The SCOOP

Charles County's Senior Center News

JANUARY 2020

www.CharlesCountyMD.gov

CASH BINGO Fundraiser

Wednesday, Feb. 5 | 10 a.m. – 1:30 p.m.

A fundraiser for Charles County Senior Centers, sponsored by Senior Services of Charles County, Inc. The admission is $20 for regular games and specials, plus $5 for optional additional packs. Early Birds and Coveralls are $2 each. Payouts are $25, $50 and a $150 jackpot. Subs, chips and sodas available for purchase. Location: Waldorf Senior and Recreational Center, 90 Post Office Road.

Veterans Assistance

Are you a veteran, caregiver of a veteran, or family member seeking information on behalf of a veteran? The SHIP Office and VConnections, Inc. are available in the Senior I & A office at the Clark Senior Center each Thursday from 2 to 4 p.m. Appointments are encouraged but walk-ins are welcome. Please contact 301-609-5712 to schedule an appointment.

Like us on Facebook!

Did you know that Charles County Senior Centers have a Facebook page? Connect with us! Follow our page, **Charles County Seniors Centers**, to see what is offered, get up-to-date news, and follow what is going on at our four Senior Centers. You must have a personal Facebook page in order to follow our Facebook page.

How to Follow Us on Facebook

While logged into your own personal Facebook page, do one of the following:

1. In the search bar, type in "Charles County Senior Centers". Click on our page and press the "follow" button.
2. Open a web page and type www.facebook.com/CharlesCountySeniorCenters. Press the "follow" button when our page appears.

Need help finding our Facebook page? No problem! Stop by your local Senior Center and ask a staff member to assist you.

Free Income Tax Preparation

For Seniors and Moderate to Low-Income Adults beginning January 13, 2020, Senior I&A staff will begin scheduling appointments for the Annual Income Tax Preparation Program. This is a free service for those who meet the eligibility guidelines.

To schedule a tax preparation appointment:
Age 60 and older - please call 301-609-5712
Age 18-59 - please call 301-609-5704

Starting February 3, 2020 at the Richard R. Clark Senior Center Tax Preparers will be meeting individuals on Mondays, Wednesdays & Fridays.

Please bring to your appointment: Valid Picture Identification, Social Security Card, prior year tax return, all 1099 and W-2 forms, 2019 property tax bill (if itemizing, bring medical, mortgage, and donation expenses documents.)

Cheers to the New Year! Sip your way to better health.

The New Year brings a renewed willingness in many to set new habits and try new recipes. What we drink is just as important as what we eat. From soups to smoothies, join registered dietician, Charity, in conversation around how to get the most from each sip.

Indian Head
January 23rd at 11:15 a.m.
Nanjemoy
January 14th at 10:00 a.m.
Richard R. Clark
January 21st at 11:00 a.m.
Waldorf
January 7th at 11:15 a.m.

COUNCIL NEWS SPONSORED/HOSTED ACTIVITIES & EVENTS

Clark Senior Center	Indian Head Senior Center	Waldorf Senior Center	Nanjemoy Community Center
Beat the Winter Blues Chili Day	Potato Bar Newcomer's Coffee Family Feud	Hot Chocolate Bar Wild Man Show	Pizza Party Mystery Lunch

NEW! Senior Call Check Program

Maryland is the first state in the country to start a free, opt-in, telephonic service to check on Marylander's older residents, across the state.

How does this program work?
Every day a telephone call will be placed to a participant at a regularly scheduled time. These calls will take place between 8 a.m. and 4 p.m. as close as possible to the one-hour time block pre-selected by the participant. If the participant does not answer their first call, they will be tried two more times. If those calls go unanswered, additional calls will be made to notify an alternative person who is selected by the participant during program enrollment. This could be an adult child, a neighbor, or another loved one. The alternate will then be encouraged to check on the older adult program participant. The failure of the participant and alternate to answer may result in a Welfare Check by local law enforcement.

Who can participate?
Any Maryland resident who is 65 years of age or older who has a landline phone or cell phone (TTTY is available). The participant and alternates should not have automated call blocking technology (or they should disable that phone feature for this program).

How to apply?
There are three options available to apply:

1. Visit https://aging.maryland.gov/Pages/senior-call-check.aspx , and click on the "register Now" button at the bottom of the page.
2. On this same website, you can scroll down to the resources below and download and print a Maryland Senior Call Check Paper Application to mail in.
3. Don't have access to the website? No worries! Call toll-free (866)502-0560 and ask to have a hard copy application mailed to your home.

When do calls begin?
Daily calls will not begin until the applicant/participant receives a call to verify all their information. Verification will include a successful test automated call to both the participant and alternate where applicable. After all information is validated, a Welcome Packet will be mailed to your home address. The welcome letter will include your start date.

Information provided by the Maryland Department of Aging website.

Bathroom Safety

January is National Bathroom Safety Month

Bathroom safety is a top issue for seniors. According to a 2011 study from the Centers for Disease Control and Prevention (CDC), nearly 200,000 Americans are treated in emergency departments for bathroom-related injuries annually.

Due to a multitude of reasons, bathrooms are very hazardous. Bathrooms have unforgiving and slippery surfaces and few dependable things to grasp onto, which greatly increases the chance for harm. Fall-related injuries range from minor cuts, scrapes and bruises to more severe injuries, such as broken bones, head contusions and even spinal cord injuries.

Are you or a loved one susceptible?
Up to 80% of falls in the home are in the bathroom. Anyone can stumble and fall in the bathroom but having poor muscle strength and balance is strongly associated with increased risk. If you have a history of falls, the risk is even greater. Most falls occur while getting in and out of the tub, sitting down and getting up from the toilet, and walking and attempting to use towel bars, sink tops or other objects to support balance.

Making dangerous bathrooms safe.
Installing safety features in the bathroom is key to reducing the risk of falling. When renovating a bathroom for an elder's safety, consider the following options.

- Install grab bars or a tension pole. Install grab bars or a tension pole in easy-to-reach places to help support balance when entering and exiting the shower or tub.
- Use a shower chair or bath bench. A shower chair or bench can provide stability and a rest place for those who have difficulty standing for long periods of time.
- Use non-slip mats or adhesive strips. Having non-slip mats on the floor of the shower or tub as well as non-slip rugs on the floor when stepping out of the shower helps the elder feel more stable and can reduce slipping.
- Use a raised toilet seat. A raised toilet seat reduces the amount of squatting and the distance that has to be covered to sit on the toilet.
- Put toiletries within reach.

Take some time to evaluate the bathroom in your senior's residence. Making the changes suggested above can help increase the quality of life for our aging loved ones.

Article proved by Dr. Rein Tideiksaar Ph.D, PA-C, a gerontologist and a geriatric physician's assistant.

National Hobby Month

January is National Hobby Month and our Senior Center calendars are packed with a variety of activities for you to get involved in! There are many things you can do to help yourself age well: exercise and be physically active, make healthy food choices, and don't smoke. But did you know that participating in enjoyable activities may also help support healthy aging?

As people get older, they often find themselves spending more and more time at home alone.

The isolation can lead to depression and is not good for your health. If you find yourself spending a lot of time alone, try adding a volunteer or social activity to your routine.

Benefits of an Active Lifestyle
Engaging in social and productive activities you enjoy, like taking an art class or becoming a volunteer in your community, may help to maintain your well-being. Research tells us that older people with an active lifestyle:

- Are less likely to develop certain diseases.
- Have a longer lifespan.
- Are happier and less depressed.
- Are better prepared to cope with loss.
- May be able to improve their thinking abilities.

