The SCOOP

Charles County's Senior Center News

APRIL 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, Apr. 3 – Closed for Good Friday
Monday, Apr. 6 – Closed for Easter
Wednesday, Apr. 8 – Close at 1:30 p.m. for Staff Training

STAY CONNECTED
CHARLES COUNTY GOVERNMENT

Stay Connected

Comprehensive Plan: Planning and Development

Charles County is starting the process of updating its Comprehensive Plan, which is required every 10 years. This update will be ongoing for at least two years and will involve careful planning, analysis, and a focus on community involvement. The updated plan will look at where growth is expected over the next 25 years and what infrastructure will be needed to support said growth.

The plan will also decide which types of development are best suited for different areas, with a focus on commercial and mixed-use projects, and which areas should be targeted for conservation or resource protection. Furthermore, it will include policies and programs that explore the types and locations of housing necessary to meet the needs of both current and future residents.

There are 2 remaining public meetings for residents to participate in!

- **Saturday, Apr. 18, 2026 – Regency Furniture Stadium**
  11765 St Linus Drive, Waldorf, 20602 • 9–11 a.m.
  Inclement weather date: Apr. 25
- **Wednesday, Apr. 22, 2026 – Waldorf Senior and Recreational Center**
  90 Post Office Road, Waldorf 20602 • 6–8 p.m.
  Inclement weather date: Apr. 29

To find out more about this project, please visit:
Charles County, MD: Comprehensive Plan
Want to learn more about other ways you can stay engaged with county projects?

Visit the Stay Engaged, Charles County webpage at
https://charles-county-md.civilspace.io/en.
Your engagement makes a better Charles County.

What to Plant in April in Maryland: Fruits, Vegetables, and Herbs

April is one of the most productive months for planting edible gardens in Maryland. As soil temperatures rise and the average last-frost date approaches early to mid-April depending on your region, gardeners can begin planting a wide variety of crops. According to the University of Maryland Extension, April is an ideal time to focus on cool season vegetables while preparing for warm season planting later in the month.

Cool season vegetables thrive in Maryland's mild spring weather and can tolerate light frosts. As soon as the soil is workable, gardeners can sow or transplant peas, carrots, beets, radishes, lettuce, spinach, kale, Swiss chard, cabbage, broccoli, and onions. These crops grow best in temperatures between 40 and 70-degrees Fahrenheit and often produce sweeter and more tender harvests in spring than in summer heat. Planting them early in April helps ensure a longer harvest period before temperatures climb.

Warm season vegetables such as tomatoes, peppers, and eggplants should be planted only after the danger of frost has passed. In many parts of Maryland, this occurs by mid to late April. Gardeners who started seedlings indoors should gradually harden them off by exposing them to outdoor conditions over several days before transplanting them into the garden. This process reduces transplant shock and helps young plants adjust to sun and wind.

April is also an excellent time to establish fruit plants. Strawberries, blueberries, raspberries, blackberries, currants, figs, and Asian pears benefit from being planted in cool spring soil, which encourages strong root development before summer arrives. Early planting allows these plants to settle in and prepare for future growing seasons.

Many herbs also perform well when planted in April. Parsley, cilantro, chives, dill, thyme, and sage can be planted outdoors during this month. Tender herbs such as basil should wait until nighttime temperatures remain consistently above 50 degrees Fahrenheit. By pacing planting throughout April and paying attention to frost dates, Maryland gardeners can build a productive and resilient edible garden that will yield throughout the growing season.

Information from: https://extension.umd.edu/resource/april-gardening-tips-and-tasks/

Creamy Lemon Orzo with Spring Peas

This recipe is an irresistible bowl-scraper. It's fragrant and flavorful from shallots, garlic, lemon and tarragon, and creamy from cream cheese. Plus, with the addition of low-sodium broth, the orzo cooks in the same pan as the rest of the ingredients—no extra pot or strainer necessary. You can have this easy, comforting spring dish on your table in about 30 minutes.

