

The SCOOP

Charles County's Senior Center News



MARCH 2026
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

Friday, Mar. 20 Closed in honor of Eid al Fitr.



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>



March is National Sleep Month:

Sleep and Brain Health: Why Rest Matters as We Age

Sleep plays an important role in keeping the brain healthy, especially as we grow older. Research shows that changes in sleep patterns are closely linked to changes in memory, attention, and thinking skills in older adults. Understanding this connection can help seniors and their families support healthy aging.

As people get older, sleep often becomes lighter and more interrupted. Many older adults wake up more during the night or feel that their sleep is less refreshing. At the same time, it is

normal for certain thinking skills, such as memory speed and concentration, to change with age.

Studies show that getting too little sleep or too much sleep is associated with poorer thinking and memory in older adults. Irregular sleep schedules and frequent nighttime awakenings have also been linked to lower performance on tasks that involve planning, decision making, and focus.

Insomnia is common among seniors and includes trouble falling asleep, staying asleep, or waking up too early. Research suggests that older adults with ongoing insomnia may have more difficulty with memory, attention, and complex thinking tasks. Long-term sleep problems may also increase the risk of future cognitive decline, although more research is needed to fully understand this relationship.

Treatments such as cognitive behavioral therapy for insomnia can improve sleep quality. While better sleep does not always lead to immediate improvements in thinking skills, maintaining healthy sleep habits may help protect brain health over time.

Sleep apnea and other breathing-related sleep problems become more common with age. These conditions cause repeated pauses in breathing during sleep, leading to poor sleep quality and lower oxygen levels. Older adults with untreated sleep apnea often show problems with attention, memory, and executive function.

Treatment with devices such as continuous positive airway pressure, often called CPAP, can improve sleep and may help support cognitive function when used consistently.

Healthy sleep is an important part of healthy aging. Simple steps such as keeping a regular sleep schedule, staying physically active, limiting caffeine and alcohol, and talking to a healthcare provider about sleep concerns can make a difference. Identifying and treating sleep problems may help older adults stay mentally sharp and improve overall quality of life.

Good sleep is not just about feeling rested. It is also an investment in long-term brain health.

Information from:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC5841581/>



Foods That May Help You Sleep

1. Melatonin-Rich Foods

Melatonin is a hormone that helps regulate your sleep-wake cycle, especially when your body's own production declines with age.

- Tart cherries and unsweetened tart cherry juice contain melatonin and antioxidants, which may increase total sleep time and improve sleep quality.

- Nuts such as almonds, pistachios, and walnuts provide melatonin along with minerals that relax muscles.
- Eggs and milk also contain measurable melatonin.

2. Foods High in Tryptophan

Tryptophan is an amino acid the body converts into serotonin and melatonin, chemicals important for sleep regulation.

- Turkey, chicken, and fish contain tryptophan. Pairing these with complex carbohydrates (e.g., whole grains) may boost its effectiveness at promoting sleep.
- Cheese, soy products (like tofu and edamame), peanuts, quinoa, and pumpkin seeds are plant and dairy sources of tryptophan.

3. Foods High in Magnesium

Magnesium helps relax muscles, calm the nervous system, and support melatonin production.

- Spinach, avocados, and bananas are good plant-based sources of magnesium.
- Oats and pumpkin seeds also provide a mix of magnesium and tryptophan, which makes them helpful evening snack options.

4. Complex Carbohydrates That Help Tryptophan Work

Carbohydrates help the brain use tryptophan more efficiently by making it easier for the amino acid to cross into the brain, where it supports serotonin and melatonin production.

- Whole-grain breads, oatmeal, and brown rice are examples of complex carbs that can support this process when eaten with a protein source.

5. Herbal Relaxants

Some drinks and plant-based foods may help you relax before bed.

- Chamomile tea contains apigenin, a compound that may promote relaxation and reduce anxiety, supporting a more restful sleep.

How These Foods Support Sleep Biologically

Food can influence sleep in several ways:

- **Hormone regulation:** Melatonin helps signal to your body that it's time to sleep.
- **Neurotransmitters:** Tryptophan is used to make serotonin and melatonin, both linked with sleep onset and mood.
- **Muscle relaxation:** Magnesium has calming effects on muscles and the nervous system, which can make falling asleep easier.
- **Blood sugar stability:** Combining protein with complex carbohydrates may help maintain balanced blood sugar overnight, reducing nighttime awakenings.

Information from:

<https://www.sleepfoundation.org/nutrition/food-and-drink-promote-good-nights-sleep>

The 33rd Annual Southern Maryland Caregivers Conference

The 33rd Annual Southern Maryland Caregivers Conference is being held **Friday, Apr. 24th, 2026, from 8:00 a.m.-2:45 p.m.**, at the Richard R. Clark Senior Center in La Plata.

Whether you are assisting with the care of a frail spouse, parent, friend or other relative, caring for an older adult is a labor of love. Designed for the family caregiver, this one-day event is a wonderful opportunity to enrich one's knowledge and skills in caring for older or disabled adults.

