

# The SCOOP

Charles County's Senior Center News

HAPPY

Valentine's  
Day



FEBRUARY 2026  
[www.CharlesCountyMD.gov](http://www.CharlesCountyMD.gov)

## Welcome to the Charles County Senior Centers!

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

### Meet the Team!

**Director of Community Services**, Dina Barclay

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

**Chief of Aging**, Lisa Furlow

**Centers Administrator**, Elizabeth Phipps

**Senior Center Supervisor**, Rachel Gould

**Health Promotion and Physical Fitness Coordinator**, Deborah Shanks

**Aging & Disability Resource Center Manager**, Ruth Anderson-Cole

**Aging & Disability Resource Center Coordinator**, Desiree Hodgson Williams

**Nutritionist**, 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

Senior Center Plus Program Specialist: Carolyn Savoy

#### 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!



## Senior Center Closures

**Monday, Feb. 9th**

Closed for Employee Appreciation Day

**Monday, Feb. 18th**

Closed for President's Day



## Jaycees Buffet Bingo

**Thursday, March 19, 10 a.m. to 2 p.m.**

Sponsored by The Greater Waldorf Jaycees and the Department of Community Services, a luncheon and bingo! The event is open to all Charles County senior citizens, age 60 and older. We will fill up on a delicious cold buffet luncheon and play bingo for cash prizes. Please make your own transportation arrangements. There are a limited number of tickets available for this FREE event. You may pick up a maximum of 2 tickets. Every ticket holder must meet all eligibility requirements. Tickets will be available on Tuesday, February 17, 2026, and first come, first served.

**Event is held at the Greater Waldorf Jaycees Community Center.**

**To be eligible for a ticket, you must:**

- Be 60 years of age, or older (or married to someone 60+)**
- Reside in Charles County**
- Be a current registered senior with Charles County Senior Centers (registration forms are current as of 10/01/2025)**

## Charles County Community Health & Wellness Programs Available:

**Offered through the Charles County Department of Health**

- Living Well with Diabetes (6-week program)
- Hypertension - Managing your High Blood Pressure (2-hour class)
- Diabetes Prevention Program (12-month program)
- Living Well with Chronic Health Conditions (6-week program)
- Smoking/Nicotine Cessation Classes

**Use this link and tell us you are interested:**  
<https://forms.gle/jSmtLqCrwtC6ULho7>



## February is American Heart Month



## February is American Heart Month:

### New Methods to Combat Heart Disease

Heart disease is the leading cause of death worldwide. Doctors and scientists are finding better ways to prevent and treat heart problems. Future heart care will focus on finding disease early and giving care that fits each person.

Doctors can now find heart disease before symptoms start by using tests that study genes, heart images and computer programs. This helps people begin healthy habits or medicine earlier to protect their hearts.

New medicines are being developed to treat heart disease at its source. Some work on genes to lower high cholesterol and may only need to be taken a few times a year, making them easier to use.

Heart valve care is also improving. Many patients can be treated without open heart surgery using small tubes placed through blood vessels. New treatments for other valves are being tested and offer hope to more patients.

Scientists are studying ways to fix heart disease caused by genes. These treatments are still being tested but may one day prevent serious heart problems before they begin.

Even with progress, challenges remain. Some people cannot easily access care, and others struggle to follow treatment plans. False health information and rising obesity and diabetes also affect heart health.

#### Important new tools include

- Computer programs that find heart disease early
- New medicines that work on genes

#### Big challenges include

- Cost and access to care
- Long term health problems and misinformation

Overall, the future of heart care focuses on earlier help, safer treatments and preventing serious disease before it starts.

#### Information from:

<https://www.mayoclinic.org/medical-professionals/cardiovascular-diseases/news/revolutionary-advances-in-the-future-of-cardiology/mac-20580445#:~:text=Technology%20advances%20such%20as%20transcatheter,treatments%20for%20mitral%20valve%20regurgitation>

## American Heart Association Recipe: Stuffed Peppers

### Ingredients

Serving: 4

- 4 bell peppers (any color)
- 3/4 lb. lean, ground turkey
- 1/2 medium onion (chopped)
- 1/2 cup uncooked brown rice
- 14.5 oz. canned, no-salt-added, diced tomatoes
- 1 clove fresh, minced garlic (or 1 teaspoon garlic minced from jar)
- 1 tsp. reduced-sodium Italian seasoning (lowest sodium available)
- 1/4 tsp. crushed red pepper flakes (for spiciness), (optional)
- 8 oz. canned, no-salt-added tomato sauce

### Directions

1. Preheat oven to 350 degrees. Cook rice to package instructions (omitting salt). While the rice is cooking, in skillet over medium heat, brown the turkey. Add the onion and cook for 3 minutes more (until onion becomes translucent).
2. Wash the bell peppers and remove the tops, seeds and membranes. Set peppers in a 9x9 baking dish or line them up in a loaf pan, so they stand upright.
3. In a medium mixing bowl, mix turkey, rice, tomato, garlic, Italian seasoning, and pepper. Spoon into each pepper. Spoon tomato sauce evenly over the top of the 4 peppers. Bake 1 hour in the oven, until peppers are tender.

### Information from:

<https://recipes.heart.org/en/recipes/stuffed-peppers>





## Self-Care: One Practice, Two Forms

Self-care is not a single practice but consists of two distinct and equally important forms: self-soothing and self-nourishment. Many people focus on only one of these, which can cause self-care to feel ineffective or incomplete.

Self-soothing includes activities that provide immediate comfort or relief from stress. These actions help calm the nervous system and offer short-term emotional relief. Common examples include watching television, taking a warm bath, eating comfort foods, sleeping, or engaging in enjoyable distractions. Self-soothing plays an essential role in emotional regulation and recovery during periods of overwhelm.

Self-nourishment, by contrast, focuses on meeting deeper physical, emotional, or psychological needs that support long-term wellbeing. These actions often require effort or may feel uncomfortable at first, but they contribute to lasting stability and growth. Examples include maintaining supportive routines, nurturing relationships, expressing creativity, setting boundaries, attending medical or mental health needs, and ensuring adequate restorative rest.