By Carolyn Casner

Reviewed by Dietitian Christa Brown, M.S., RDN, LD

Ingredients

- 1 tablespoon extra-virgin olive oil
- ½ cup finely chopped shallot
- 2 cloves garlic, minced
- Zest of 1 medium lemon
- ¾ teaspoon dried tarragon
- 3 ¼ cups low-sodium vegetable or chicken broth
- ¼ cup heavy cream
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 8 ounces whole-wheat orzo
- 1 cup frozen peas, thawed
- 2 ounces cream cheese, cut into small pieces and at room temperature
- 1 tablespoon lemon juice, plus more if desired
- Grated Parmesan cheese (optional)

Heat oil in a large saucepan over medium heat. Add shallot and cook, stirring, until softened and beginning to brown, about 3 minutes. Add garlic, lemon zest and tarragon; cook, stirring, until fragrant, about 30 seconds. Increase heat to high and stir in broth, cream, salt and pepper. Bring to a boil and add orzo. Adjust heat to maintain a lively simmer. Cook, stirring frequently, until the orzo is tender and the liquid has mostly evaporated, 10 to 12 minutes. Remove from heat and stir in peas, cream cheese and lemon juice. Cover and let stand for 5 minutes before serving. Serve with Parmesan, if desired.

Nutrition Facts Per serving: Serving Size 2/3 cup 260 calories; total fat 10g; saturated fat 5g; cholesterol 21mg; sodium 231mg; total carbohydrate 35g; dietary fiber 8g; total sugars 4g; protein 8g; vitamin c 8mg; calcium 30mg; iron 1mg; potassium 111mg

Information from https://www.eatingwell.com/recipe/7962143/creamy-lemon-orzo-with-spring-peas/

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:

Sharing Caregiving Responsibilities: Part 1

Caring for an older person often requires teamwork with family, friends, or formal caregivers. While a person who lives nearby might take on most of the everyday responsibilities, people who live farther away can also play an important role in coordinating care. Explore this page for tips on how best to share caregiving tasks.

How to get started

Splitting caregiving responsibilities is a multistep process. Caregivers will need to figure out what care is needed, choose a primary caregiver, and decide who will be responsible for which tasks.

Identify the care needs

First, work as a team to figure out what the caregiving responsibilities will be. You could start by setting up a meeting or conference call with the older person and everyone who will be involved in their care. This conversation will be most productive when there is not an emergency. A calm discussion about what kind of care is wanted and needed in the present, and what might be needed in the future, can prevent confusion and misunderstanding later.

Choose a primary caregiver

When several people are involved in caregiving, many find that the best first step is to name a primary caregiver. This is the person who takes on most of the everyday caregiving responsibilities. Even if a primary caregiver is not needed immediately, identifying someone now will allow that person to step in right away if there is a crisis.

Determine how each caregiver will contribute

The next step is to decide who will be responsible for which tasks. Ideally, each person providing care will be able to take on the tasks best suited to their skills and interests. When thinking about everyone's strengths, consider what each person is particularly good at and how those skills might help in the current situation.

Information from https://www.nia.nih.gov/health/caregiving/sharing-caregiving-responsibilities

Get a Property/Renters Tax Break

Did you know the State of Maryland offers tax credits to help eligible homeowners and renters save money? If your gross household income is $60,000 or less, you may qualify for a homeowner's tax credit. Renters with a valid lease may also be eligible for a renter's rebate.

Many seniors qualify for these programs—so don't miss out on a chance to reduce your housing costs. Both online and paper applications are available.

When you apply, you may receive: A direct credit on your July property tax bill (for applications received by April 15, 2026) or a later credit for applications submitted by October 1, 2026:

- A check issued directly to eligible renters
- A written notice explaining why an application was not approved

Applications are accepted from February through September. To get an application or ask questions, contact the Department of Community Services, Information & Assistance Offices:

- La Plata: 301-609-5712
- Waldorf: 240-448-2816
- Indian Head/Nanjemoy: 301-934-6737

Appointments are encouraged.

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 signup 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.

Legal Aid

Legal Aid: Apr. 13th & May 4th

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

End of Tax Season

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

To schedule a Tax Preparation Appointment:

Call 301-246-2271 and leave a message.

A Tax-aide volunteer will call you back to schedule your appointment. 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.