Activities to Consider
Would you like to get involved in the events and activities at your local Senior Center? Here are some stellar programs to join.

Indian Head Senior Center
Jewelry Club: Tuesdays at 9:30 a.m. Learn to make and repair your own jewelry. New projects every week. Martha Williams and Regina Larrabee are available for questions and assistance.

Richard R. Clark Senior Center
Southern Maryland Woodcarvers Group: Tuesdays at 1 p.m. Learn the basics of woodcarving with the Southern Maryland Woodcarvers. All levels welcome. Our advanced wood carvers will assist you in making something beautiful from a simple piece of wood.

Stained Glass Class: Thursdays at 10 a.m. If you are just beginning or if you're an advanced stained-glass artist, this session is you for. Join Joe Baker at the Clark Center to create some beautiful works of art.

Nanjemoy Senior Center
Nanjemoy Hobby Day is on January 17 from 9:00 a.m. to 3:00 p.m. Join us at the Nanjemoy Community Center and bring a family member for the day! Enjoy a surprise lunch sponsored by the Council and stay for nickel bingo in the afternoon.

Waldorf Senior Center
Crochet and Knitting Club: Fourth Wednesday of every month at 10:00 a.m. Their next gathering is Wednesday, January 22. Stitch your art out! A great way to meet new people and learn from each other.

Open Art Studio: Fridays at 9:30 a.m. Come by on Fridays and work on any art project you want!

Article provided by NIH, National Institute on Aging.

Senior Centers Holiday Schedules

All Senior Centers will be closed on the following dates:
Wednesday & Thursday, Jan 1 & 2 for the New Year's Holiday
Monday, Jan 20 for Martin Luther King Jr. Day

Lick the Spoon

National Soup Month

In the deep chill of January, National Soup Month warms us up with piping hot bowls of comfort! We all have our favorites; Mom's chicken noodle doesn't compare to anyone else's, and Grandma's borscht can't be beat. A savory broth filled with vegetables and seasonings envelopes home with a delicious aroma. National Soup Month calls the family to gather to enjoy a hearty meal together! We hope you join us for one of the soup centered events at our Senior Centers!

Health Benefits of Soup,
Fri, Jan 24, 10 a.m. NSC (Info pg 10)

Cooking with Christina,
Wed, Jan. 29, 9:30 a.m. IHSC (Info pg 8)

Beat the Winter Blues,
Thur, Jan 30, 10:30 a.m. Clark (Info pg 6)

SOUP-er BOWL,
Thur, Jan 30, 12 p.m. WSRC (Info pg 13)

Area Council of Aging

The Area Council of Aging (ACA) is a group of volunteers promoting the welfare of senior citizens in Charles County. ACA will hold their January meeting at Indian Head and the meeting is open to all seniors. Please submit inquiries you would like addressed by the ACA during the meeting to staff before Jan 3.

Thursday, Jan. 9, 9:30 a.m. Indian Head Senior Center • FREE

Senior Medicare Patrol (SMP)

Working to Aid Seniors with Protecting Themselves from Fraud and Abuse

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers with protecting the personal information that can stop fraud before it starts.

Prevent: 1. Don't give out your Medicare number to anyone who calls or comes to your door. 2. Don't give your Medicare number for a "free" service. 3. Treat your Medicare card as you would a credit card.

Detect: 1. Keep a calendar or journal of doctor's visits, tests, hospitalizations, etc. 2. Read all Medicare Summary Notices (MSNs) or insurance statements and use the calendar or journal to check for the accuracy of claims. 3. Keep files secure and shred them when they are no longer needed and report health care fraud, errors, and abuse.

Report: 1. If a discrepancy is found, contact the provider. Errors can be made; most providers are honest and will correct mistakes. 2. If you can't get the problem solved, contact the SMP for help at 301-934-0118.

SMPs are grant-funded projects that seek the assistance of volunteers who are willing to do the following:

1. Conduct Outreach and Education through group presentations, exhibit and work one-on-one with Medicare beneficiaries.
2. Engaging Volunteers on how to teach older persons' on how to protect the health, finances, and medical identity while saving precious Medicare dollars.
3. Receive Beneficiary Complaints when Medicare beneficiaries, caregivers, and family members bring their complaints to the SMP. The SMP makes a determination about whether or not fraud, errors, or abuse is suspected. When fraud or abuse is suspected, they make referrals to the appropriate state and federal agencies for further investigation.

If you are interested in becoming a SMP volunteer, please contact the Charles County SMP at 301-934-0118 to learn more and become a part of our SMP family.

Nourish Your Brain

Wednesday, Jan. 22, 10:30 a.m. – Noon • Fee: $15/pp
Richard R. Clark Senior Center

Did you know that if the current trends continue, statistics show half of women and one third of men will develop Alzheimer's by age 80? It is believed the disease begins decades before it is diagnosed! Learn what YOU can do to reduce your risk of brain diseases and dementia with scientifically validated studies. Join Ann Overall, MCHC, for this informative workshop on how to give yourself a fighting chance against cognitive decline. Sign-up required by Monday, Jan 20.

Volunteers Needed for Senior Services of Charles County, Inc.

It's no secret that volunteers play a crucial role in the success of our Senior Centers. Senior Services of Charles County Inc. provides funding for entertainment, plans and executes the wildly popular Cash Bingo, helps advertise for our events, provides funding for center purchases, and so much more!

Senior Services of Charles County Inc. is actively seeking volunteers.

Did you know that volunteering has important emotional and physical health benefits? Volunteering can prevent isolation and reduce symptoms of depression. Regular volunteering gets you out into the community, with people counting on your services and abilities. This gives you a sense of purpose.

Volunteering keeps seniors active for longer and also promotes mental health and may help prevent dementia.

Please consider volunteering for the open positions for Senior Services of Charles County Inc.

Information provided by leisurecare.com.

Easy Overnight Oats

Want an easy breakfast the whole family will enjoy? An easy overnight oats recipe is the answer! Super simple, incredibly delicious, and good for you, too. This meal is perfect! And easy!

Ingredients: steel cut or old-fashioned oatmeal, milk, nuts, fruit

Recipe:

- Measure equal parts of oatmeal and liquid. Pour it over oatmeal. Cover it and refrigerate overnight. If using steel cut oats, increase the liquid by half.
- In the morning, simply slice and chop your favorite fruit. Add granola, chopped nuts or a spoonful of chia seeds and serve.

CLARK SENIOR CENTER

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

Get your Latest SCOOP online!
Visit **www.CharlesCountyMD.gov/CS**

Special Presentations

Our Amazing Immune System
Randie Wynn will help us learn ways to boost our immune system during flu season. Includes a healthy snack. Registration required.

Wednesday, Jan. 8, 10:30 a.m. – Noon Fee: $5/pp

New Year's Celebration
Celebrate the new year with your friends, enjoy light refreshments and dance to the music provided by our very own "DJ Debi Shanks".

Thursday, Jan. 9, 10:30 a.m. – Noon Fee: FREE

Sip Your Way to Better Health
The new year brings a renewed willingness in many to set new habits and try new recipes. What we drink is just as important as what we eat. From soups to smoothies, join registered dietitian, Charity Haynes, in a conversation about how to get the most from each sip.

Tuesday, Jan. 21, 11 a.m. Fee: FREE

Beat the Winter Blues Chili Day
Let's beat those winter blues, and warm up with a bowl of hot chili. Listen to some of your favorite music provided by vocalist, Bob Clark. Sponsored by Clark Senior Council.