The **\$45 conference fee** includes a continental breakfast, lunch, conference materials, exposure to service providers in the exhibition area, and the opportunity to attend professionally presented educational sessions on a wide array of elder care topics:

- When Is It Time to Have “the Talk”?
- Medication Management for the Caregiver
- Medicare Made Simple: What Caregivers Need to Know
- Assistive Technology & Caregiver Life Hacks
- Legal Tools for Caregivers-Wills, Trusts, POA, Probate, etc.
- Incontinence Care and Wound Prevention
- Maryland Veteran & Family Benefits Overview
- Palliative & Supportive Care
- Breathwork and Your Health
- Caregiver Mental Health & Stress Prevention
- Challenging Dementia Behaviors
- Maryland Access Point Resources
- Dementia Simulation
- Culturally Responsive Dementia Caregiving
- Body Mechanics and Safe Caregiving in the Home
- Diabetes Management
- Notes from a Warrior: Insanity, Combat & Comedy in Family Caregiving

Registration brochures can be found at area senior centers and public libraries. Advance registration is required by April 10, 2026. There will be no on-site registration available the day of the conference.

The conference is co-sponsored by the Charles County Department of Community Services, Aging and Human Services Division, University of Maryland Charles Regional Medical Center, Johns Hopkins Geriatric Workforce Enhancement Program and the Geriatrics and Gerontology Education and Research Program at the University of Maryland Baltimore. For additional information, or to receive a registration brochure, please contact Cindy Olmsted at 301- 934-0128 or e-mail at: olmstedc@charlescountymd.gov



Caregiver's Corner: Planning for the Future: Tips for Caregivers

Making health care decisions for someone who is no longer able to do so can be overwhelming. That's why it is important to plan health care directives in advance. To help plan for the future, you can:

- Start discussions early with your loved one so they can be involved in the decision-making process.
- Get permission in advance to talk to the doctor or lawyer of the person you're caring for, as needed. There may be questions about care, a bill, or a health insurance claim. Without consent, you may not be able to get needed information.
- Consider legal and financial matters, options for in-home care, long-term care, and funeral and burial arrangements.
- Learning about your loved one's disease will help you know what to expect as the dementia progresses and what you can do.

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 ODonnell Place, Waldorf, MD 20603

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



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.

AARP Tax-Aide Income Tax Preparation

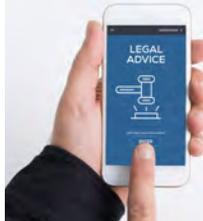
Preparation for tax season is underway and once again the Senior Information and Assistance Office is partnering with AARP Tax-Aide to assist seniors and moderate to low-income adults with income tax preparation. This service is FREE through the AARP Tax Aide Foundation.

To schedule a Tax Preparation Appointment:

Call 301-246-2271 and leave a message.

A Tax-aid 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.



Legal Aid

Legal Aid: Mar. 2nd & Apr. 13th
By appointment **only** at the Richard Clark Senior Center, contact **301-609-5712** to schedule.

Save the Date: Law Day May 1st

Mark your calendars! Law Day will be at the Richard R. Clark Senior Center on Friday, May 1 from 9 a.m. to 3 p.m. Persons 60+ years of age can sign up to have an attorney complete their Advance Directives, Power of Attorney, Medical Order for Life-Sustaining Treatment (MOLST), or a Simple Will free of charge. If you have questions regarding the current enrollment period, missed your enrollment period, or are unsure if you qualify for a Special Enrollment Period. Contact the SHIP program at 301-609-5712 or 240-448-2816.

Maryland Access Point (MAP) New Number: 301-934-0103

Only the number has changed. MAP continues to provide the same high-quality services and support. Our professional team is available Monday through Friday and will return your call within 24 hours. Please note that MAP is not an emergency service.

MAP helps individuals, families, caregivers, and professionals connect with resources for long-term care and support. We assist people in finding and accessing both public and private programs related to health care, transportation, financial aid, nutrition and meal services, pharmacy assistance, and housing options such as independent living, assisted living, and nursing homes.

MAP also offers Level 1 Screens and Options Counseling for those seeking publicly funded long-term care. Our trained, person-centered Options Counselors work with individuals to identify needs and preferences, create personalized action plans, connect them to community resources, and plan for both current and future care. Options Counseling is available statewide at 20 local MAP sites. For those outside Charles County, call 1-844-MAP-LINK (1-844-627-5465) to reach a 211 Maryland specialist who can connect you with your local MAP.

Please update your records with our new number, 301-934-0103, your gateway to long-term care services and support in Charles County, Maryland

CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Potholder Making

Join Kurt & Sue as they teach you step by step on how to design and make a potholder using a square loom and loops. All supplies provided, space is limited, please sign up.

Thursday, Mar. 5, 12, 19, & 26, 1 p.m. Fee \$5

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, Mar. 6 & 13 10 a.m. Fee: FREE

Sign Language

Come and learn the world of sign language. Learn basic skills, vocabulary, and speak without sound.

Mondays, Mar. 9, 16, 23, & 30, 11 a.m.

Fee: FREE

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, Mar. 13 & 27, 9:30 a.m.

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

Maryland History

Celebrate Maryland Day with a presentation about the history of Maryland. Please sign up.

Wednesday, Mar. 25, 10 a.m. Fee: FREE

Cricut Project: Iron-on Vinyl

Bring your own cotton t-shirt, sweatshirt or canvas bag to create an iron-on vinyl project using pre-cut images. Space is limited, please see front desk for sign-up.