Happy Birthday & Welcome to Medicare!

Turning 65 is an exciting milestone, and it may mean you're now eligible for Medicare Parts A, B, C, D and/or Supplemental Insurance (Medigap). You may also qualify for Medicare Savings Programs to help reduce Medicare-related costs.

Feeling overwhelmed by phone calls, TV ads, and piles of mail? You're not alone – and you don't have to navigate it by yourself. The State Health Insurance Program (SHIP) offers FREE, unbiased Medicare education and counseling.

Call 301-609-5712 for guidance you can trust. This is just one of the many benefits available to you as you enter your Medicare years.

Next Medicare 101 Class

Get a clear, easy-to-understand overview of Medicare. Walk-ins welcome!

Tuesday, May 19th 6:00 pm

La Plata Library, 2 Garrett Ave., La Plata, MD 20646

Program Highlights

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. one day prior to bingo to reserve your lunch.

Friday, Apr. 10, 9:30 a.m.
Fee: $4= 3 face cards; $8= 6 face cards

Safety, Active Shooter & Fire Drill
Join us for an informative presentation about safety, active shooter situations, and participate in a fire drill at the Richard. R Clark Senior Center. Please sign up.

Friday, Apr. 10, 1 p.m. Fee: FREE

People's Insurance Counsel Outreach
This group represents the interests of consumers concerning Maryland's Homeowners' Insurance and Medical Liability Insurance. The group will provide a short introduction, tips for homeowners, and outreach. Please sign up.

Tuesday, Apr. 14, 10 a.m.-12 p.m. Fee: FREE

Intergenerational Art Show
Join us for an afternoon of live music from a String Quartet by the Charles County Youth Orchestra, art from all ages by your local Charles County Senior Centers and Grace Lutheran School and refreshments. Open to the public. Sponsored in part by a grant from the Charles County Arts Alliance and Maryland State Arts Council.

Interested in displaying your artwork? Call the Richard R. Clark Senior Center at 301-934-5423.

Thursday, Apr. 16, 4-6 p.m. Fee: FREE

How to Spring Clean with Joy
Clear the clutter and keep the joy! Whether you're downsizing or just craving more peace, Joyful Declutter offers a gentle, uplifting way to refresh your space. Enjoy room-by-room checklists, a printable guide and workbook, fun challenges, and supportive community events. All designed to make decluttering feel intentional and inspiring. Please sign up.

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

Caregiver Stressors- Finding Resilience
Caregiving can be a stressful, lonely road. Finding ways to care for yourself is often difficult. This presentation discusses the emotional and physical toll of caregiving and offers suggestions on ways to cope. Please sign up.

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

Lunch & Learn: Senior Center Plus
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. 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. Apple Spice lunch will be provided for those who preregister by Thursday, April 23rd.

Tuesday, Apr. 28, 11 a.m. Fee: FREE

Ongoing Programs

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

Wednesday, Apr. 1 & 15, 10 a.m. Fee: FREE

Book Club

Led by Nancy Marquardt, Charles County Public Library. April 12 p.m. session: "The First Ladies," by M. Benedict & V. Murray. May 12 p.m. session: "The Life Impossible" by Matthew Haig. April 1 p.m. session: "My Friends," by Fredrik Bachman. May 12 p.m. session: "The First Ladies" by M. Benedict & V. Murray. Please sign up for the timeslot of your choice.

Thursday Apr. 2, 12 p.m. & 1 p.m. Fee: FREE

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

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

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

Tuesday, Apr. 14, 1 p.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, Apr. 22, 10 a.m. Fee: $5/PP

Stained Glass Class- Full
See the Front Desk to be added to our waitlist.

Tuesdays, 12 p.m. Fee: $20 for 4 months

Knit & Crochet Group
Join Doreen & Peggy, along with a group of volunteers, 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 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

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

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

Health & Fitness

Clark Center Fitness Room Orientation
Mandatory before first use of fitness room. Sign up and payment required. Limited to 6.