Thursday, Jan. 30, 10:30 a.m. – Noon Fee: FREE

Nourish Your Brain
Did you know that if the current trends continue, statistics show half of women and one third of men will develop Alzheimer's by age 80? It is believed the disease begins decades before it is diagnosed! Learn what YOU can do to reduce your risk of brain diseases and dementia with scientifically validated studies. Join Ann Overall, MCHC, for this informative workshop on how to give yourself a fighting chance against cognitive decline. Sign-up required by Monday, Jan. 20.

Wednesday, Jan. 22, 10:30 a.m. – Noon Fee: $15/pp

Special Events & Daily Activities

Widow to Widow Support Group
Women's group focusing on grief facilitated by Fran Bryner.

Monday, Jan 6, 1 p.m. Fee: FREE

Creative Coloring
Mondays, 11:30 a.m. Fee: FREE

Newcomers Coffee
Learn what the Richard R. Clark Senior Center has to offer everyone by asking questions or giving suggestions.

Wednesday, Jan. 15, 10 a.m. Fee: FREE

Spiritual Enrichment w/Ruth
Tuesdays, 11 a.m. Fee: FREE

MLK Video: The Civil Rights Movement
This video captures the monumental events of yesteryear. See MLK & other brave African American citizens fight for equal rights in this in-depth documentary.

Thursday, Jan. 23 10:30 a.m. Fee: FREE

Classes

Spanish Class-Drop In
Mondays, 10 a.m. Fee: FREE

Brazilian Embroidery
Join Sharon Laughery to learn how to make some beautiful works of art. Registration required. One-time supply fee of $25 required.

Mondays, 10 a.m. – Noon Fee: Class is Free

AARP Safe Driving Class
This course is a refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premiums upon completing the course. Join us & learn something new along the way.

Tuesday, Jan. 14, 10 a.m.-3 p.m. Fee: $15/AARP Member, $20/Non-Members

Indoor Garden/DIY Terrarium
Create your own terrarium and explore a variety of easy to create miniature indoor gardens that include succulents, forest greens, closed or open gardens, and underwater gardens. Sign-up required.

Thursday, Jan. 16, 10:30 a.m. – Noon $5/pp

CPR/AED Training
Join Ishmael Josiah with Ingenuity Security Solutions, LLC to get CPR/AED Certified. Learn how to help when it's needed most. Registration required.

Tuesday, Jan. 7, 10 a.m. Fee: $20/pp

Young at HeART
Artistic expression through acrylic painting. Join artist Lakisha Ferebee for a fun painting class! Beginner and Intermediate classes. No experience necessary. Sign-up required.

Mondays, Jan. 6, 13, & 27, 1 p.m.
Fee: Donation

Genealogy
Join Virginia to learn how to research your family tree.

Tuesday, Jan. 14, 10 a.m. Fee: FREE

Sewing Machine Orientation
Facilitator Kaye Webb.

Tuesdays, Jan. 7 & 21, 10 a.m.- Noon
Fee: FREE

Jewelry Club Class
Make beautiful pieces of jewelry with Martha Williams and Regina Larrabee.

Wednesday, Jan. 15, 10 a.m. Fee: FREE

Scrapbooking & Cardmaking
Wednesday, Jan. 29, 10 a.m. Fee: FREE

Services

Watch Repair
Wednesday, Jan. 15, 10 a.m.
Fee: Your Purchase

Reflexology by Appointment
Wednesday, Jan. 22, 9 a.m.
Fee: $15/30 minutes

Massage Therapy by Appointment
Wednesdays, Jan. 8, 15 & 29, 9 a.m.
Fee: $25-$55

Reiki Therapy by Appointment
Thursday, Jan. 16, 10 -11:30 a.m. and 1-3 p.m.
Fee: $15/30 minutes

Brother Jay's Car Detailing by Appt.
Exterior & interior cleaning.

Friday, Jan. 17, 9 a.m.-3 p.m. Fee: $30/vehicle

Fitness

Fitness Orientation
Mandatory before first use of fitness room. Registration required.

Tuesday, Jan. 7, 2:30 p.m. Fee: $5

Wednesday, Jan. 8 & 22, 1:30 p.m. Fee: $5

Guided Meditation
Focus, Renew, and Breathe! Join us as we quiet the mind and look within for healing and peace!

Fridays, Jan. 10 & 24, 11:30 a.m. Fee: FREE

Reconditioning Wellness
Exercises focused on function and based on your daily activities. Great for anyone coming out of rehab/therapy or to begin a program.

Fridays, 2:00 p.m. Fee: Fitness Card

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.
Calendar items marked by an * require reservation/appointment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards Drop-In ..... 9:00 Sewing Drop-In. ..... 9:00 Duplicate Bridge ..... 10:00 Spanish Drop-In ..... 10:00 Brazilian Embroidery ..... 10:00 2N1 Club. ..... 10:15 Creative Coloring. ..... 11:30 Pinochle ..... 1:00 Young at HeArt ..... 1:00 **Fitness** Pilates. ..... 9:00 Total Body Conditioning. ..... 10:00 Drums Alive ..... 11:00 Ballet 101 ..... 12:00 Circuit Training 2:30	Billiards Drop-In ..... 9:00 Sewing Drop-In. ..... 9:00 Guitar Jam ..... 10:00 Fine Arts. ..... 10:00 Chess Club ..... 10:30 Spiritual Enrichment. ..... 11:00 Pokeno ..... 1:00 So MD Woodcarvers. ..... 1:00 **Fitness** Flex & Stretch ..... 8:30 Yoga ..... 9:30 AFEP ..... 10:30 Fitness w/ Dee. ..... 11:00 Zumba ..... Noon Line Dance ..... 1:00 Weekly Workout 5:00	Mah Jong ..... 9:00 Billiards Drop-In ..... 9:00 Jazzy Quilters. ..... 9:00 Knit & Crochet ..... 9:00 Quilting Workshop ..... 9:00 Bridge ..... 11:00 Canasta/Pinochle ..... 12:30 Spades ..... 1:00 Powder Puff Billiards ..... 1:00 RRCSC Gospel Singers ..... 2:00 **Fitness** Strength Training ..... 9:15 Breathe Easy ..... 10:20 Exercise Express 11:00	Quilting Class. ..... 9:00 Billiards Drop-In ..... 9:00 Stained Glass ..... 10:00 Reflections. ..... 1:00 **Fitness** Flex & Stretch ..... 8:30 Tai Chi for Health. ..... 9:30 AFEP ..... 10:30 Fitness w/Dee ..... 11:00 Zumba ..... Noon Beginner Line Dance. ..... 1:00 **Rehearsals** Prime Timers 2:00	Project Linus ..... 9:00 Billiards Drop-In ..... 9:00 Guitar Jam ..... 10:00 Oil Painting/Acrylics ..... 10:00 Canasta/Pinochle ..... Noon Pokeno ..... 1:00 **Fitness** Strength Training ..... 9:15 Gentle Yoga ..... 10:30 Reconditioning Wellness 2:00
The month of January		**1** **New Year's Holiday Centers Closed** 	**2** **New Year's Holiday Centers Closed** 	**3** **Reflexology ..... 9:00** Hand & Foot Canasta 10:00
6 Creative Coloring. ..... 11:30 Widow to Widow ..... 1:00 Young at HeArt Beginner. 1:00	**7** **CPR/AED Training ..... 10:00** **Sewing Machine Orientation ..... 10:00** **Fitness Orientation 2:30**	**8** **Massage Therapy ..... 9:00** **Our Amazing Immune System ..... 10:30** Fitness Orientation 1:30	**9** **New Year's Party. 10:30**	**10** Project Linus ..... 9:00 **Guided Meditation.....11:30**
13 Creative Coloring. ..... 11:30 Young at HeArt Intermed. 1:00	**14** Genealogy ..... 10:00 **AARP Safe Driver. 10:00**	**15** **Massage Therapy ..... 9:00** Jewelry Club Class. ..... 10:00 **Newcomers Coffee ..... 10:00** Watch Repair 10:00	**16** Acey Duecey ..... 10:30 Reiki Therapy ..... 10:00-3:00 **Indoor Garden. 10:30**	**17** Brother Jay's Mobile Detailing ... 9:00
20 **Martin Luther King Jr. Day Centers Closed**	**21** **Sewing Machine Orientation ..... 10:00** Chess Club ..... 10:30 Sip Your Way to Better Health... 11:00	**22** **Reflexology ..... 9:00** **Nourish Your Brain ..... 10:30** Fitness Orientation 1:30	**23** **MLK Video: The Civil Rights Movement ..... 10:30** Birthday Celebration. 12:30	**24** Hand & Foot Canasta ..... 10:00 **Guided Meditation.....11:30**
27 Creative Coloring. ..... 11:30 **Sisters at Heart Breast Cancer Support Group .....11:30** Young at HeArt Beginner. 1:00	**28** So MD Woodcarvers. 1:00	**29** **Massage Therapy ..... 9:00** Scrapbooking & Cardmaking ... 10:00 **Whole Body Tension Relief 12:30pm**	**30** **Beat the Winter Blues Chili Day 10:30**	**31**