An imbalance between these two forms can limit the effectiveness of self-care. Overreliance on self-soothing may lead to avoidance or emotional numbing, while focusing only on self-nourishment can feel exhausting and leave little space for pleasure or recovery. Sustainable self-care comes from intentionally balancing both approaches by pairing immediate comfort with meaningful actions that promote long-term health, resilience, and fulfillment.

**Information from:**

<https://neurodivergentinsights.com/two-forms-self-care/>

## Caregiver's Corner: Tips for Caregivers: Taking Care of Yourself

Being a caregiver can be extremely rewarding, but it can also be overwhelming. Caring for a person with Alzheimer's or a related dementia takes time and effort. It can feel lonely and frustrating. You might even feel angry, which could be a sign you are trying to take on too much. It is important to find time to take care of yourself. Here are some tips that may offer some relief:

- Ask for help when you need it. This could mean asking family members and friends to help or reaching out to local services for additional care needs.
- Eat nutritious foods, which can help keep you healthy and active for longer.
- Join a caregiver's support group online or in person. Meeting other caregivers will give you a chance to share stories and ideas and can help keep you from feeling isolated.
- Take breaks each day. Try making a cup of tea or calling a friend.
- Spend time with friends and keep up with hobbies.
- Get exercise as often as you can. Try doing yoga or going for a walk.
- Try practicing meditation. Research suggests that practicing meditation may reduce blood pressure, anxiety and depression, and insomnia.
- Consider seeking help from mental health professionals to help you cope with stress and anxiety. Talk with your doctor about finding treatment.

**Information from:**

<https://www.alzheimers.gov/life-with-dementia/tips-caregivers>





## 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. Walk-ins welcome!

**Monday, March 9th 2pm at P.D. Brown Library**

50 Village Street, Waldorf, MD 20602

**Tuesday, March 17th 10am at Waldorf West Library**

10450 O'Donnell Place, Waldorf, MD 20603

Let us know you're coming by calling 301-934-0118.

## 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 Aide 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 located at the Richard R. Clark Senior Center, St. James Episcopal Church in Indian Head, and 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.

**Medicare is not calling to offer you an arthritis kit.**  
*Hang up.*

**SMP** Senior Medicare Patrol  
Preventing Medicare Fraud

[www.SMPRESOURCE.ORG](http://www.SMPRESOURCE.ORG)

877.808.2468

SUPPORTED BY GRANT # 90IMP00002 FROM ACF

## Medicare Enrollment Periods

**General Enrollment Period** - Jan 1 to Mar 31st, 2026 – If you did not sign up for Medicare Parts A and/or B during your Initial Enrollment Period and do not qualify for a Special Enrollment Period, you may sign up during this time.

**Medicare Advantage Open Enrollment Period** – Jan 1st to Mar 31st, 2026 – If you are currently enrolled in a Medicare Part C Advantage Plan, you may switch Advantage plans or drop your Advantage plan and return to Original Medicare (Parts A & B).

If your Medicare Advantage (MA) plan did not renew for 2026, there is still time to enroll through a **Special Enrollment Period (SEP)**. This SEP lasts through February 28.

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

## Ask SHIP:

### What's New for Medicare in 2026?

Part B Premium: \$202.90

Part B Deductible: \$283

Part D Coverage phases – in 2026, the annual out-of-pocket maximum for Medicare Part D will be \$2,100.

**Prescription Payment Plan**- makes out-of-pocket costs for prescription drugs more manageable. Enrollment is not automatic, you must sign up with your Part D plan.

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

## Legal Aid: Feb 2nd & Mar 2nd

The Information and Assistance Office (I&A) partners monthly with Maryland Legal Aid to provide services for low to moderate-income older adults. Services may include, but are not limited to:

Advanced Directives/Living Wills, Benefit Denials, Consumer Disputes, Debt Collection/Bankruptcy, Landlord-Tenant Disputes, Subsidized Housing

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

# CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### Save the Date: Intergenerational Art Show

Thursday, Apr. 16, 4-6 p.m.

Sponsored in part by a grant from the Charles County Arts Alliance and Maryland State Arts Council.

### Scrapbooking

Join Debi Scoggins as she shares and teaches you the basic of Scrapbooking. Please bring 4-6 photos (not the originals) to create your own scrapbook page. Please sign up.

Friday, Feb. 6 & 13, 10 a.m. Fee: FREE



### Valentine's Party

Celebrate the love and friendships in your life and enjoy music by Rearview Mirror. Ticket required, lunch not included.

Thursday, Feb. 12, 10:30 a.m. Fee: \$5

### Senior Council Bingo

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

Friday, Feb. 13 & 27, 9:30 a.m. Fee: \$4= 3 face cards; \$8= 6 face cards

### Love your Feet

See pg. 14 for details.

Wednesday, Feb. 11, 1:30 p.m. Fee: FREE

### Fashion Show

Sponsored by the Richard R. Senior Center Council, show off your African attire in a fashion show. To be a participant in the fashion show, please call 301-266-7239. To be in the audience, please sign up at the front desk. Lunch not included.

Wednesday, Feb. 18, 10:30 a.m.- 12 p.m. Fee: FREE

### Heart Healthy Eating

Join Charles Regional Medical Center as they present on heart healthy eating.

Thursday, Feb. 19, 10 a.m.-12 p.m. Fee: FREE

### Make a Blanket Day (MABD)

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

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

## Pizza & Painting

Celebrate the beauty of Black History Month as we recreate a piece by Vered Thalmeier. 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.

Monday, Feb. 23, 12 p.m. Fee: \$10

## Taco Tuesday

Sponsored by the Richard R. Clark Senior Center Council. Enjoy 3 soft or hard tacos with toppings, salad, chips & salsa, cookies and punch. Purchase tickets through the Council, Feb 3rd-19th on Tuesday, Wednesday, or Thursday from 10am-1pm in the Library.