Wednesday, Apr. 1 & 15, 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, Apr. 15 at 1:30 p.m. Fee: FREE

Brain Fitness: Moving, Thinking and Having Fun
This engaging workshop uses coordinated movements, rhythm, and simple strength training exercises to stimulate both sides of the brain. Research based principles help support memory, attention, balance, and emotional well-being while keeping the experience light, social, and fun. Please sign up, donation collected day of event.

Monday, Apr. 27, 12:15 p.m. Fee: Donation

CLARK SENIOR CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. 1 day prior.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards....9:30 Sewing Room OPEN....9:30 Coloring & Puzzles....9:30 2N1 Social Club....10:00 Duplicate Bridge....10:00 **Fitness** Total Body Conditioning....9:00 Walking Club at Laurel Springs....9:00 Pilates....10:00 Chair Yoga....11:00 Drums Alive....1:00 Circuit Training....2:30	Quilting Class....9:00 Billiards....9:30 Coloring & Puzzles....9:30 Guitar....10:00 Cards & Games....10:00 Stained Glass....12:00 Lunch....12:00 Musicians Club....1:00 Spiritual Enrichment....1:00 **Fitness** Strength Training....9:00 Flex & Stretch....10:00 Zumba....11:30 Line Dance....1:00 Yoga Flow....2:00	Crochet/Knitting....9:00 Billiards....9:30 Coloring & Puzzles....9:30 Sewing Room OPEN....9:30 Cards & Games....10:00 Mah Jong....10:00 Tech Support....10:00 Lunch....12:00 Powder Puff Billiards....1:00 Gospel Choir....2:00 **Fitness** Basic Fitness Training....9:00 Qi Gong/Shibashi....10:00 Dance Aerobics....11:00 Yoga Flow....12:00 AFEP....1:00	Billiards....9:30 Coloring & Puzzles....9:30 Sewing Room OPEN....9:30 Musicians Club....10:00 Cards & Games....11:00 Lunch....12:00 **Fitness** Strength Training....9:00 Step Plus....10:00 Zumba....11:30 Pilates....12:30 Cardio Fitness....1:30	Billiards....9:30 Coloring & Puzzles....9:30 Project Linus....9:30 Guitar....10:00 Lunch....12:00 Open Art Studio....1:00 **Fitness** Total Body Conditioning....9:00 Chair One Plus....10:00 AFEP....11:15 Chair Yoga....12:00 Line Dance....2:00
		1 Beginner's Jewelry....10:00 Fitness Orientation....10:00	**2** Easy Listening....10:30 Book Club....12:00 Book Club....1:00	**3** **Good Friday** **Centers Closed**
6 **Easter Monday** **Centers Closed**	**7** Karaoke....10:30	**8** Lunchtime Music w/ Will....11:30 **All Senior Centers Close at 1:30 p.m.**	**9** Spring Craft....11:00 **Volunteer Luncheon @ Jaycees**	**10** Council Bingo....9:30 **Safety, Active Shooter & Fire Drill....1:00**
13 Sign Language....11:00 Legal Aid....1:00	**14** **People's Insurance Council Division....10:00** Mobile Library....10:00 Widow to Widow....1:00	**15** Beginner's Jewelry....10:00 Fitness Orientation....10:00 Council Meeting....1:00 Beginner Line Dance....1:30	**16** **Art Show....4:00**	**17** Project Linus Meeting....9:30
20 Sign Language....11:00	**21** **How to Spring Clean with Joy....10:30**	**22** Card Marking Class....10:00 **Caregiver Stressors-Finding Resilience....11:00**	**23** Lunchtime Poetry w/ Charlotte....12:15	**24** **Richard R. Clark Senior Center Closed to participants for the Annual Southern Maryland Caregivers Conference.**
27 Sisters @ Heart Meeting....11:00 Brain Fitness....12:15 **No Drums Alive**	**28** **Lunch & Learn: Senior Center Plus....11:00**	**29** Caregivers Support Group....2:00	**30** Trivia....11:00	

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Bingo w/ Right at Home
Join Right at Home for a fun Bingo day filled with laughter and friendly competition. With light refreshments, prizes up for grabs, and good company guaranteed!
Monday, Apr. 13 1 p.m. Fee: FREE