Monday, Mar. 30, 1 p.m. Fee: \$10

Diabetes Management

This program teaches you how to build healthy meals to maintain blood glucose levels through carb regulation. Please sign up.

Tuesday, Mar. 31, 10 a.m. Fee: FREE

Ongoing Programs

Charles County Mobile Library

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

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

Beginners Jewelry Class

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

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

Book Club

Led by Nancy Marquardt with Charles County Public Library.

March, 12 p.m. session: "My Friends," by Fredrik Bachman.

April 12 p.m. session: "The First Ladies," by M. Benedict & V. Murray.

March 1 p.m. session: "We Solve Murders," by Richard Osman.

April 1 p.m. session: "My Friends," by Fredrik Bachman.

Please sign up for the timeslot of your choice.

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

FREE Health Checks

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

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

Greeting Card Making Class

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

Wednesday, Mar. 18, 10 a.m. Fee: \$5

Free Lunchtime Music with Will

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

Wednesday, Mar. 18, 11:30 a.m. Fee: FREE

Lunchtime Poetry with Charlotte

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

Thursday, Mar. 26, 12:15 p.m. Fee: FREE

Learn to Quilt

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

Tuesdays, 9 a.m. Fee: FREE

Pinochle

Do you know how to play double deck pinochle? Join this group.

Tuesdays, 11 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. Fee: \$20 for 4 months

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

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

Beginner-Stained Glass Workshop

Next workshop will begin in September, please see front desk for details.

Thursdays, 10 a.m.- 12 p.m. Fee: \$20

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

Open Art Studio

Join Tom Howell and friends, while you work on your own art projects.

Fridays, 1 p.m. Fee: FREE

Health & Fitness

Clark Center Fitness Room Orientation

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

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

Beginner Line Dance

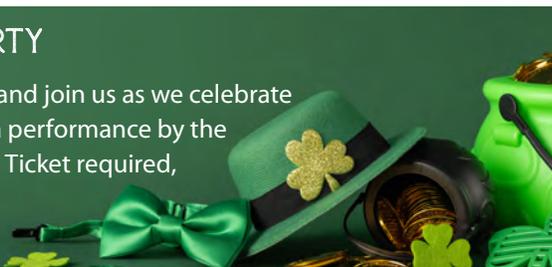
Learn basic terminology, steps and how steps are put together in this basic lesson of popular dances.

Wednesday, Mar. 18 at 1:30 p.m. Fee: FREE

ST. PATRICK'S DAY PARTY

Wear your favorite shade of green and join us as we celebrate St. Patrick's Day with Irish tea and a performance by the La Plata High School Show Troupe. Ticket required, lunch not included.

Tuesday, Mar. 17, 11 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 OPEN9:30 Coloring & Puzzles9:30 2N1 Social Club10:00 Duplicate Bridge10:00 <p style="text-align: center;">Fitness</p> Total Body Conditioning.....9:00 Pilates.....10:00 Chair Yoga11:00 Drums Alive1:00	Quilting Class9:00 Billiards.....9:30 Coloring & Puzzles9:30 Guitar10:00 Cards & Games10:00 Stained Glass12:00 Lunch12:00 Musicians Club.....1:00 Spiritual Enrichment1:00 <p style="text-align: center;">Fitness</p> Strength Training.....9:00 Flex & Stretch.....10:00 Zumba11:30 Line Dance1:00 Yoga Flow.....2:00	Crochet/Knitting9:00 Billiards.....9:30 Coloring & Puzzles9:30 Sewing Room OPEN9:30 Cards & Games10:00 Mah Jong10:00 Tech Support10:00 Lunch12:00 Powder Puff Billiards1:00 Gospel Choir.....2:00 <p style="text-align: center;">Fitness</p> Basic Fitness Training9:00 Qi Gong/Shibashi10:00 Dance Aerobics11:00 Yoga Flow.....12:00 AFEP1:00	Billiards.....9:30 Coloring & Puzzles9:30 Sewing Room OPEN9:30 Musicians Club10:00 Pokeno11:00 Lunch12:00 <p style="text-align: center;">Fitness</p> Strength Training.....9:00 Step Plus.....10:00 Zumba11:30 Pilates12:30 Cardio Fitness1:30	Billiards.....9:30 Coloring & Puzzles9:30 Project Linus9:30 Guitar10:00 Lunch12:00 Open Art Studio1:00 <p style="text-align: center;">Fitness</p> Total Body Conditioning.....9:00 Chair One Plus10:00 AFEP11:15 Chair Yoga12:00 Line Dance2:00
<p style="text-align: center;">2</p> Legal Aid1:00	<p style="text-align: center;">3</p> Mobile Library10:00 Hand & Foot/Canasta10:00 Pinochle11:00	<p style="text-align: center;">4</p> Beginner's Jewelry10:00 Fitness Orientation10:00	<p style="text-align: center;">5</p> Karaoke10:30 Book Club12:00 Book Club.....1:00 Potholder Making1:00	<p style="text-align: center;">6</p> Hand & Foot Canasta10:00 Scrapbooking.....10:00
<p style="text-align: center;">9</p> Sign Language11:00	<p style="text-align: center;">10</p> Hand & Foot/Canasta10:00 Easy Listening10:30 Pinochle11:00 Widow to Widow1:00	<p style="text-align: center;">11</p> Council Meeting1:00	<p style="text-align: center;">12</p> Potholder Making1:00	<p style="text-align: center;">13</p> Senior Council Bingo9:30 Scrapbooking.....10:00
<p style="text-align: center;">16</p> Sign Language11:00	<p style="text-align: center;">17</p> Hand & Foot/ Canasta10:00 Pinochle11:00 St. Patrick's Day Party... 11:00	<p style="text-align: center;">18</p> Beginner's Jewelry10:00 Fitness Orientation10:00 Health Checks10:00 Card Marking Class10:00 Lunchtime Music with Will . . 11:30 Beginner Line Dance 1:30	<p style="text-align: center;">19</p> Buffet Bingo @Jaycees10:00 Potholder Making1:00	<p style="text-align: center;">20</p> <p style="text-align: center;">Charles County Senior Centers are Closed</p>  <p style="text-align: center;">in honor of Eid al Fitr</p>
<p style="text-align: center;">23</p> Sisters @ Heart Meeting . . . 11:00 Sign Language11:00	<p style="text-align: center;">24</p> Hand & Foot/ Canasta10:00 Mobile Library10:00 Pinochle11:00	<p style="text-align: center;">25</p> Maryland History10:00 Caregivers Support Group . . . 2:00	<p style="text-align: center;">26</p> Lunchtime Poetry w/ Charlotte... 12:15 Potholder Making1:00	<p style="text-align: center;">27</p> Senior Council Bingo9:30 Hand & Foot Canasta10:00
<p style="text-align: center;">30</p> Sign Language11:00 Cricut Craft1:00	<p style="text-align: center;">31</p> Diabetes.....10:00 Hand & Foot/Canasta10:00 Pinochle11:00			