Tuesday, Feb. 24, 11:30 a.m. Fee: \$6

## The 2n1 Club

The 2n1 Club is a social club for Charles County couples and singles 60 years of age and older. The club provides a means for seniors to get out and socialize with old friends and make new friends. The club hosts a monthly speaker; 2 free luncheons a year to celebrate Older Americans Month and the Club's Anniversary; quarterly birthday luncheons; a picnic lunch at Gilbert Run and a Christmas Party. The club has a trip coordinator who schedules day trips throughout the year for members. Anyone interested in joining or observing is welcome to attend a meeting.

Mondays, 10:15 a.m. Fee: \$15 per year

## Ongoing Programs

### Jewelry Class

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

Wednesday, Feb. 4 & 18, 10 a.m. Fee: FREE

### Book Club

Led by Nancy Marquardt, Charles County Public Library. 12pm session book title for February, We Solve Murders by Richard Osman and March title, My Friends by Fredrik Bachman. 1pm session book title for February, The Mighty Red by Louise Erdrich and March title, We Solve Murders by Richard Osman.

Thursday Feb. 5, 12 p.m. & 1 p.m. Fee: FREE

### Widow to Widow Support Group

Women's group focusing on grief. Facilitated by Brenda Dubose.

Tuesday, Feb. 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, Feb. 11, 11:30 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.

Wednesday, Feb. 25, 10 a.m. Fee: \$5/PP

## Learn to Quilt

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

Tuesdays, 9 a.m. Fee: FREE

## Stained Glass Class

The Stained Glass class is currently full. If you have previous experience in stained glass and would like to join this class, please see the Front Desk to be added to our waitlist.

Tuesdays, 12 p.m.

## Tech Group

Schedule a 30-minute appointment with staff to navigate through your latest tech questions. Space is limited, appointment required.

Wednesdays, 10 a.m. Fee: FREE

## Knit & Crochet 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

## Beginner-Stained Glass Workshop

Next workshop will begin in September, please see front desk if you are interested.

Thursdays, 10 a.m.-12 p.m.

## Project Linus

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

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

 get motivated 

**FITNESS**  
Health & Fitness

## Clark Center Fitness Room Orientation

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

Wednesday, Feb 4 & 18, 10 a.m. Fee: \$5

# CLARK SENIOR CENTER

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

**Hours: 9 a.m.–4 p.m., Monday–Friday**

Luncheon at Noon—Reservation/Registration Required  
Reserve lunch by 10 a.m., 2 days prior.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards ..... 9:30 Sewing Room OPEN ..... 9:30 Coloring & Puzzles ..... 9:30 Duplicate Bridge ..... 10:00 2N1 Social Club ..... 10:15 <b>Fitness</b> Total Body Conditioning ..... 9:00 Pilates ..... 10:00 Chair Yoga ..... 11:00 Drums Alive ..... 1:00	Quilting Class ..... 9:00 Billiards ..... 9:30 Coloring & Puzzles ..... 9:30 Guitar ..... 10:00 Cards & Games ..... 10:00 <b>Fitness</b> Strength Training ..... 9:00 Flex & Stretch ..... 10:00 Zumba ..... 11:30 Line Dance ..... 1:00 Yoga Flow ..... 2:00	Crochet/Knitting ..... 9:00 Billiards ..... 9:30 Coloring & Puzzles ..... 9:30 Sewing Room OPEN ..... 9:30 Cards & Games ..... 10:00 <b>Fitness</b> Basic Fitness Training ..... 9:00 Qi Gong/Shibashi ..... 10:00 Dance Aerobics ..... 11:00 Yoga Flow ..... 12:00 AFEP ..... 1:00	Billiards ..... 9:30 Coloring & Puzzles ..... 9:30 Sewing Room OPEN ..... 9:30 Musicians Club ..... 10:00 Pokeno ..... 11:00 <b>Fitness</b> Strength Training ..... 9:00 Step Plus ..... 10:00 Zumba ..... 11:30 Pilates ..... 12:30 Cardio Fitness ..... 1:30	Billiards ..... 9:30 Coloring & Puzzles ..... 9:30 Project Linus ..... 9:30 Guitar ..... 10:00 Lunch ..... 12:00 <b>Fitness</b> Total Body Conditioning ..... 9:00 Chair One Plus ..... 10:00 AFEP ..... 11:15 Chair Yoga ..... 12:00 Line Dance ..... 2:00
<b>2</b> Legal Aid ..... 1:00	<b>3</b> Karaoke ..... 10:30	<b>4</b> <b>Beginner's Jewelry ..... 10:00</b> Fitness Orientation ..... 10:00	<b>5</b> Easy Listening ..... 10:30 Book Club ..... 12:00 Book Club ..... 1:00	<b>6</b> Hand & Foot Canasta ..... 10:00 Scrapbooking ..... 10:00
<b>9</b> <b>Employee Appreciation Day</b>  <b>All Senior Centers Closed</b>	<b>10</b> Hand & Foot Canasta ..... 10:00 Mobile Library ..... 10:00 Widow to Widow ..... 1:00	<b>11</b> <b>Lunchtime Music with Will ..... 11:30</b> Senior Council Meeting ..... 1:00 Love your Feet ..... 1:30	<b>12</b> <b>Valentine's Party ..... 10:30</b>	<b>13</b> <b>Senior Council Bingo ..... 9:30</b> Scrapbooking ..... 10:00
<b>16</b> <b>President's Day</b>  <b>All Senior Centers Closed</b>	<b>17</b> Spiritual Enrichment ..... 1:00 Jaycees Buffet Bingo Ticket Distribution	<b>18</b> Beginner's Jewelry ..... 10:00 Fitness Orientation ..... 10:00 <b>Fashion Show ..... 10:30</b> Beginner Line Dance ..... 1:30	<b>19</b> <b>Heart Healthy Eating ..... 10:00</b>	<b>20</b> <b>Make a Blanket Day ..... 9:30</b>
<b>23</b> Pizza & Painting ..... 12:00	<b>24</b> Taco Tuesday ..... 11:30	<b>25</b> Card Making Class ..... 10:00 Caregivers Support ..... 2:00	<b>26</b> <b>Lunchtime Poetry with Charlotte ..... 12:15</b>	<b>27</b> <b>Senior Council Bingo ..... 9:30</b> Hand & Foot Canasta ..... 10:00

# INDIAN HEAD SENIOR CENTER

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

Get your Latest *SCOOP* online!