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!
Visit **www.CharlesCountyMD.gov/CS**

Daily Activities

Car Detailing
Weather permitting, Brother Jay's Mobile Car Detailing will be at the center. Sign-up required.

Monday, Jan. 6, 9:30 a.m. Fee: $30/vehicle

Watch Repairs
We are fortunate to have a senior, Vern Smith, sharing his love of fixing things. New this year Vern can help you display a special watch as a necklace.

Monday, Jan. 6, 9:30 a.m. Fee: Cost of Service

Aging Resources Outreach
Meet privately with our Aging & Disability Resource Specialist, Julie Hammonds for help with senior options in Charles County. Call 301-934-6737 for appointment or see staff.

Thursday, Jan. 9, 10 a.m. Fee: FREE

Area Council of Aging
The Area Council on Aging (ACA) is a group of volunteers promoting the welfare of seniors in Charles County. ACA will hold their January meeting at Indian Head and the meeting is open to seniors. Please submit inquiries you would like to be addressed by the ACA before Jan. 3.

Thursday, Jan. 9, 9:30 a.m. Fee: FREE

A Day of Service
In honor of MLK day of service, let's find ways to bring our experiences together to serve those in need. Part of a better you in 2020.

Tuesday, Jan. 21, 11:15 a.m. Fee: FREE

Literary Club: The Underground Railroad by Colson Whitehead
This novel has you navigating the Underground Railroad with Cora and Caesar. They take horrific risks in and out of southern states to reach that state of freedom. Facilitator Suzie Kuch, CCPL.

Wednesday, Jan. 22, 11 a.m. Fee: FREE

Newcomer's Coffee
Are you new to the Indian Head Senior Center? Let us show you around and answer questions.

Monday, Jan. 27, 9:30 a.m. Fee: FREE

Family Feud – Winter Edition
Clyde and his family want a rematch. Join "Stephanie Harvey" as she hosts Family Feud – Winter edition. Lots of laughs and fun. Grab your team and join in.

Tuesday, Jan. 28, 11:15 a.m. Fee: FREE

Classes

Jewelry Club
Making new jewelry and repairing old pieces.

Tuesdays 9:30 a.m. Fee: Your Project

Hooked on Yarn
This group challenges each other to complete their crocheted and knitted projects. Beginners welcomed.

Wednesdays, 9:30 a.m. Fee: Your Project

Line Dancing w/Pat
Thursday, Jan. 9 & 16, 1 p.m. Fee: FREE

Ceramics
Pieces available for beginners.

Fridays, 9:30 a.m. Fee: $1

Poetry Corner
Dorothy Simms shares her love of crafts and poetry.

Wednesday, Jan. 15, 10:30 a.m. Fee: FREE

Cooking w/ Christina
For National Soup Month, Christina will help you make a savory pot of soup. Check her flier to see what's cooking. Space is limited.

Wednesday, Jan. 29, 9:30 a.m. Fee: $5 -$10

Health and Nutrition

Winter Skin Relief Day
It's important for us to understand how dangerous dry itching skin is to the aging. Our skin is our largest organ and moisturizing our skin as the temperature drops is essential to prevent sickness. Sign up for hand massages. Facilitated by Staff.

Wednesday, Jan. 8, 9:30 a.m. Fee: FREE

Fitness Training
Mondays & Wednesdays, 9:15 a.m.
Fee: Fitness Card

Chair Pilates

Tuesdays & Thursdays, 9:15 a.m.
Fee: Fitness Card

AFEP (Arthritis Foundation Exercise Program)
Seated exercised design to help with your ROM (range of motion).

Tuesdays & Thursdays, 10:30 a.m. Fee: FREE

TOPS
Take Off Pounds Sensibly with this weight loss support group.

Thursdays, 9:30 a.m. Fee: $32/year

Seated Massage (note days and times)
Fridays, Jan. 10 & 24, 9 a.m.- 1 p.m.
Fee: $8 -$22

Groove Dance w/Debi

Debi Shanks, our Health Promotion and Physical Fitness Coordinator, introduces us to a new fitness program, where any floor is a dance floor. If you love music and love to dance this class is for you. Enjoy this experience sitting or standing.

Monday, Jan. 13, 12:45 p.m. Fee: FREE

Freedom Hearing
"Let me put my glasses on so I can hear you". "What did you say?" Freedom Hearing will share eight signs that you may have hearing loss. Diagnostic hearing evaluations will be performed. Must sign up.

Thursday, Jan. 16, 10 a.m. Fee: FREE

Meet Personal Trainer Jonathan Buck
Jonathan, Certified Fitness Trainer at Very Blessed Fitness, will share ways he can help you be a better you.

Thursday, Jan. 23, 1 p.m. Fee: FREE

Fitness Friday
Join Brittany for an hour plus of movement with Drums Alive, stretching and health tips.

Friday, Jan. 31, 10 a.m. Fee: Fitness Card

Sip Your Way to Better Health

The new year brings a renewed willingness in many to set new habits and try new recipes. What we drink is just as important as what we eat. From soups to smoothies, join registered dietitian, Charity Haynes, in a conversation about how to get the most from each sip.

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

How to Be a Better You in 2020

As we move from the 2010's to the 2020's let's challenge each other to grow into a more ravishing, resilient radiant Senior. Throughout 2020 our concentration will focus on growth, quality of life and wellness by looking at seven different categories of individual wellness; financial, spiritual, emotional, environmental, intellectual, social as well as physical embodiment of ourselves (introducing the Twelve-Mile club). Join us for a detailed discussion as we take the time to reflect on how those categories can make us better you(s) in 2020.