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Lunchtime Music with Ken

Join us at lunchtime to listen to the acoustic guitar tunes by Ken Schofield.

Wednesday, Mar. 4, 12 p.m. Fee: FREE

Senior Center Plus: Lunch and Learn

Senior Center Plus is a daytime adult day program designed to support seniors who need extra care, supervision, and meaningful engagement in a safe, welcoming environment. It is especially beneficial for individuals living with dementia or memory loss. Join us for a Lunch and Learn with Carolyn Savoy, who will explain who is a good fit for the program, how enrollment works, and what families can expect throughout the process. This informative session is a great opportunity to learn how Senior Center Plus can enhance quality of life for participants while offering peace of mind and support for caregivers. Lunch will be provided for those who preregister.

Thursday, Mar. 5, 12 p.m. Fee: FREE

Fall Prevention

Learn the essentials of fall prevention, tips for talking to your doctor, ideas for home modifications, strategies for medication management, and exercises in this class taught by experts from the R Adams Cowley Shock Trauma Center.

Monday, Mar. 9, 1 p.m. Fee: FREE

Qi Gong for Brain Optimization – Part 1

Join Qi Gong Master, Paty Massón. This is a 4-part monthly series designed to boost memory, sharpen focus, and balance energy.

Wednesday, Mar. 11, 1 p.m. Fee: DONATION

Thrive Mindfully: Brain Fitness for All

Join Certified Brain Fitness Coaches Paty Massón and Judi Lyons to enhance your mind and body in this invigorating 75-minute workshop that seamlessly blends yoga, strength training, dual tasking, and brain gym exercises. This is part 1 of a 3-part monthly series.

Tuesday, Mar. 17, 12:45 p.m. Fee: DONATION

CarFit

Meet with a trained expert to find your optimal seat position, mirror adjustments, steering wheel tilt and more. Call 301-743-2125 to schedule.

Wednesday, Mar. 18, 9-2 by appointment, Fee: FREE

Diabetes Management

This program, with Kyra Smith, Senior Nutrition Program Specialist for Charles County Dept. of Community Services, teaches you how to build healthy meals to maintain blood glucose levels through carb regulation.

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

Understanding and Responding to Dementia-Related Behaviors

Learn caregiver tips and strategies to respond to some common behaviors by individuals living with dementia that include agitation and confusion.

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

Tai Ji Quan – Moving for Better Balance

Evidence-based exercise that combines breathwork with moves that will directly impact your health and wellbeing. Excellent for strengthening muscles and fall prevention. Classes will be on Wednesdays and Fridays.

Wednesday, Mar. 25

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

AARP Driving Class

Become a safer, more confident driver. Pre-registration and CASH prepayment required. \$5 discount for AARP cardholders.

Thursday, Mar. 26, 9a.m.-3p.m. Fee: \$25

Painting w/Rachel

Join Rachel for this early-spring-themed acrylic painting class. Pre-registration and pre-payment required.

Friday, Mar. 27, 10 a.m. Fee: \$5

Rootbound Farms

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

Wednesday, Mar. 25

Monday, Mar. 30, 12:45 p.m. Fee: FREE

Ongoing Programs

Nickel Bingo

You must use cards provided by the center.

Mondays, Mar. 2, 16, 30, 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, Mar. 4, 11, & 18, 11 a.m.

Fee: Fitness Card

Project Linus/ Sewing 101

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

Mondays, Mar. 9 & 23, 9:30 a.m. Fee: FREE

Pastor Chris & Friends

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

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

Walk Through the Bible

This monthly Bible study program focuses on gaining a deeper understanding of the Word of God.