## Program Highlights

### Rootbound Farms

Woody DeLauder of Rootbound Farms joins us for a soapmaking demonstration and suburban farming Q&A.

Monday, Feb. 2, 12:45 p.m. Fee: FREE

### Living Well w/ Diabetes

This is a free, six-week workshop designed for people with chronic conditions and/or caregivers. Each session builds upon the last to help you set goals, make action plans, and improve your life. It is a motivational experience.

Tuesdays, Feb. 3, 10, 17, & 24, 1-3:30 p.m.

Fee: FREE

### Dementia Conversations

If you know someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for having the difficult—but needed—conversation about noticed changes that may be related to dementia. Adult family members (of any age over 18) may accompany seniors for this program. Please preregister so we may ensure adequate seating.

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

### Effective Communication for Alzheimer's

Explore ways that Alzheimer's and other dementia affect an individual's ability to communicate as the disease progresses. Get tips to better communicate with people living with the disease. Adult family members (of any age over 18) may accompany seniors for this program. Please preregister so we may ensure adequate seating.

Monday, Feb. 23, 1 p.m. Fee: FREE

## Ongoing Programs

### Choir Group

Love to sing, this is the group for you.

Monday, Feb 2, 9:30 a.m. Fee: FREE

### Nickel Bingo

You must use cards provided by the center.

Monday, Feb. 2, 9:30 a.m.

Fee: 5¢ per card, other fees for special games

### Line Dancing

Join Gwen to learn the basics of line dancing.

Wednesdays, Feb. 4, 11, & 18, 11 a.m.

Fee: Fitness Card

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

### Pastor Chris & Friends

Join Pastor Chris to share God's Love through the Word and through song.

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

### Green Thumb Club

Plan and prepare the garden for spring.

Thursday, Feb. 19, 10:30 a.m. Fee: FREE

### Walk Through the Bible

This monthly Bible study program focuses on gaining a deeper understanding of the Word of God. Look for this program on the 3rd Friday of each month.

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

### Project Linus/ Sewing 101

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

Monday, Feb 23, 9:30 a.m. Fee: FREE

### Monthly Book Club

Join a representative from the Charles County Public Library to discuss the monthly book. February's book will be "James" by Percival Everett.

Wednesday, Feb. 25, 1 p.m. Fee: FREE

### Senior Tech

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

By appointment Fee: \$1

## Health & Fitness Programs

### 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 Pass

### Mobility Flow

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

Tuesdays, 9:30 a.m. Fee: Fitness Pass

### 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 Pass

### 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 Pass

### Fitness w/Lamont

Cardio, circuit, and strength training. Two sessions to choose from!

Thursdays, 1 p.m. or 2 p.m. Fee: Fitness Pass

### Chair Yoga

This gentle yoga class is accessible and appropriate for all levels of experience. Focus is on mobility, strength, and breathing practices that support nervous system regulation. Every movement can be adapted to meet individual needs. Preregistration is requested. Call or visit Indian Head Senior Center to register. Please arrive no later than 9:00.

Fridays, 9 a.m. Fee: Fitness Pass

### Cardio Fitness

Join Helen for an upbeat dance class!

Participation can be standing, or seated in a chair, depending on your needs for the day.

Wear athletic shoes and bring your water!

Fridays, 10:15 a.m. Fee: Fitness Pass

## Beat the Winter Blues: Loving Winter

Do you dislike Winter? Miss the sun? Feel tired, or pressured to DO more? Take the time to slow down and listen to Winter. It sends very clear signals to rest and restore your inner reserves. Join us for tea, gentle movement, and a new perspective. We've got half of Winter left. Let's make the most of it, and maybe even learn to love it.

**Friday, Feb. 6, 1 p.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., 2 days prior.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room.....9:00 Billiards.....9:00 Cards/Games.....9:00 <b>Fitness</b> Dance Fit/Drums ALive! .... 10:30	Fitness Room.....9:00 Billiards.....9:00 Cards/Games.....9:00 <b>Fitness</b> Mobility Flow.....9:30 AFEP ..... 11:15	Fitness Room.....9:00 Billiards.....9:00 Cards/Games.....9:00 <b>Fitness</b> Fitness w/ Veronica.....10:00 Fitness Orientation .....2:00	Fitness Room.....9:00 Billiards.....9:00 Card/Games.....9:00 <b>Fitness</b> Mobility & Balance .....9:30 AFEP ..... 11:15 Fitness w/Lamont.....1:00 Fitness w/Lamont.....2:00	Cards/Games.....9:00 Fitness Room.....10:15 Billiards.....10:15 <b>Fitness</b> Chair Yoga .....9:00 Cardio Fitness .....10:15
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Bingo .....9:30 <b>Choir Group</b> .....9:30 Rootbound Farms.....12:45	Senior Council Meeting .....9:30 Crafting w/Mary .....1:00 Living Well w/ Diabetes.....1:00	Line Dancing .....11:00 Ask Doyle.....1:00	Fitness w/ Lamont .....1:00 Fitness w/ Lamont .....2:00	<b>Winter Blues</b> .....1:00
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Employee Appreciation Day</b>  <b>All Senior Centers Closed</b>	Information & Assistance w/ Julie.....10:30 Living Well w/ Diabetes.....1:00 <b>Pastor Chris</b> .....1:00	Widow & Widower Support .10:00 Line Dancing .....11:00 <b>Dementia Conversations</b> 1:00	<b>Valentine craft with Mary</b> .....1:00	Chair Yoga .....9:00 Cardio Fitness .....10:15
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>President's Day</b>  <b>All Senior Centers Closed</b>	Mardi Gras Trivia .....12:45 Living Well w/ Diabetes.....1:00 Jaycees Buffet Bingo Ticket Distribution	Line Dancing .....11:00	Green Thumb Club .....10:30	Walk Through the Bible .....1:00
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Project Linus/Sewing 101 ....9:30 <b>Black History Month Presentation</b> .....9:45 Effective Communication for Alzheimer's .....1:00	Living Well w/ Diabetes.....1:00	Book Club.....1:00	Ask Doyle: BHM.....1:00	Chair Yoga .....9:00 Cardio Fitness .....10:15

# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### Let's Take a Trip

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

Tuesday, Feb. 17, 1 p.m. Fee: FREE

### Friday Films

Join us for snacks and Black Panther: Wakanda Forever-The people of Wakanda fight to protect their home from intervening world powers as they mourn the death of King T'Challa.