Friday, Jan. 3 & Monday, Jan. 6 , 10 a.m. • Fee: FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards....9:00 Fitness Training w/Lamont.... 9:15 Bingo....9:30 Tai Chi for Health....10:30	Billiards/Cards....9:00 Chair Pilates.... 9:15 Jewelry Club....9:30 AFEP....10:30	Billiards/Cards....9:00 Piano Lessons....9:00 Fitness w/Nate.... 9:15 Hooked on Yarn....9:30 Quilt 'N Chicks....10:00 Tai Chi for Health....10:30	Billiards/Cards....9:00 Chair Pilates.... 9:15 TOPS....9:30 AFEP....10:30 Canvas Painting – Plus.... 11:00	Seated Yoga....9:00 Ceramics....9:30 Billiards/Cards....10:00 Books of the Bible.... 1:00
The month of January		**1** **New Year's Holiday Centers Closed** HAPPY New Year	**2** **New Year's Holiday Centers Closed** HAPPY New Year	**3** How to Be a Better You - New Year Goals....10:00
6 Car Detailing with Brother Jay....9:30 Watch Repairs....9:30 How to Be a Better You -New Year Goals....10:00	**7** Council Meeting....9:30 Pastor Chris & Friends.... 1:00 **No Jewelry Club Today**	**8** Winter Skin Relief....9:30	**9** Area Council of Aging....9:30 Aging Resources Outreach....10:00 Line Dancing w/Pat.... 1:00	**10** Seated Massage....9:00
13 Groove Dance w/Debi.... 12:45	**14** National Hobby Month Jewelry Club....9:30 Spades....10:30	**15** Poetry Corner....10:30	**16** **Freedom Hearing.... 10:00** Line Dancing w/Pat.... 1:00 **No Canvas Painting Today**	**17** Pokeno....10:00
20 **Martin Luther King Jr. Day Centers Closed**	**21** **A Day of Service....11:15**	**22** Crafter's Corner....10:00 Literary Club.... 11:00 Potato Bar.... 11:45	**23** **Sip Your Way to Better Health....11:15** Meet Personal Trainer Jonathan Buck.... 1:00	**24** Seated Massage....9:00
27 Newcomer's Coffee....9:30	**28** **Family Feud....11:15**	**29** **Cooking with Christina....9:30** **No Quilt 'N Chicks Today**	**30** Better You Review.... 11:15	**31** **Fitness Friday.... 10:00**

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!
Visit **www.CharlesCountyMD.gov/CS**

Special Events & Daily Activities

Paint by Numbers
Materials provided. Instructor Anna Mae.

Friday, Jan 3, 10 a.m. Fee: FREE

Council Meeting
This meeting is open to community members who want to a make a difference in Nanjemoy. The council takes part in special events and fundraising efforts to support the center.

Monday, Jan. 6, 10 a.m. Fee: FREE

Visit Health Partners
Blood Pressure screening every Tuesday.

Tuesday, Jan. 7, 14, 21, 28 10 a.m. Fee: FREE

Hypothermia
Learn how to take care of yourself during cold weather! What to do, what to avoid and symptoms to be aware of concerning hypothermia.

Wednesday, Jan. 8, 10 a.m. Fee: FREE

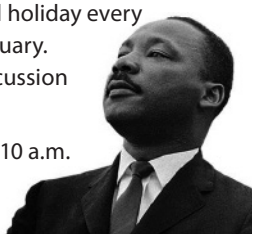
Short Story
"The Lottery" is a short story written by Shirley Jackson. It has been described as "one of the most famous short stories in the history ... Africa banned the story. The story has been dramatized several times and subjected to much sociological and literary analysis.

Thursday, Jan. 9 10 a.m. Fee: FREE

The Fight for Women to Vote
On January 10, 1878, Senator A.A. Sargent of California presented Congress with an amendment granting women the right to vote. 42 years later, the amendment was passed in 1920. Why did it take so long to pass?

Friday, Jan. 10, 10:30 a.m. Fee: FREE

A Leader is Born
On January 15, 1929, Martin Luther King, Jr. was born in Atlanta, Georgia. As an African American civil rights leader, who made big strides toward change during a time of racial inequality, the United States celebrates his birthday with a legal holiday every third Monday, in January. Join for an open discussion of his legacy.



Wednesday, Jan. 15, 10 a.m.
Fee: FREE

Movie Matinee
It's Complicated – Meryl Streep and Alec Baldwin have terrific chemistry in this 2009 film about a divorced couple that find themselves attracted to each other once again.

Thursday, Jan. 16, 1 p.m. Fee: FREE

What's in the Bucket?
Double-dog-dare you. A treat or a task? We will have a bucket filled with opportunities for a treat, however there will be a task we dare you to do. Join us for the fun game of laughter!

Friday Jan. 17, 10:30 a.m. Fee: FREE

Prepare for Winter Driving
Take time to check your car to be sure you are ready for the winter weather. Join us for an overview of what to have.

Tuesday, Jan. 21, 10 a.m. Fee: FREE

Chicken Foot Tournament
Join us in a Chicken Foot Tournament. A prize will be given to the winner.

Tuesday, Jan. 21, 1 p.m. Fee: FREE

Winter Fire Safety
Tips on the proper uses of heaters, stoves, and other methods used to heat your home safely.

Wednesday, Jan. 22, 10 a.m. Fee: FREE

America Gets its first Woman Doctor
On January 23, 1849, Elizabeth Blackwell became the first woman doctor when she was awarded MD by the Medical Institute of Geneva, New York. Let's learn more about her significance and importance in our history.

Thursday, Jan. 23, 1 p.m. Fee: FREE

Health Benefits of Soup
Don't wait until you have a cold to get healthy benefits of soup. When was the last time you made homemade soup? Bring in your favorite recipe and we can trade and swap.

Friday, Jan. 24, 10 a.m. Fee: FREE

The Cost Guard was Created in 1915
On January 28, 1915, the U.S. Coast Guard was created by an act of Congress to safeguard U.S. maritime interested at home, at sea and abroad. Join us a lively discussion.

Tuesday, Jan. 28, 10 a.m. Fee: FREE

What Happened on January 28, 1986?
Join us to discuss the impact this day had on our lives.

Tuesday, Jan. 28, 1 p.m. Fee: FREE

Special Presentations

Cheers to the New Year! Sip Your Way to Better Health.
The new year brings a renewed willingness in many to set new habits and try new recipes. What we drink is just as important as what we eat. From soups to smoothies, join Registered Dietitian, Charity Hayes, in conversation around how to get the most from each sip.

Tuesday, Jan. 14, 10 a.m. Fee: FREE

Department of Social Services
Join us for a presentation on all the services offered by the agency. These wonderful community resources may be available to you as a Charles County resident. To learn more please attend the presentation as Mr. John Lewis provides more information.

Friday, Jan. 10, 12:30 Fee: FREE

Arts & Crafts

Creating a Snowman
Tuesday, Jan. 7, 10 a.m. Fee: $1

Making a Birdfeeder
Monday, Jan. 13, 10 a.m. Fee: $1

Designing a Snowflake
Monday, Jan. 27, 10 a.m. Fee: $1
Pre-registration required.

Fitness

Group Fitness with LaMont
Promotes strength using weight resistance for range of motion and functional movement. Can be done seated or standing.

Mondays, 11 a.m. Fee: FREE

Arthritis Foundation Exercise Program with Nate
Fun and motivating designed for strength and flexibility. Can be done seated or standing.

Wednesdays, 11 a.m. Fee: FREE

NANJEMOY SENIOR/COMMUNITY CENTER

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

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

January Pizza Party

January is National Pizza Month. Did you know Americans eat approximately 100 acres of pizza each day, or 350 slices per second? Pizza is a $30 billion per year industry with approximately 61,269 pizzerias in the United States! Celebrate National Pizza month with us! The Council will sponsor pizza, salad, and dessert. Congregate lunch will not be served, so please bring a bag lunch if you don't want pizza.