Friday, Mar. 13, 1 p.m. Fee: FREE

Information & Assistance w/Julie

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

Tuesday, Mar. 17, 10:30 a.m. Fee: FREE

Green Thumb Club

Calling all PLANT lovers! The Green Thumb Club is beginning to plant vegetables and herbs in the garden AND they will also be planting flowers to beautify our center.

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

Health & Fitness Programs

Mobility Flow

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

Tuesdays, 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

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 Room9:00 Billiards.....9:00 Cards/Games9:00 Fitness Dance Fit/Drums ALive! 10:30	Fitness Room9:00 Billiards.....9:00 Cards/Games9:00 Fitness Mobility Flow9:30 AFEP 11:15	Fitness Room9:00 Billiards.....9:00 Cards/Games9:00 Fitness Fitness w/ Veronica10:00 Fitness Orientation2:00	Fitness Room9:00 Billiards.....9:00 Card/Games.....9:00 Fitness Mobility & Balance9:30 AFEP 11:15 Fitness w/Lamont1:00 Fitness w/Lamont2:00	Cards/Games9:00 Fitness Room.....10:15 Billiards10:15 Fitness Chair Yoga9:00 Cardio Fitness10:15
2 Nickel Bingo.....9:30 Choir Group1:00	3 Council Meeting9:30 Crafting w/Mary1:00	4 Line Dancing11:00 Music w/Ken12:00 Ask Doyle1:00	5 Lunch & Learn12:00	6 Chair Yoga9:00 Cardio Fitness10:15
9 Project Linus/Sewing 1019:30 Fall Prevention1:00	10 Pastor Chris1:00	11 Widow & Widower Support .10:00 Line Dancing11:00 Qi Gong1:00	12 Fitness Surprise9:30	13 Walk Through the Bible1:00
16 Nickel Bingo.....9:30 Choir Group1:00	17 Information & Assistance with Julie10:30 Brain Fitness12:45	18 CarFit9:00 Line Dancing11:00	19 Buffet Bingo @Jaycees10:00 Green Thumb Club10:30	20 Charles County Senior Centers are Closed  in honor of Eid al Fitr
23 Project Linus/Sewing 1019:30 Diabetes Mgmt.9:30 Understanding and Responding to Dementia Behaviors.....1:00	24 Tea Club1:00	25 Tai Ji Quan1:00	26 AARP Driving class9:00	27 Painting w/Rachel . . .10:00 Tai Ji Quan1:00
30 Choir Group9:30 Nickel Bingo.....9:30 Rootbound Farms12:45	31 Mobility Flow9:30			

Program Highlights

Candle Making

Create something special at our candle making workshop with Jennifer Bullard of Small Great Things. Enjoy a guided, hands-on experience with all materials included. Space is limited-prior registration is required.

Wednesday, Mar. 4, 10:30 a.m. Fee: \$5

Master Gardeners: Preparation & Use of Rain Barrels/Garden Watering Tips

Join the Charles County Master Gardeners for this class which features instructions for how to prepare a rain barrel for use in the garden in addition to garden watering tips and techniques. The session will include some hands-on work in and outside, weather permitting. Wear appropriate clothes, boots, or water safe shoes and bring gloves if you plan to participate in the hands-on activity portion of the class. Prior registration is required.

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

St. Patrick's Day of Fun

Join us for St. Patrick's Day fun. We will enjoy themed snacks and listen to Irish music. Prior registration is required.

Thursday, Mar. 17, 11 a.m. Fee: FREE

Tax Prep Day

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

Wednesday, Mar. 18, 9 a.m.-12 p.m.
Fee: FREE

Let's Take a Trip

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

Tuesday, Mar. 24, 1 p.m. Fee: FREE

Diabetes Management

Join Kyra Smith, our Senior Nutrition Program Specialist for this program teaching you how to build healthy meals to maintain blood glucose levels through carb regulation. Prior registration is required.

Wednesday, Mar. 25, 11 a.m. Fee: FREE

Friday Films

Join us to watch Julie & Julia. The story is about Julie Powell, a young blogger, determined to emulate Julia Child's cooking techniques. Though separated by time, the two women share a common passion for food that intertwines their lives. Prior registration is required.

Friday, Mar. 27, 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.

Casual Crafting, Mar. 2 Fee: FREE

Lampshades, Mar. 9 Fee: \$8

Casual Crafting, Mar. 16 Fee: FREE

Wine Glass Painting, Mar. 23 Fee: FREE

Casual Crafting, Mar. 30 Fee: FREE

I&A Services

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds. See Staff or call 301-934-6737 for an appointment.

Thursday, Mar 26, 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

Community Programs

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

Pizza & Painting

Spring is almost here! Paint a pre-sketches 8x10' canvas with a spring themed design and enjoy 2 slices of pizza (cheese or pepperoni), fruit and a bottle of water. All supplies provided. Space is limited. Prior registration with payment is required.

Friday, Mar. 13, 12:30 p.m. Fee: \$8

WIC Services

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

Mobile Library

Borrow books, movies, tech every three weeks. Tuesday, Mar. 17, 10:30 a.m. Fee: FREE

Mobile Food Market

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

Wednesday, Mar. 18, 12.-2 p.m. Fee: FREE

Easter Egg Hunt & Eric Energy Science Show

Are you ready for Easter goodies, fun and awe?