Friday, Feb. 20, 11 a.m. Fee: FREE

### Black History Month Performance

Shemika Berry aka Shemika Renee' is an award-winning makeup artist, award nominated actress, and costumer who can transform into historical figures that will captivate and inspire. Join us as she brings history to life. Prior sign up is required. Sponsored in part by a grant from the Charles County Arts Alliance and the Maryland State Arts Council.

Tuesday, Feb. 24, 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.

Valentine's Cards, Feb. 2 Fee: FREE  
Casual Crafting, Feb. 23 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, Feb. 19, 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

### Core Fitness

Core work, muscle work, and flexibility.

Mondays, 9 a.m. Fee: Fitness Pass

### 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

### Total Body Conditioning

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

Thursdays, 9 a.m. Fee: FREE

### Chair Yoga

Chair Yoga is a gentle form of yoga that is practiced while sitting on a chair or using a chair for support. It is designed to improve flexibility, balance, strength, and relaxation without the need to get down on the floor. Chair Yoga is ideal for older adults, individuals with limited mobility, or anyone looking for an accessible yoga experience.

Thursdays, 10 a.m. Fee: Fitness Pass

## Community Programs

Age restrictions for drop-in use of Community Rooms are 13-17 with adults 18+ independent use. Like us on Facebook!!

### Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Feb. 3 & 24 10:30 a.m. Fee: FREE

### WIC Services

Fridays, Feb. 13 & 27, 9 a.m.-4 p.m. Fee: FREE

### Mobile Food Market

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

Wednesday, Feb. 18, 12:00 p.m.-2:00 p.m.



**WE ARE  
MARYLAND'S  
FOOD BANK**

### Pizza & Painting

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

Friday, Feb. 27, 12:30 p.m. Fee: \$8

### 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

### 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

### Wacky Science

Mad science or just plain fun... you decide! Your child will enjoy conducting a variety of messy science experiments and fun activities, such as chemical reactions, slime, quicksand, and more. Ages 6-12. Please register with the QR code.



Tuesday, Feb. 3, 3 p.m. Fee: \$20

## Senior Council Valentine's Day Luncheon

The Nanjemoy Senior Council will host a Valentine's Day themed lunch. Please see the Nanjemoy Senior Council to register in advance. Last day to register is Wednesday, Feb. 4th

**Wednesday, Feb. 11, 11 a.m.**

**Fee: \$15**



# 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., 2 days prior.

Community Center Hours:

8:30 a.m.–4:30 p.m., Mon–Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch .....12:00 Dominos.....1:00 Games/Puzzles.....1:00 <b>Fitness</b> Core Fitness .....9:00 AFEP .....10:00 Bingocize .....10:30	Billiards.....8:30 Causal Crafting .....8:30 Computer Lab .....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00 <b>Fitness</b> Shop the Rack .....1:00 Flex & Stretch.....10:00	Billiards.....8:30 Causal Crafting .....8:30 Computer Lab .....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00 <b>Fitness</b> Walking Club .....1:00	Billiards.....8:30 Causal Crafting .....8:30 Computer Lab .....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Shop the Rack .....8:30 Lunch .....12:00 Senior Tech Appts.....8:30 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles .....1:00 <b>Fitness</b> Total Body Conditioning.....9:00	Billiards.....8:30 Causal Crafting .....8:30 Computer Lab .....8:30 Fitness Room.....8:30 Shop the Rack .....8:30 Senior Tech Appts.....8:30 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00 <b>Fitness</b> AFEP .....10:00 Walking Club .....1:00
<b>2</b>  Senior Council Meeting .....10:00 Bingocize .....10:30 Fitness Beats .....12:00  <u>Artistic Aesthetics:</u> <u>Valentine's Card</u> .....1:00	<b>3</b>  Flex & Stretch.....10:00  <u>Community Program</u> Mobile Library .....10:30  <u>Recreation Program</u> Wacky Science.....3:00.	<b>4</b>  Billiards.....8:30 Dominos.....1:00	<b>5</b>  Chair Yoga .....10:00 Nickel Bingo.....12:45	<b>6</b>  AFEP .....10:00
<b>9</b>  <b>Employee Appreciation Day</b>   <b>All Senior Centers Closed</b>	<b>10</b>  Computer Lab .....8:30 Dominos.....1:00	<b>11</b>  <b>Senior Council Valentine's Day Meal ...11:00</b>	<b>12</b>  Chair Yoga .....10:00 Bingocize .....11:00	<b>13</b>  Senior Tech Appts .....8:30  <u>Community Program</u> WIC Services .....9:00
<b>16</b>  <b>President's Day</b>   <b>All Senior Centers Closed</b>	<b>17</b>  Flex & Stretch.....10:00 <b>Let's Take a Trip</b> .....1:00  <u>Jaycees Buffet Bingo Ticket Distribution</u>	<b>18</b>  AARP Tax Prep .....9:00 Games/Puzzles .....10:00  <u>Community Program</u> Mobile Food Market .....12:00	<b>19</b>  I & A .....9:30 Chair Yoga .....10:00 Bingo .....12:45	<b>20</b>  AFEP .....10:00 <b>Friday Films</b> .....11:00
<b>23</b>  Bingocize .....10:30 Fitness Beats .....12:00  <u>Artistic Aesthetics:</u> <u>Casual Crafting</u> .....1:00	<b>24</b>  Flex & Stretch.....10:00  <u>Community Program</u> <b>Black History Month Performance</b> .....11:00 Mobile Library .....10:30	<b>25</b>  Fitness Room .....8:30 AFEP w/Debi .....11:00 Dominos.....1:00	<b>26</b>  Total Body Conditioning.....9:00 Chair Yoga .....10:00 Nickel Bingo.....12:45	<b>27</b>  Casual Crafting .....8:30 Shop the Rack .....8:30  <u>Community Program</u> WIC Services .....9:00 <b>Pizza &amp; Painting</b> .....12:30

# WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### African Dance

NAAADT will be hosting a 4-week dance workshop focusing on African and African American-based movement styles. No class on Mondays, Feb. 9 & 16.

Pre-registration required.

Mondays, Feb 2 - Mar. 9, 11:30 a.m. Fee: \$10

### Driving As We Age

This is a free educational outreach session designed to help older adults stay safe, confident, and independent behind the wheel as they age. In addition to this program, save the date for CarFit: Mar. 4.

Wednesday, Feb. 4, 10 a.m. Fee: FREE

### Heart Health

February is Heart Health Month, focused on raising awareness of cardiovascular health. On February 6 (Wear Red Day), nurse staff will be available to provide blood pressure screenings and share information on heart healthy eating, nutrition, and stroke risk in women.

Friday, Feb. 6, Fee: FREE  
Blood Pressure Screenings 9:10:30 a.m.  
Group Discussion 10:30 a.m.-12 p.m.

### Black History Month Celebration

Brought to you by the Waldorf Senior Center Council. Enjoy three storytellers, musical guest, and A Taste of Southern Cuisine catered lunch by Kreative Kreations. Tickets will be sold by council members in January as indicated below.

Tuesday, Feb. 10, 10 a.m. Fee: \$15

### Romantic Scammer

The Friend or Foe Workshop will provide insights into senior dating strategies, tips, and more. These tools will focus on developing skills for creating healthy relationships by starting with looking inward (To Thy Own Self Be TRUE). Next, we will look at the qualities of a healthy relationship and discuss tools such as setting boundaries and deal breakers. Finally, we will explore the romantic scammer agenda. The goal is to be prepared for friendship, dating, and courtship.

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

## Ongoing Programs

### Jewelry Club

Class is on pause for the immediate future.

### 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. No meeting for this month on the second Tuesday.

Tuesday, Feb. 3, 10 a.m. Fee: FREE

### Bible Study

Facilitated by Minister Yvonnde' Wilson. All are welcome!

Tuesday, Feb. 17, 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, Feb. 17, 12:30 p.m. Fee: FREE

### Book Club

This month's book is "To Kill a Mockingbird" by Harper Lee. Please come prepared with your thoughts on this book and join in the discussions.

Thursday, Feb. 19, 1 p.m. Fee: FREE

### Jazz Appreciation

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

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

### Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Feb. 23, 9:30 a.m. Fee: FREE

### Better Breather's Club

Helping you cope with lung conditions while offering compassionate support. Led by trained facilitators, these in-person meetings will give you the tools you need to stay active, healthy, and living your best life. For more information, please contact 301-609-4391.

Takes place the last Thursday of each month.

Tuesday, Feb. 24, 1p.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.**

Bills used to purchase bingo cards must be \$10 or less. Bingo play begins at 10:30 a.m. on Thursdays unless otherwise noted in the SCOOP.

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

### Crochet Club

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

Fridays, 10 a.m. Fee: FREE

### Paper Crafting

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

Fridays, 1 p.m. Fee: FREE

## Health & Fitness

### Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Monday, Feb. 2, 11:30 a.m. Fee: \$5

Wednesdays, Feb. 11 & 25, 10:30 a.m. Fee: \$5

### Beginners Tai Chi

Tai Ji Quan: Moving for Better Balance® (TJQMBB) is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders.