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 2 of a 3-part monthly series.
Tuesday, Apr. 21, 12:45 p.m. Fee: DONATION

Pure Play – Crafts with found materials
Join staff from Pure Play Every Day as they return to lead a session on crafting with found or recycled materials. Bring your creativity for this relaxed workshop brought to you by the Charles County Arts Alliance and the MD State Arts Council.
Wednesday, Apr. 22, 1 p.m. Fee: FREE

Qi Gong for Brain Optimization – Part 2
Join Qi Gong Master, Paty Massón. This is a 4-part monthly series designed to boost memory, sharpen focus, and balance energy.
Wednesday, Apr. 29, 1 p.m. Fee: DONATION

Tech Basket Raffle
The Indian Head Senior Council is holding a raffle for a Tech Basket, which include a computer tablet! Tickets will be sold by council members, $1 each or 6 tickets for $5. The drawing will be at the Cinco de Mayo Tea Party on May 5th. You do not need to be present to win.

Save the Date: Cinco de Mayo Tea Party
Save the date for our Cinco de Mayo Tea Party! The Indian Head Senior Council will be sponsoring our annual Spring Tea on Tuesday, May 5, 2026, at 11 a.m. Tickets will be $10 each and will be available on April 7 at 11 a.m. Join us for tea, sweet treats, fellowship, entertainment, and door prizes! Note: Ticket price does not include county Cinco de Mayo lunch, which will be served for a suggested donation of $6.

Ongoing Programs

Line Dancing
Join Gwen to learn the basics of line dancing.
Wednesdays, Apr. 1, 8, 15, 29, 11 a.m.
Fee: Fitness Card

Widow to Widow Support Group
Focuses on facing grief after the loss of a partner. Facilitated by Brenda DuBose.
Wednesday, Apr. 8, 10 a.m. Fee: FREE

Project Linus/ Sewing 101
Make a difference in a child's life. No sewing experience necessary.
Mondays, Apr. 13 & 27, 9:30 a.m. Fee: FREE

Pastor Chris & Friends
Join Pastor Chris to share God's Love through the Word and through song.
Tuesday, Apr. 14, 1 p.m. Fee: FREE

Green Thumb Club
Calling all plant lovers! The Green Thumb Club is planting vegetables and herbs in the garden, and planting flowers to beautify our center. Come learn about – and help with – the lifecycle and maintenance of those plants.
Thursday, Apr. 16, 10:30 a.m. Fee: FREE

Walk Through the Bible
This monthly Bible study program focuses on gaining a deeper understanding of the Word of God.
Friday, Apr. 17, 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, Apr. 21, 10:30 a.m. Fee: FREE

Nickel Bingo
You must use cards provided by the center.
Tuesday, Apr. 14 & Monday, Apr. 20, 9:30 a.m.
Fee: 5¢ per card, other fees for special games

Senior Tech
Sign up with your name, a description of your needs, and the device you will be using.
By appointment Fee: $1

Health & Fitness Programs

Mobility Flow
Flow with Sonja in this gentle, yoga-based fitness class!
Tuesdays, 9:30 a.m. Fee: Fitness Card

AFEP (Arthritis Foundation Exercise Program)
Low-impact exercise program focuses on range of motion while reducing stiffness.
Tuesdays & Thursdays, 11:15 a.m. Fee: FREE

Fitness w/Veronica
Exercise to promote strength with some laughter.
Wednesdays, 10 a.m. Fee: Fitness Card

Mobility & Balance w/Nieda
Join Nieda as she incorporates functional movement for everybody.
Thursdays, 9:30 a.m. Fee: Fitness Card

Fitness w/Lamont
Cardio, circuit, and strength training. Two sessions to choose from!
Thursdays, 1 p.m. or 2 p.m. Fee: Fitness Card

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 Card

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 Card

Tea Club
Special Edition

Come and share the health benefits of teas with special guest, Mark from Sweet Corazon.