Then grab your family and come join us for this fun filled morning of an Easter Egg Hunt sponsored by the Nanjemoy Senior Council and an amazing Easter themed-interactive science show with Eric Energy sponsored in part by a grant from the Charles County Arts Alliance and Maryland State Arts Council. All ages welcome! Pre-Registration is required.

Tuesday, Mar. 31st, 10 a.m. Fee: \$2

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

Art Adventure

Join us for a fun and creative arts and crafts adventure. Every class we will create multiple masterpieces. Whether it will be paint, construction paper, glue, crayons, or something else - your child will love the artwork they bring home. ***Adult participation is required for participants ages 2-6. *Each month will be a different theme.**

Thursday, Mar. 5, 3:30-4:30 p.m.

Fee: \$12 Resident,

\$14 Non-Resident



All About Legos

Calling LEGO fans! Your child will have an opportunity to make LEGO projects with others, compete in games, and build off-the-wall structures - all using LEGOs! Each month there will be a different lesson. Recommended ages 6y-12y.

Thursday, Mar. 12, 3:30-4:30 p.m.

Fee: \$12 Resident, \$14 Non-Resident

NANJEMOY SENIOR/COMMUNITY CENTER

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

Senior Center Hours: 9 a.m.–3 p.m., Mon–Friday
 Luncheon at Noon–Reservation/Registration Required
 Reserve lunch by 10 a.m., 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 Fitness Core Fitness 9:00 AFEP 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 Shop the Rack 1:00 Narcotics Anonymous 3:00 Fitness 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 Fitness Walking Club 1:00	Billiards 8:30 Causal Crafting 8:30 Computer Lab 8:30 Fitness Room 8:30 Senior Tech Appts 8:30 Lunch 12:00 Nickel Bingo 12:45 Dominos 1:00 Games/Puzzles 1:00 Fitness 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 Fitness AFEP 10:00 Walking Club 1:00
2 Senior Council Meeting . . . 10:00 Fitness Beats 12:00 Artistic Aesthetics: Casual Crafting 1:00	3 Bingocize 10:30 Dominos 1:00	4 Candle Making 10:30	5 Casual Crafting 8:30 Bingocize 10:30 Nickel Bingo 12:45 <u>Recreation Program</u> Art Adventure 3:30	6 AFEP 10:00
9 AFEP 10:00 Artistic Aesthetics: Lampshades 1:00	10 Computer Lab 8:30 Master Gardeners 10:00 Bingocize 10:30 Dominos 1:00	11 Games/Puzzles 10:00	12 I & A 9:30 Bingocize 10:30 Total Body Conditioning . . . 11:00 <u>Recreation Program</u> All About Legos 3:30	13 Senior Tech Appts 8:30 <u>Community Program</u> WIC Services 9:00 Pizza & Painting 12:30
16 AFEP 10:00 Artistic Aesthetics: Casual Crafting 1:00	17 Flex & Stretch 10:00 Bingocize 10:30 St. Patrick's Day of Fun 11:00 <u>Community Program</u> Mobile Library 10:30	18 Tax Prep Day 9:00 Games/Puzzles 10:00 <u>Community Program</u> Mobile Food Market 12:00	19 Buffet Bingo @ Jaycees 10:00. No Bingo @ NSCC	20 Charles County Senior Centers are Closed  in honor of Eid al Fitr
23 AFEP 10:00 Artistic Aesthetics: Wine Glass Painting 1:00	24 Bingocize 10:30 Core Fitness 11:15 Games/Puzzles 1:00 Let's Take a Trip 1:00	25 Diabetes Management 11:00 Dominos 1:00	26 Bingocize 10:30 Total Body Conditioning . . . 11:00 Nickel Bingo 12:45	27 AFEP 10:00 Friday Films 11:00 <u>Community Program</u> WIC Services 9:00
30 Fitness Beats 12:00 Artistic Aesthetics: Casual Crafting 1:00	31 Computer Lab 8:30 Bingocize 10:30 <u>Community Program</u> Easter Egg Hunt 10:00			

Program Highlights

CarFit

Join Mike from MDOT to experience a personal CarFit to your vehicle; mirrors, seat, stirring wheel will be adjusted to you. Pre-registration required for a 30-minute appointment. Last appointment will be at 2 p.m.

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

Tea & Tunes: Honoring Women

Celebrate International Women's Day with a charming morning of tea, friendship, and live music. Guests are invited to dress up, enjoy tea together, and relax while listening to a live clarinet & bassoon performance in a warm, social setting.

Friday, Mar. 6, 10:30-11:30 a.m. Fee: \$5

Cancer Awareness

Screenings, testing, and appointments can be overwhelming. Being aware can help you navigate issues and concerns before problems arise. Let's talk about how nutrition and exercise play a role in cancer cells and your health.

Facilitator: Debi Shanks

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

Diabetes Management

Learn how to build balanced, satisfying meals that support healthy blood glucose levels through smart carbohydrate choices and portion control.

Tuesday, Mar. 24, 10:30 a.m. Fee: FREE

Energy Assistance

Join us for an informative session presented by the Information & Assistance team in partnership with the Office of People's Counsel (OPC). This workshop will help seniors better understand utility programs and resources that can save money and reduce stress. Topics include energy assistance programs, how to apply for benefits, reading utility bills, customer service rights, weatherization options, and discounts for phone and internet services. Learn practical tips to manage your household utilities and stay connected!