Thursdays, 1 p.m. Fee: FREE

# Valentine Craft

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

**Friday, Feb. 6, 10:30a.m. • Fee: \$3**

# 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., 2 days prior.

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 <b>Fitness</b> Chair Dance Aerobics ..... 9:30 Core & More ..... 10:30 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 <b>Fitness</b> Walking Club ..... 12:30 Basketball ..... 1:00 <b>Fitness</b> Total Body Conditioning ..... 9:30 Belly Dancing ..... 10:30 Line Dancing ..... 11:30 Beginners Tai Chi ..... 1:00	Fitness Room ..... 9:00 Racquetball ..... 9:00 Basketball ..... 10:00 Bridge Club ..... 10:00 Lunch ..... 12:00 Basic Sewing ..... 1:00 <b>Fitness</b> Chair Dance Aerobics ..... 9:30 AFEP ..... 10:30 Basic Fitness Training ..... 11:30 Enhanced Fitness ..... 1:00 Cardio Fitness ..... 2:00	Fitness Room ..... 9:00 Racquetball ..... 9:00 Gospel Choir ..... 9:30 Watercolors ..... 10:30 Pinochle ..... 11:00 Lunch ..... 12:00 <b>Fitness</b> Walking Club ..... 12:30 Mah Jong ..... 1:00 Basketball ..... 1:00 Guitar Club ..... 1:00 Table Tennis ..... 2:30 <b>Fitness</b> Total Body Conditioning ..... 9:30 Drums Alive ..... 10:30 Line Dancing ..... 11:30 Beginners Tai Chi ..... 1:00	Fitness Room ..... 9:00 Racquetball ..... 9:00 Crochet Club ..... 10:00 Lunch ..... 12:00 Paper Crafting ..... 1:00 <b>Fitness</b> Chair Dance Aerobics ..... 9:30 Gentle Stretching ..... 10:30 AFEP ..... 11:30 Core and More ..... 12:30 Yoga Flow ..... 1:30
<b>2</b> <b>African Dance</b> ..... 11:30 Fitness Orientation ..... 11:30	<b>3</b> Prayer Group ..... 10:00 Intro to Pickleball ..... 11:00 <b>No Beginners Tai Chi</b>	<b>4</b> Driving as We Age ..... 10:00 Diabetes Prevention Program ..... 10:30	<b>5</b> Bingo ..... 10:30 Skills & Drills ..... 11:00	<b>6</b> Blood Pressure Screening ..... 9:00 <b>Valentine Craft</b> ..... 10:30 Heart Health Group Discussion ..... 10:30 <b>Wear Red Day</b>
<b>9</b> <b>Employee Appreciation Day</b>  <b>All Senior Centers Closed</b>	<b>10</b> <b>Black History Month Celebration</b> ..... 10:00 Intro to Pickleball ..... 11:00	<b>11</b> Romantic Scammer ..... 10:30 Diabetes Prevention Program ..... 10:30 Fitness Orientation ..... 10:30	<b>12</b> Bingo ..... 10:30 Skills & Drills ..... 11:00	<b>13</b> Diabetes Prevention ..... 10:30
<b>16</b> <b>President's Day</b>  <b>All Senior Centers Closed</b>	<b>17</b> Total Body Conditioning ..... 9:30 Bible Study ..... 11:00 Intro to Pickleball ..... 11:00 Poetry Club ..... 12:30 <b>Jaycees Buffet Bingo Ticket Distribution</b>	<b>18</b> Diabetes Prevention Program ..... 10:30	<b>19</b> Bingo ..... 10:30 Skills & Drills ..... 11:00 <b>Book Club</b> ..... 1:00	<b>20</b> Jazz Appreciation ..... 1:00
<b>23</b> WSC Council Meeting ..... 9:30 Widow & Widower Support Group ..... 9:30 <b>African Dance</b> ..... 11:30 Zumba Demo Class ..... 12:30	<b>24</b> Intro to Pickleball ..... 11:00 <b>Better Breathers</b> ..... 1:00	<b>25</b> Diabetes Prevention Program ..... 10:30 Fitness Orientation ..... 10:30	<b>26</b> Bingo ..... 10:30 Skills & Drills ..... 11:00	<b>27</b> Paper Crafting ..... 1:00

## Heart Health

One of the components of overall health is our amazing heart! Our hearts can pump over 1.3 gallons of blood per minute and that is at rest! It never stops pumping. Because it is a muscle, we can strengthen it to make it pump efficiently and keep it strong.

Healthy blood pressure ranges from 120/80 to 130-80 do you know your numbers?

Heart healthy nutrition, no processed foods, loads of yummy veggies and protein help keep your heart happy.

Move that body every day!

Do something...every, single, day.

Healthy cholesterol levels talk to your doctor to keep these numbers in check.

Get enough sleep and manage stress.

Yearly heart checkups, your heart will thank you.

These are all great ways to keep your heart healthy and pumping!



## Beginner Tai Chi

**New session beginning Feb. 5**

Tai Chi Quan, moving for better balance is an evidenced/ research-based balance training program designed for older adults at risk of falling and people looking to enhance their physical wellness while preventing falls.

**Waldorf Senior & Rec. Center**

Instructor: Aysa Brooks

Thursdays, 1 p.m. • Fee: FREE



## Attention Seniors

**Fitness cards are required to participate in classes at our centers.**

They need to be presented and punched prior to taking your class. Unless otherwise noted.

You can get a fitness card from any of the Program Assistants.

**We have 2 types of cards for purchase:**

\$20 for 10 classes • \$60 for 40 classes

## Qi Gong/Shibashi

Mild movement and great for balance and muscle control. For over 1,000 years this form of exercise has been extremely popular. This class will take you through a series of slow, easy-flowing mindful movements to calm the nervous system, focus on breath, balance and coordination.

**Richard R. Clark Senior Center**

Instructor: Charles Cavella

Wednesdays, 10 a.m. • Fee: FREE

## Beginner Line Dance

Learn basic terminology, steps and how steps are put together in this basic lesson of popular dances!

**Richard R. Clark Senior Center**

Instructor: Carrie

Wednesday, Feb. 18, 1:30 p.m. • Fee: FREE

## Zumba Demo Class

Get fit and DANCE! Class is a free demonstration so you can try something wonderful. Regular class day and time to be determined

**Waldorf Senior & Rec. Center**

Monday, Feb. 23, 12:30 p.m. • Fee: FREE



## Bad weather or too cold to get to your exercise class? Catch us on CCGTV!

Good Health with Debi airs regularly on the Charles County Government TV channel. Don't let the cold keep you from moving! Want to keep up your exercise routine even when the centers are closed? Good Health with Debi has you covered! Scan the below QR code to visit CCGTV's Fitness channel with Debi Shanks for videos on fitness, wellness, and fun.

**How to scan this QR code:**

Never scanned a QR code before?

Don't worry! Follow these simple steps!

Open the camera app on your phone.

Point the camera lens at the QR code.

Tap the banner/website that appears on the phone screen to open the link.

This will take you to CCGTV's Fitness channel where you can

**SCAN ME!**



## Love your Feet

Celebrate yourself this Valentine's Day by treating yourself to something special. If your body is feeling sluggish or you have a lack of energy, then this workshop may help! Through self-reflexology, you will learn reflexes in the feet to help with overall body energy and learn techniques to decrease swelling, assist with lymphatic drainage, and have your feet and body feeling wonderful!! Class size is limited. Due to materials, prior registration is required.