Thursday, Jan. 16, 12 p.m. • Fee: $5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer Lab ..... 8:30 Fitness Room..... 8:30 Billiards Drop In..... 9:00 Board Games..... 10:00 Fitness Training w/Lamont ..... 11:00 Nickel Bingo..... 1:00	Computer Lab ..... 8:30 Fitness Room..... 8:30 Billiards Games ..... 9:00 Visit Health Partners..... 1:00	Computer Lab ..... 8:30 Fitness Room..... 8:30 Billiards Games ..... 9:00 Fitness Training w/Nate..... 9:15 AFEP w/ Nate..... 11:00 Nickel Bingo..... 1:00	Computer Lab ..... 8:30 Fitness Room..... 8:30 Billiards Games 9:00	Computer Lab ..... 8:30 Fitness Room..... 8:30 Billiards Games ..... 9:00 Nickel Bingo..... 12:30
The month of January		**1** **New Year's Holiday Centers Closed** HAPPY New Year	**2** **New Year's Holiday Centers Closed** HAPPY New Year	**3** Paint by Numbers 10:00
6 Council Meeting 10:00	**7** Arts & Crafts: Snowman ..... 10:00 Visit Health Partners: Blood Pleasure Screening 1:00	**8** Signs of Hypothermia..... 10:00	**9** Short Story Time "The Lottery"..... 10:00 Word Scramble 1:00	**10** **The Fight for Women to Vote ..... 10:30** Social Services Presentation by John Lewis 12:30
13 Arts & Crafts: Bird Feeder 10:00	**14** **Sip Your Way to Better Health ..... 10:00** Find the Hidden Pictures 1:00	**15** **A Leader is Born 10:00**	**16** **Pizza Party..... 12:00** Movie Matinee: It's Complicated 1:00	**17** What's in the Bucket ..... 10:30 **Hobby of the Month-Family Day** **Council Sponsoring Surprise Lunch**
20 **Martin Luther King Jr. Day** **Centers Closed**	**21** **Prepare for Winter Driving ..... 10:00** Chicken Foot Tournament 1:00	**22** **Winter Fire Safety 10:00**	**23** Info. Assistance..... 10:00 **America Gets its First Woman Doctor.....1:00**	**24** Health Benefits of Soup 10:00
27 Arts and Crafts: Snowflakes 10:00	**28** **Coast Guard was Created in 1915 ..... 10:00** **What happened on this date in 1986? 1:00**	**29** Positive Communication 10:00	**30** Take Care of Yourself..... 10:00 Dominoes..... 1:00	**31** Puzzling Challenge..... 10:00

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!
Visit **www.CharlesCountyMD.gov/CS**

Special Events & Daily Activities

Hot Chocolate Bar
Warm your body and soul with some delicious hot chocolate! Sponsored by the Waldorf Senior Center Council.

Thursday, Jan. 9, 10 a.m. Fee: FREE

Wild Man Show
Join us for the history of rock n roll through performing art, song and story by Phil McKenney. Sponsored by the Waldorf Senior Center Council.

Monday, Jan. 13, 12:30 p.m. Fee: Free

Book Club: The Stranger in the Woods by Michael Finkel

Facilitated by a Charles County Library, P.D Brown, staff member. Stop by the senior center to pick up your copy.

Wednesday, Jan. 15, 1:00 p.m. Fee: FREE

Special Presentations

Cheers to the New Year – Sip Your Way to Better Health
See pg. 2 for more details.

Tuesday, Jan. 7, 11:15 a.m. Fee: FREE

I Have A Dream
Come listen and reflect on Martin Luther King Jr's famous I Have A Dream speech.

Friday, Jan. 10, 10:30 a.m. Fee: FREE

Road Scholar
Do you love to travel and enjoy learning new things? Come and learn about America's first and the World's largest educational travel organization for adults.

Tuesday, Jan. 14, 10:30 a.m. Fee: FREE

New Year, New Plan for Getting Your Affairs in Order
Make getting your affairs in order one of your New Year's resolutions. Jim Gorney will discuss wills, living wills and health care directives.

Tuesday, Jan. 21, 11:00 a.m. Fee: FREE

Clear Captions / Hearing Screening
Rupali Dewan will be here to discuss ClearCaptions and how they could improve your communication. Free hearing screenings following the presentation.

Tuesday, Jan. 28, 11:30 a.m. Fee: FREE

Classes

Winter Wreath Craft
Led by staff member Julie Youmans.

Tuesday, Jan. 14, 10 a.m. Fee: $7

AARP Driver's Safety Course
Preregistration is required. Check or Money Order only. Payable to AARP.

Tuesday, Jan. 21, 10 a.m.-2:30 p.m.
Fee: $15 members, $20 non-members

Acey Duecy
Learn and play this popular game. Facilitated by Jesse Small.

Tuesday, Jan. 21, 10:30 a.m. Fee: FREE

Mixed Media w/ Pat
Tuesday, Jan. 7 & 21, 11:30 a.m. Fee: $5/class

Crochet & Knitting Club
Stitch your art out! A great way to meet new people and learn from each other.

Wednesday, Jan. 22, 10 a.m. Fee: FREE

"We Are Fortunate" Painting
Class led by Ann Walter. Preregistration required.

Wednesday, Jan. 29, 10:30 a.m. Fee: FREE

CPR/First Aid
Course is designed to provide the fundamental skills and confidence to perform CPR and First Aid on adults, children or infant. Participants will receive certification card.

Thursday, Jan. 30, 9:15 a.m. Fee: $30

On-going Watercolors
Material list provided. Instructor: Pat Arnold.

Thursdays, 10 a.m. Fee: $30/6-week class

Services

Widow to Widow Support Group
Women's group focusing on grief facilitated by Brenda Dubose.

Thursday, Jan. 9, 10 a.m. Fee: FREE

Charles County Mobile Library
The mobile library is a full-service library on wheels, with materials for check-out, free Wi-Fi and laptops for public use.

Wednesday, Jan. 22, 9:15 a.m. Fee: FREE

Reflexology by Crystal Jackson
Involves application of pressure to the feet and hands with specific thumb, finger, and hand techniques. Please sign up for an appt. time in the lobby.

Friday, Jan. 24, 9:30 a.m.- 2:30 p.m.
Fee: $15/30 min

Quality is the Cut
Master Melvin Barber and Mrs. Cobbins will be offering haircuts each month. Please sign up for your appt. time in the lobby.

Fridays, Jan.3 & Jan. 17, 9:30 a.m. – 1 p.m.
Fee: $5

Highly Favored Massage
If you have pain, discomfort, sore muscles or need to relax, this is the service for you. Please sign up for appt. time in lobby.

Friday, Jan. 17, 9 a.m. – 1 p.m.
Fee: $0.75/minute

Fitness

Whole Body Tension Relief
Learn techniques to destress and relieve tension in the whole body. Facilitated by Judi Lyons.

Friday, Jan. 17, 11:30-1:30 p.m. Fee: $20

Fitness Orientation
Mandatory before first use of fitness room. Registration Required.

Tuesday, Jan. 7, 2:30 p.m. Fee: $5
Wednesday, Jan. 8, 22, and 29, 1 p.m. Fee: $5

Arthritis Foundation Exercise Program (AFEP)
Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength.