Wednesday, Mar. 25, 9:30-11:30 a.m. Fee: FREE

Concert with Waldorf Guitar Club

Sit back, relax, and enjoy the soothing sounds of live music brought to you by our talented Guitar Club! From classic tunes to heartfelt melodies, it's a feel-good time to tap your toes, hum along, or simply soak in the music and good vibes.

Friday, Mar. 27, 12:30 p.m. Fee: FREE

Ongoing Programs

Prayer Group

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

Tuesday, Mar. 3 & 10, 10 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Mar. 9 & 30, 9:30 a.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.

This month it will take place on the second Friday due to the holiday closure.

Friday, Mar. 13, 1 p.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

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

Book Club

This month's book is "The Silent Patient" by Alex Michaelides. Please come prepared with your thoughts on this book and join in the discussions.

Next month's book will be "The Good Earth" by Pearl S. Buck.

Thursday, Mar. 19, 1 p.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, Mar. 31, 1 p.m. Fee: FREE

Basic Sewing

Join instructor, Melon Spriggs, and learn basic sewing techniques. Please bring your own sewing supplies (fabrics, thread, etc.)

Mondays & Wednesdays, 1 p.m. Fee: FREE

Guitar Club

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

Mondays, 11 a.m. & Thursdays, 1 p.m.

Fee: FREE

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 Bengel, 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

Jewelry Club

Paused until further notice

Leather Crafting

Paused until further notice

 get motivated

FITNESS

Health & Fitness

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Wednesdays, Mar. 11 & 25, 10:30 a.m.

Fee: \$5

Intro to Pickleball

Join our volunteers as they teach you all the fundamentals of Pickleball throughout this course. Equipment will be provided. *You can only take this class once per calendar year. Must pre-register.

Tuesdays, Mar. 17, 24, & 31, 11 a.m. Fee: FREE

WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday
Luncheon at Noon—Reservation/Registration Required
Reserve lunch by 10 a.m., 2 days prior.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room9:00 Racquetball9:00 Guitar Club11:00 Pinochle11:00 Lunch12:00 Basic Sewing1:00 Table Tennis2:30 Fitness Chair Dance Aerobics9:30 Core & More10:30 Kettlebell Fitness12:30 Total Body Conditioning1:30	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Pokeno10:30 Tech Time10:30 Lunch12:00 Walking Club12:30 Basketball1:00 Fitness Total Body Conditioning9:30 Gentle Stretching10:30 Line Dancing11:30 Beginners Tai Chi1:00	Fitness Room9:00 Racquetball9:00 Basketball10:00 Bridge Club10:00 Lunch12:00 Basic Sewing1:00 Fitness Chair Dance Aerobics9:30 AFEP10:30 Basic Fitness Training11:30	Fitness Room9:00 Racquetball9:00 Gospel Choir9:30 Watercolors10:30 Pinochle11:00 Lunch12:00 Walking Club12:30 Mah Jong1:00 Basketball1:00 Guitar Club1:00 Table Tennis2:30 Fitness Total Body Conditioning9:30 Drums Alive10:30 Line Dancing11:30 Beginners Tai Chi1:00	Fitness Room9:00 Racquetball9:00 Crochet Club10:00 Lunch12:00 Paper Crafting1:00 Fitness Chair Dance Aerobics9:30 Zumba10:30 AFEP11:30 Core and More12:30 Yoga Flow1:30
2 African Dance11:30	3 Prayer Group10:00	4 CarFit10:00 Diabetes Prevention Program10:30 Circuit w/ Ariana1:00	5 Bingo10:30	6 Tea & Tunes10:30
9 Widow & Widower Support Group9:30 African Dance11:30	10 Prayer Group10:00	11 Fitness Orientation10:30 Diabetes Prevention Program10:30 Groove Dance w/ Debi11:00	12 Bingo10:30	13 Diabetes Prevention10:30 Jazz Appreciation1:00
16 WSC Council Meeting9:30 African Dance11:30	17 Prayer Group10:00 Bible Study11:00 Intro to Pickleball11:00 Poetry Club12:30	18 Cancer Awareness10:30 Diabetes Prevention Program10:30 Circuit w/ Ariana1:00	19 Buffet Bingo @Jaycees10:00 Skills & Drills11:00 Book Club1:00 No Bingo @ WSRC No Drums Alive	20 Charles County Senior Centers are Closed  in honor of Eid al Fitr
23 Cardio Fitness11:30	24 Diabetes Management .10:30 Intro to Pickleball11:00	25 Energy Assistance9:30 Fitness Orientation10:30 Diabetes Prevention Program10:30 Groove Dance w/ Debi11:00	26 Bingo10:30 Skills & Drills11:00	27 Guitar Club Concert12:30
30 Widow & Widower Support Group9:30 Cardio Fitness11:30	31 Intro to Pickleball11:00 Better Breathers1:00			

Nutrition News!

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

Eating nutrient-dense foods matters when it comes to getting the vitamins our bodies need. Eating whole food is a simple but vital way to help our bodies fight disease, develop healthy hair, skin, and nails, and strengthen our joints and bones. It can promote overall wellness by keeping our body, mind, and spirit healthy for years to come! How do you define good nutrition and what practices do you follow for your health?