**Richard R. Clark Senior Center**

Facilitator: Debi Shanks

Wednesday, Feb. 11, 1:30 p.m. • Fee: FREE

# SENIOR CENTER MENU

1% or skim Milk is offered with all meals

All Juice is 100% Juice

## Lunch Cancellation Policy

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Fruit Punch Salisbury Steak w/ Gravy Mashed Potatoes Green Beans Whole Wheat Bread Pineapples	<b>3</b> Cranberry Juice Vegetarian Baked Ziti Garden Salad Fresh Grapes Banana Pudding	<b>4</b> Apple Juice Turkey Sausage, Egg & Cheese Omelet Home Fries Lima Beans Biscuit Peaches Sugar Cookie	<b>5</b> Apple Juice Philly Chicken Cheesesteak on Hoagie Roll Peppers and Onions Sweet Potato Tots Fresh Oranges Chocolate Chip Muffin	<b>6</b> Grape Juice Ham & Cheese on Bun Garden Salad Chips Baked Apples
<b>9</b> <b>Employee Appreciation Day</b>  <b>All Senior Centers Closed</b>	<b>10</b> Apple Juice Smothered Pork Chops Mashed Potatoes Garlic Spinach Sliced Bread Orange Slices	<b>11</b> Fruit Punch Chicken Alfredo Garden Salad Fruit Cocktail Chocolate Pudding	<b>12</b> Cranberry Juice Beef Tacos Salsa, Lettuce, Tomato, Sour Cream & Cheese Black Beans Pears Chocolate Chip Cookie	<b>13</b> Orange Juice Egg Salad on Bun Tomato & Lentil Soup Coleslaw Grapes Valentine's Brownies
<b>16</b> <b>Presidents' Day</b>  <b>Centers Closed</b>	<b>17</b> Cranberry Juice Beef Cheeseburger on Bun Green Beans Tater Tots Pears Oatmeal Raisin Cookie	<b>18</b> Fruit Punch Herbed Butter White Fish Carrots Peas Rice Pilaf Orange Slices Snickerdoodle	<b>19</b> Apple Juice Chicken Parm w/ Marinara Garden Salad Spaghetti Noodles Peaches Chocolate Cake	<b>20</b> Grape Juice Turkey & Provolone Cheese on Bun Tomato, Cucumber Salad Cole Slaw Fruit Salad
<b>23</b> Cranberry Juice Spaghetti & Meatballs Garden Salad Mandarin Oranges	<b>24</b> Apple Juice Italian Chicken Breast Italian Veggies Peas Wild Grain Rice Fresh Grapes Sugar Cookie	<b>25</b> Orange Juice Pulled Pork BBQ on Bun Buttered Corn on Cob Coleslaw Peaches Carrot Cake	<b>26</b> Fruit Punch Turkey Meatloaf & Gravy Mashed Potatoes Lima Beans Sliced Bread Pears	<b>27</b> Apple Juice Tuna Salad on Bun Garden Salad Chips Apple Pie
<b>Charles County Luncheon Program</b>				<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 \$6.00 actual cost is \$10.39 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 \$10.39. Lunch reservations must be made by 10 a.m. TWO days prior. 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		Nanjemoy Senior Center ..... Monday-Friday		Waldorf Senior Center ..... Monday-Friday
Indian Head Senior Center.....Monday-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](http://www.CharlesCountyMD.gov)



## Department of Community Services

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

## About Charles County Government

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

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

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

## Publication Changes & Cancellations

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

## Senior Center Inclement Weather Policy

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

# Travel Leaders/Action Travel Tours

**3290 Old Washington Rd. Waldorf, MD 20602**

Call for detailed itineraries and pricing: 301-645-1770

- **April 19, 2026:** Monticello, Gardens and Winery Tour
- **May 7, 2026:** Treat your Mother to Tea at Hillwood Estate and Gardens (Limited Space)
- **June 8-12, 2026:** 39th Annual Mystery Trip
- **June 13-19, 2026:** Princess Cruises 7 Day Voyage of the Glaciers with Glacier Bay Alaska (Southbound)



# Senior Council Programs & Fundraisers

## Richard R. Clark Senior Council

### Council Bingo

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

Friday, Feb. 13 & 27, 9:30 a.m. • Fee: \$4= 3 face cards; \$8= 6 face cards

### Fashion Show

Sponsored by the Richard R. Senior Center Council, show off your African attire in a fashion show. To be a participant in the fashion show, please call 301-266-7239. To be in the audience, please sign up at the front desk. Lunch not included.

Wednesday, Feb. 18, 10:30 a.m.- 12 p.m. • Fee: FREE

### Taco Tuesday

Sponsored by the Richard R. Clark Senior Center Council. Enjoy 3 soft or hard tacos with toppings, salad, chips & salsa, cookies and punch. Purchase tickets through the Council, Feb 3rd-19th on Tuesday, Wednesday, or Thursday from 10am-1pm in the Library.

Tuesday, Feb. 24, 11:30 a.m. • Fee: \$6

## Nanjemoy Senior Council

### Senior Council Valentine's Day Luncheon

The Nanjemoy Senior Council will host a Valentine's Day themed lunch. Please see the Nanjemoy Senior Council to register in advance. Last day to register is Wednesday, Feb. 4th

Wednesday, Feb. 11, 11 a.m. • Fee: \$15

## Waldorf Senior Council

### BINGO

Players must purchase sheets the day of and can only be used on date of purchase. There are 25 games to play, winnings are determined by number of purchased players. Bingo card sales run from 9:30 a.m. to 10:15 a.m. Bingo cards will not be sold after 10:15 a.m. Bills used to purchase bingo cards must be \$10 or less. Bingo play begins at 10:30 a.m. on Thursdays unless otherwise noted in the SCOOP.

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

### Black History Month Celebration

Brought to you by the Waldorf Senior Center Council. Enjoy three storytellers, musical guest, and A Taste of Southern Cuisine catered lunch by Kreative Kreations. Tickets will be sold by council members in January as indicated below.

Tuesday, Feb. 10, 10 a.m. • Fee: \$15

# Council News for February

## Sponsored/Hosted Activities & Events

### Clark Senior Center

Sunset Memorial, Council Bingo, Fashion Show, Taco Tuesday

### Indian Head Senior Center

All Clubs

### Nanjemoy Senior & Community Center

Valentine's Day Luncheon

### Waldorf Senior & Rec. Center

Bingo, Pokeno, Black History Month Celebration