee: Fitness Card

Thank You!

Special thanks to all our volunteers who assist us with classes, pickleball, taxes, art and our performers. You keep our centers interesting & FUN with your many talents. WE appreciate you GREATLY!

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

SENIOR CENTER MENU

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

Lunch Cancellation Policy

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Orange Juice Chicken Salad on Lettuce Bed Cucumber Onion Vinaigrette Broccoli Salad Whole Wheat Bread Pears	2 Apple Juice Spaghetti w/ Meatballs & Mozzarella California Blend Vegetables Breadstick Peaches	3 Grape Juice Salmon w/ Dill Sauce Fluffy Rice Green Beans Dinner Roll Apricots	4 Vegetarian Meal Pineapple Juice Garlic Chickpeas Curry Rice Malibu Veggie Blend Naan Bread Applesauce
7 Fruit Blend Juices Tuna Salad w/ Lettuce & Tomato Rye Bread Seasoned Buttered Noodles Peaches	8 Apple Juice Honey Lemon Chicken Parsley Potatoes Asian Blend Vegetables Onion Roll Mandarin Oranges	9 Orange Juice Meat Lasagna Green Beans Side Salad w/ Dressing Dinner Roll Mango	10 Fruit Blend Juice Baked Cod Wild Rice Seasoned Broccoli Biscuit Sliced Apples	11 Vegetarian Meal Grape Juice Hearty Tomato Soup Corn Bread Side Salad w/ Dressing Pears
14 Grape Juice Ham & Cheese Quiche 2 Slices Whole Wheat Toast Roasted Tomatoes Fruit Cocktail	15 Apple Juice Grilled Chicken Caesar Salad Veggie Pasta Blend Bread Stick Pineapple Chunks	16 Vegetarian Meal Fruit Blend Juice Macaroni & Cheese Malibu Blend Vegetables Stewed Tomatoes Peaches	17 Grape Juice Chicken Parmesan Noodles Creamy Cucumber Salad Dinner Roll Applesauce	18 Good Friday  Centers Closed
21 Easter Monday  Centers Closed	22 Pineapple Juice Tuna Noodle Casserole California Blend Vegetables Biscuit Apricots	23 Vegetarian Meal Orange Juice Pineapple Juice Vegetable Lasagna Broccoli Garlic Bread Fruited Jello	24 Birthday Celebration Fruit Blend Juice Nachos – Tortilla chips, Seasoned Ground Beef, Lettuce, Tomato, Green Onion, Sour Cream & Salsa Fresh Oranges Birthday Cake	25 Grape Juice Balsamic Chicken Wrap w/ Lettuce, Tomato & Cheese Chips Apple Slices
28 Grape Juice Italian Sub on Hoagie Roll (Lettuce, Tomato, Cheese) Buttered Corn Chips Mango	29 Apple Juice Chicken & Wild Rice Soup Cucumber & Tomato Salad Dinner Roll Citrus Salad	30 Pineapple Juice Pork Chop Sauerkraut AuGratin Potatoes Cornbread Pineapple Chunks		

Charles County Luncheon Program

Available at Noon • Days Vary By Center

Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$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

Nanjemoy Senior CenterMonday–Friday
Waldorf Senior CenterMonday–Friday

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

The SCOOP

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



www.CharlesCountyMD.gov



Department of Community Services

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

About Charles County Government

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

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

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

Publication Changes & Cancellations

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

Senior Center Inclement Weather Policy

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

The 32nd Annual Southern Maryland Caregivers Conference

Designed for the family caregiver, this one-day event is a wonderful opportunity to enrich one's knowledge and skills in caring for older or disabled adults. Conference fee includes a continental breakfast, lunch, conference materials, exposure to service providers in the exhibition area, and the opportunity to attend professionally presented educational sessions on a wide array of elder care topics. This event is co-sponsored by the Calvert County Office on Aging, St. Mary's County Aging & Human Services, and the Charles County Dept. of Community Services. For additional information please contact Lisa Caudle at 410-535-4606, ext. 8755 or Lisa.Caudle@calvertcountymd.gov.

Advance registration required by Mar. 28th.

Location: Southern Pines Senior Center in Lusby, MD
Friday, Apr. 11, 8 a.m.-2:30 p.m. • Fee: \$45

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, Apr. 11, 9:30 a.m.

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



Nanjemoy Senior Council

Senior Council Yard Sale

Come join the Nanjemoy Senior Council in a community yard sale! Whether you are looking for new treasures or wanting to get rid of some, you won't have to look any further. The Nanjemoy Senior council will be charging \$5 for a space and \$10 for space and a table. There will also be a delicious breakfast available for \$10, so come hungry!

Saturday, Apr. 12, 8 a.m.-12 p.m. Fee: \$5 for space, \$10 for space & table

Indian Head Senior Council

Spring Basket Raffle

Tickets are on sale now and can be purchased through the Indian Head Senior Council. Drawing will be held on May 21st during the Spring Tea w/Jazz event.

All April • Fee: One ticket/\$1; Six tickets/\$5

Community Yard Sale

Offered monthly on Mobile Market days. Seller is responsible for supplying table and seating as needed as well as set up and clean up of their merchandise. Space rental is payable in cash only to the Indian Head Senior Council before the start of sales.

Wednesday, Apr. 23, 9 a.m., Sale from 9:30 a.m.-1 p.m. • Fee: \$10 cash payable to IHSC Council

Council News for April Sponsored/Hosted Activities & Events

Clark Senior Center
Sunset Memorial,
Bingo

Indian Head Senior Center
All Clubs,
Spring Basket Raffle,
Community Yard Sale

Nanjemoy Senior & Community Center
Yard Sale

Waldorf Senior & Rec Center
Bingo,
Pokeno