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

If you have specific concerns about your diet or need some great nutritional advice, please reach out to **Brittney Bolin**, our very own nutritionist. She can set up a time to meet and



Tai Chi Quan—Moving for Better Balance

New sessions beginning! Join this evidenced based exercise class that combines breathwork, along with moves that will directly impact your health and wellbeing. Excellent for strengthening muscles and fall prevention.

Waldorf Senior & Rec. Center

Tuesdays & Thursdays, 1 p.m. • Fee: FREE

Indian Head Senior Center

Wednesdays & Fridays, 1 p.m. • Fee: FREE



Aquatic Fitness

Class size is extremely limited please sign up ONLY if you plan on attending. March 9-May 21

St Charles

Mon/Wed OR Tues/Thurs 3 p.m. • Fee: \$50

***NO CLASSES March 30-April 6th**



Walking & Biking resume in April!!

Brain Health

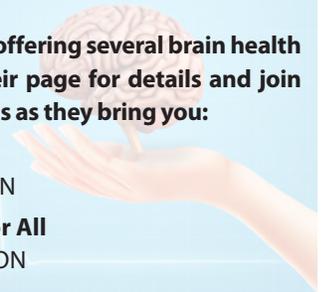
Indian Head Senior Center will be offering several brain health classes starting in March! See their page for details and join Paty Masson along with Judy Lyons as they bring you:

Qi Gong for Brain Optimization

Series begin Mar. 11 • Fee: DONATION

Thrive Mindfully, Brain Fitness for All

Series begins Mar. 17 • Fee: DONATION



Cancer Awareness Month

Screenings, testing and appointments can be overwhelming. Being aware can help you navigate issues and concerns before problems arise. Let's talk about how nutrition and exercise play a role in cancer cells and your health.

Waldorf Senior & Rec. Center

Wednesday, Mar. 18, 1:30 p.m.

Fee: FREE

Facilitator: Debi Shanks



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

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

Instructor: Carrie Gravely



Senior Fitness Rooms

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

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

Debi & Nate

SENIOR CENTER MENU

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

Lunch Cancellation Policy

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Fruit Punch Chicken Salad on Bun Tomato Soup Coleslaw Fresh Fruit	3 Grape Juice BBQ Chicken Thighs Black Eyes Peas Steamed Carrots Veggie Pasta Salad Fruit Cocktail Coconut Cake	4 Cranberry Juice Grilled Kielbasa on Hearty Roll Onions & Peppers Home Fries Peaches	5 Apple Juice Turkey Shepards Pie Mixed Veggies Whole Wheat Bread Fresh Grapes Brownie	6 Fruit Punch Vegetarian Lasagna Spinach Green Beans Fresh Orange Slices Vanilla Pudding
9 Apple Juice Crispy Chicken Sandwich Corn on the Cobb Potato Salad Fresh Orange Slices Snickerdoodle Muffin	10 Grape Juice Liver & Onions Mashed Potatoes & Gravy Lima Beans Garlic Toast Peaches	11 Orange Juice Cheese Ravioli in Marinara Garden Salad Fruit Cocktail Vanilla Cake	12 Fruit Punch Turkey & Provolone on Bun Garden Salad Chips Baked Apple	13 Cranberry Juice Lemon Butter White Fish Peas California Blend Veggies Rice Pilaf Pears Chocolate Pudding
16 Apple Juice Chicken Fajita Bowl Peppers, Onions, lettuce, Tomato & Cheese Fiesta Black Beans Spanish Rice Fresh Grapes	17 St. Patrick's Day Fruit Punch Corned Beef Cabbage & Carrots Boiled Potatoes w Butter Irish Soda Bread Peaches Leprechaun Brownies	18 Cranberry Juice Oven Fried Chicken Green Beans Mashed Potatoes & Gravy Pineapple Tidbits	19 Fruit Punch Chicken Salad on Bun Ham & Pea Soup Garden Salad Tropical Fruit	20 Centers Closed  No Lunch Services
23 Apple Juice BBQ Pulled Chicken Sandwich Candied Sweet Potatoes Steamed Carrots Fresh Orange Slices Vanilla Pudding	24 Fruit Punch Italian Sausage & Mustard on Roll Peppers & Onions Buttered Lima Beans Pears	25 Cranberry Juice Chicken w/ Mushroom Sauce Garden Salad Egg Noodles Grapes Chocolate Chip Cookie	26 Birthday Celebration Orange Juice Salmon w/ Dill Sauce Roasted Brussel Sprouts Wild Rice Pilaf Dinner Roll Fresh Fruit Salad Birthday Cake	27 Apple Juice Shrimp Alfredo w/ Rotini Pasta Garden Salad Fresh Orange Slices
30 Fruit Punch Salisbury Steak w Gravy Mashed Potatoes Green Beans Sliced Bread Pineapples	31 Vegetarian Baked Ziti Garden Salad Fresh Grapes Banana Pudding			

Charles County Luncheon Program

Available at Noon • Days Vary By Center

Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$6.00 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.

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

Waldorf Senior Council BINGO

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

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



Council News for March Sponsored/Hosted Activities & Events

Clark Senior Center
Sunset Memorial,
Council Bingo

Indian Head Senior Center
All Clubs

Nanjemoy Senior & Community Center

Waldorf Senior & Rec. Center
Bingo, Pokeno