Wednesdays &Thursdays 10 a.m. Fee: FREE

Health and Fitness Assessment Day
Get assessed on your muscular strength, cardiovascular fitness and flexibility. After a 6-week workout plan you will be assessed again.

Thursday, Jan. 9, 10:00 a.m. -1:00pm
Fee: FREE

Pickleball for All
Tuesdays & Fridays, 10a.m.-Noon & Noon-2pm
Fee: Rec Pass

WALDORF BINGO: How It Works
Players must purchase their sheets from the Center daily and can only be used on the day they are purchased. Bingo card sales run from 9:30am-10:15am. **Bingo cards will not be sold after 10:15am**. Bills used to purchase bingo cards must be $10 or less.

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.

SOUP-ER BOWL

Join us for this special lunchtime fun! We'll be serving up hot bowls of soup as well as hosting football trivia and preparing for the Super Bowl with a football pool. Soup varieties include chicken noodle & a delicious vegetable crab prepared by the Jaycees Chef. Pre-order of soup required by Thursday, Jan. 23. Sign up and pay at registration desk in lobby.

Thursday, Jan. 30, Noon **Fee: $1/Per Bowl of Soup**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba Gold ..... 9:15 Walking Club ..... 9:15 Senior I&A ..... 10:00-2pm Chair Yoga ..... 10:30 Pinochle ..... 11:00 Spades ..... 11:00 Open GYM ..... 10:00am-3pm Dance & Fitness 11:30	Total Body Conditioning ..... 9:15 Pickleball for All ..... 10:00am-Noon, ... Noon-2pm Line Dancing ..... 10:30 Card Games ..... 10:30 Tai Chi ..... 11:30 Yoga 2:00	Flex & Stretch ..... 9:15 Bridge ..... 9:45 Senior I&A ..... 10:00-2pm AFEP ..... 10:00 Yoga ..... 10:30 Card Games ..... 10:30 Open GYM 10:00am-3pm	Total Body Conditioning ..... 9:15 Watercolors ..... 10:00 AFEP ..... 10:00 Open GYM ..... 10:00am-3pm Card Games ..... 10:30 Pinochle ..... 11:00 Tai Chi ..... 11:30 Circuit Training 1:00	Strength Training ..... 9:15 Open Studio Art ..... 9:30 Senior I&A ..... 10:00-2pm Dance Therapy Art ..... 10:00 Pickleball for All ..... 10:00am-Noon, ... Noon-2pm Card Games ..... 10:30 Reconditioning Wellness 1:00
The month of January		**1** **New Year's Holiday** **Centers Closed** HAPPY New Year	**2** **New Year's Holiday** **Centers Closed** HAPPY New Year	**3** **Quality is the Cut ..... by Appt**
6 Bingo 10:30	**7** **Sip Your Way to Better Health ..... 11:15** Mixed Media w/ Pat ..... 11:30 Fitness Orientation 2:30	**8** Watch Repairs ..... 9:00 Bingo ..... 10:30 Fitness Orientation 1:00	**9** **Hot Chocolate Bar ..... 10:00** **Health and Fitness Assessment Day ..... 10:00** Widow to Widow ..... 10:00 Bingo 10:30	**10** **I Have A Dream 10:30**
13 **WSC Council ..... 9:30** Bingo ..... 10:30 **Wild Man Show ..... 12:30** *No Open Gym	**14** **Winter Wreath ..... 10:00** **Road Scholar ..... 10:30** Inspirations w/ Jesse Small ..... 12:30 **Stepping On ..... 1:00** *No Pickle Ball	**15** Bingo ..... 10:30 Book Club ..... 1:00 *No Open Gym	**16** Bingo ..... 10:30 *No Open Gym	**17** **Quality is the Cut ..... by Appt** **Massage ..... by Appt** **Whole Body Tension Relief . 11:30** *No Pickle Ball
20 **Martin Luther King Jr. Day** **Centers Closed**	**21** **AARP Driver's Safety ..... 10:00** Acey Duecy ..... 10:30 **Make Your Own Medicine . 10:30** **New Year, New Plan ..... 11:00** Mixed Media w/ Pat ..... 11:30 **Stepping On 1:00**	**22** **Mobile Library ..... 9:15** **Crochet & Knitting Club ... 10:00** Bingo ..... 10:30 Fitness Orientation 1:00	**23** Bingo 10:30	**24** **Reflexology ..... by Appt**
27 Bingo 10:30	**28** **Clear Captions / Hearing Screening ..... 11:30** Inspirations w/ Pastor Chris ..... 12:30 **Stepping On 1:00**	**29** Bingo ..... 10:30 **"We are Fortunate" Painting ..... 10:30** Fitness Orientation 1:00	**30** **CPR/First Aid ..... 9:15** Bingo ..... 10:30 **SOUP-er Bowl 12:00**	**31** **Coloring Club 10:00**

Whole Body Tension Relief

Easy to learn targeted self-treatment method with immediate and lasting results. Workshop addresses multiple issues and conditions. Reduce or eliminate pain and improve the condition of muscles and fascia to benefit posture, mobility, stability, immune and nervous system, range of motion and circulation. Best of all, the soft cushy tension relieving balls cost less than a bottle of pain relievers!

Some conditions improved by Tension Release Method include:

*Arthritis & Joint Pain * Back Pain * Carpal Tunnel Syndrome * Congestion Frozen Shoulder * Headaches/ Migraines * Hip Tension * Muscle Cramping * Neck Pain * Plantar Fasciitis and MORE*

WEAR: Clothes that allow for comfortable movement.

COST: $15, plus $5 for manual and ball (optional). Registration Required.

WSRC: January 17 • 11:30 a.m. – 1:30 p.m.

Clark: January 29 • 12:30 p.m. to 2:30 p.m.

14th Annual Breast Cancer Awareness Fitness Walk & Workout for a Cause

On Saturday, October 12, 2019 the Indian Head Senior Center Council, the Town of Indian Head, Lackey and Westlake High Schools and local businesses hosted the 14th Annual Breast Cancer Awareness Fitness Walk. Over 200 participates and the seniors at the Waldorf Senior & Recreational center helped us raise over $7600. All proceeds help Sisters at Heart of Southern Maryland, a local breast cancer support group assisting survivors and their families. On Tuesday, October 8th the Waldorf Senior and Recreational Center raised $385 with the annual Workout for a Cause. Thank you to all the participants, volunteers, and community members that came out to make these events a huge success. Save the date for the 15th annual walk: October 17, 2020.

Aqua Aerobics

January 6-Feb 20

What isn't great about the way the water feels when you exercise! Minimal stress on joints makes this the best way to get your workout in. You do not need to know how to swim to take part. Even in January…the water is fine!

Wade Aquatic Center
(St Charles High School)
NO CLASSES held on Monday, January 20 & Monday, February 17th

Mondays & Wednesdays 9:30 a.m.
Fee: $35

Lackey High School
Tuesdays & Thursdays 8:30 a.m.
Fee: $40

Happy New Year!

The benefits of regular physical activity are so much more positive than the effects of inactivity. If you have chosen to make your health a priority, well done! At any age, we will do our part in providing a variety of opportunities for all fitness levels. If you would like to begin the year with moving more, contact us for a plan. **Deborah Shanks 301-934-5423 x5711 or Nate Schultz 240-448-2810 x 4817**

Physical Fitness Assessments

Waldorf Senior and Recreational Center

Do you have New Year's fitness goals? If you would like to begin the year with a plan, we have a solution for you. The Waldorf Senior Center is here to help you. The Waldorf Center Fitness Specialist will guide you through a series of fitness tests to assess your muscular strength, cardiovascular fitness, and flexibility. After the assessment, you will receive a 6-week workout plan. Once completed we will do the assessment again and discuss the outcome. This is a great way to begin a program or get back on track. Registration required. For more information, contact Nate Schultz 240-448-2810 x4817.

Thursday January 9 • 10:00 a.m.- 1 p.m.
Fee: Free

Post Test Day: Feb 20 • 10:00 a.m.- 1 p.m.
Fee: Free

Stepping On: Fall Prevention

Waldorf Senior and Recreational Center

This 7-week program offers older adults a way of reducing falls, while at the same time increasing self confidence in situations where they are at a risk for falling. It covers a range of issues, including strength and balance exercises, home hazards, safe footwear, vision, community mobility and understanding how to do a medication review. If you have had a fall or are fearful of falling, this program is for you.

Tuesdays January 14 - February 25
1:00p.m.-3:00 p.m.
Leaders:
Deborah Shanks & Karen Garrett
Fee: FREE

SENIOR CENTER MENU

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.

1% milk is offered with all meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The month of January		**1** **No Meal Service** **Senior Centers Closed** 	**2** **No Meal Service** **Senior Centers Closed** 	**3** Baked Tuna Fish Cuban Black Beans White Rice Tomato Salad Whole Wheat roll Applesauce Pineapple Juice
6 Vegetable Lasagna Black Bean Mango Salad Roasted Tomatoes Whole Wheat Dinner Roll Raisins Fruit Punch Juice	**7** Hearty Chicken Noodle Soup (1 cup) Chef Salad Whole Wheat Roll Cantaloupe Fruit Punch Juice	**8** Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli Cornbread Orange Slices Pineapple Juice	**9** Chicken Salad on Lettuce Bed Whole Wheat Bread (2) Broccoli Salad Seasoned Corn Pears Orange Juice	**10** BBQ Pulled Pork Sandwich Whole Wheat Bun Coleslaw Roasted Butternut Squash Grapes Grape Juice
13 Unstuffed Cabbage w/ Ground Turkey Roasted Sweet Potatoes California Blend Veggies Whole Wheat Dinner Roll Pineapple Chunks Pineapple Juice	**14** Egg Salad Sandwich on Whole Wheat (2) Cucumber & Onion Salad Roasted Tomato Salad Apple Slices Apple Juice	**15** Sloppy Joe on Whole Wheat Bun 5 Blend Veggies Side Salad Raisins Grape Juice Soup of the Day	**16** Beef and Noodles Peas Stewed Tomatoes Applesauce Diced Mangos Cornbread Cranberry Juice	**17** Chipotle Chicken Roasted Bean and Corn Salad Pickled Beets Whole Wheat Tortilla Banana Fruit Punch Juice
20 **No Meal Service** **Senior Centers Closed** 	**21** Tuna Salad Sandwich on Whole Wheat Bun Cranberry Salsa Salad Pasta Salad Mandarin Oranges Apple Juice Soup of the Day	**22** Meat Lasagna Green Beans Garden Salad with Dressing Garlic Breadstick Grapes Pineapple Juice	**23** Swedish Meatballs w/ Gravy Egg Noodles Sautéed Spinach w/ Garlic Bread Stick Mixed Fruit Cup Fruit Punch Juice	**24** Pork Chop & Gravy Roasted Butternut Squash Collard Greens Biscuit Diced apples Grape Juice
27 Teriyaki chicken Fluffy Rice Stir-Fry Vegetables Whole Wheat Dinner Roll Mandarin Oranges Apple Juice	**28** Salisbury Steak w/ Gravy Mashed Potatoes Roasted Squash Whole Wheat Bread (2) Banana Orange Juice	**29** Chicken Parmesan Noodles Roasted Brussel sprouts Breadstick Peaches Fruit Punch Juice	**30** **Birthday Celebration** Lime Basil Baked Fish Brown Rice Green Beans Biscuit Diced Peaches Grape Juice Birthday Cake	**31** Sweet and Sour Pork Chop Bowtie Pasta Salad Broccoli Whole Wheat Bread (2) Applesauce Pineapple Juice

Charles County Luncheon Program

Available at Noon • Days Vary By Center

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

Clark Senior Center.....**Tuesday–Friday**
Indian Head Senior Center.....**Monday–Friday**
Nanjemoy Senior Center..... **Monday–Friday**
Waldorf Senior Center..... **Monday–Friday**

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

The SCOOP

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

www.CharlesCountyMD.gov

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. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

Senior Center Plus Program

Need a few hours to take care of You?

The Senior Center Plus program at the Richard R. Clark Senior Center may be the solution for you. Senior Center Plus is a social adult day program designed to meet the needs of seniors who are unable to participate independently at a senior center but are not ready for medical adult day programs. This program gives a senior the opportunity to socialize, have lunch with friends, participate in group fitness, play fun games, learn from educational and health presentations, enjoy arts & crafts, and attend holiday events. The program provides an affordable care option for caregiver respite. The Senior Center Plus program is available at the Clark Senior Center on Tuesday, Wednesday, and Thursday from 9 a.m. to 2 p.m. If you know someone that may benefit from attending the center but needs extra help and supervision, please contact Holly Conley, Senior Center Plus Program Specialist, at 301-609-5710.

TRIPS! Senior Services of Charles County, Inc.

Alaska Cruise Tour

Sunday, May 24 – Wednesday, June 3, 2020

Cruise to Alaska, spend 11 days and 10 nights on a breathtaking journey that you will never forget. Sites include Anchorage, Hubbard Glacier, Glacier Bay National Park, Prince William Sound and so much more. Trip includes two days and nights in Alaska with sensational views. Nights 4 through 10 on board the Coral Princess. Per person double occupancy prices range from $3,863 to $4,733 and includes roundtrip air from Baltimore, cruise, lodge accommodations and fees. Deposit due now $630 pp double or $1,260 pp single. Final balance is due by February 10, 2020.

Venice to Rome with Oceania Cruises

Sunday, Oct. 25 – Wednesday, Nov. 4, 2020

All aboard cruise enthusiasts! Get your passport in order and pack your bags (include your apron!) Spend 11 days and 10 nights on board Oceania Cruises' the Marina. Departing Venice cruising to Rome with stops in Split and Dubrovnik Croatia, Crete (Greece), Ephesus (Turkey), Santorini (Greece) Katakolon (Greece), Messina (Sicily), Naples/ Pompeii (Italy) and the final stop in Rome, Italy. Fares vary depending on cabin selection (all cabins have a Balcony or a Veranda). The cruise includes prepaid gratuities and unlimited internet, plus your choice of one of the following: Six free shore excursions; free $600 shipboard credit; or free alcoholic beverage package (beer, wine, champagne with lunch and dinner.) The cruise will be escorted by Grand American Cruise and Tours and will also feature Master Chef Jacques Pepin. There is a shore excursion or two with Chef Pepin! Per person double occupancy prices range from $5,550 to $5,950 and includes roundtrip air from Baltimore, cruise, port charges, fees, taxes and transfers. Departs Baltimore on Oct. 24, 2020. Initial deposit of $850 due soon. Final balance is due by June 19, 2020. Book early to get the best choice in cabins.

For the above trips: Make checks payable to Senior Services of Charles County, Inc. Mail payment to Suzanne Carr, 12944 Waldorf Forest Rd., Waldorf, MD 20601. Please contact Suzanne Carr at 301-645-5203, for reservations, a copy of the cruise flyer or more information. Additional trip insurance may be available upon request.