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

INDIAN HEAD SENIOR CENTER

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

Hours: 9 a.m.–3 p.m., Mon./Wed./Fri
9 a.m. to 4 p.m., Tues. & Thurs.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room ..... 9:00 Billiards ..... 9:00 Cards/Games ..... 9:00 **Fitness** Drums ALive! 10:30	Fitness Room ..... 9:00 Billiards ..... 9:00 Cards/Games ..... 9:00 **Fitness** Mobility Flow ..... 9:30 AFEP 11:15	Fitness Room ..... 9:00 Billiards ..... 9:00 Cards/Games ..... 9:00 **Fitness** Fitness w/ Veronica ..... 10:00 Fitness Orientation 2:00	Fitness Room ..... 9:00 Billiards ..... 9:00 Card/Games ..... 9:00 **Fitness** Mobility & Balance ..... 9:30 AFEP ..... 11:15 Fitness w/Lamont ..... 1:00 Fitness w/Lamont 2:00	Cards/Games ..... 9:00 Fitness Room ..... 10:15 Billiards ..... 10:15 **Fitness** Chair Yoga ..... 9:00 Cardio Fitness 10:15
		1 Line Dancing ..... 11:00 Ask Doyle ..... 1:00 Tai Ji Quan 1:00	**2** Mobility & Balance 9:30	**3** **Good Friday** Good Friday **Centers Closed**
6 **Easter Monday** **Centers Closed**	**7** Council Meeting ..... 9:30 Crafting w/Mary 1:00	**8** Widow & Widower Support . 10:00 Line Dancing ..... 11:00 **All Senior Centers Close at 1:30 p.m.**	**9** **Fitness Surprise ..... 9:30** **Volunteer Luncheon @ Jaycees**	**10** Tai Ji Quan 1:00
13 Project Linus/Sewing 101 .... 9:30 Bingo w/ Right at Home 1:00	**14** **Bingo ..... 9:30** **Pastor Chris 1:00**	**15** Line Dancing ..... 11:00 Tai Ji Quan 1:00	**16** Green Thumb Club 10:30	**17** Tai Ji Quan ..... 1:00 Walk Through the Bible 1:00
20 Bingo ..... 9:30 Alzheimer's Series Part 6 of 6 ..... 1:00 Choir Group 1:00	**21** Information & Assistance with Julie ..... 10:30 Brain Fitness 12:45	**22** **Pure Play 1:00**	**23** Mobility & Balance 9:30	**24** Tai Ji Quan 1:00
27 Project Linus/Sewing 101 .... 9:30	**28** Tea Club 1:00	**29** Line Dancing ..... 11:00 **Qi Gong 1:00**	**30** Mobility & Balance 9:30	

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

Master Gardeners
National Arbor Day is a secular observance in April that encourages individuals and groups to plant trees. A 'food forest' is a sustainable, self-maintaining agricultural system modeled after a natural forest ecosystem. A food forest combines edible and useful plants (trees, shrubs, vines, and herbaceous plants) that work together to produce food, improve soil health, support wildlife, and reduce human labor. The food forest at Nanjemoy Creek Environmental Education Center is designed for humans and wildlife to enjoy various native fruits, nuts, and other edible plants.

This observance correlates nicely with a yearly Master Gardeners event- 'Backyard Buffers'. The Backyard Buffer program, supported by the Maryland Department of Natural Resources, provides Charles County homeowners tree and shrub seedlings to create a native woodland buffer. Attend this event to learn about Arbor Day, food forests and the Backyard Buffer program.

Join the Charles County Master Gardeners and Timothy Emhoff, M.Ed., Environmental Education Resource Teacher from the Nanjemoy Creek Environmental Education Center. Pre-registration is required.

Tuesday, Apr. 7, 10 a.m. Fee: FREE

Pure Play
Pure play will be here to play games!

Wednesday, April 8, 10:30 a.m. Fee: FREE

Caregiving Stressors-Finding Resilience
Caregiving can be a stressful, lonely road. Finding ways to care for yourself is often difficult. This presentation discusses the emotional and physical toll of care giving and offers suggestions on ways to cope. Join a representative from Fenwick Landing to learn more.

Wednesday, April 15, 11 a.m. Fee: FREE

Let's Take a Trip
This month let's learn about Zambia including historical, geographical, and other interesting facts. We will also sample some Zambian cuisine. Prior signup is required.

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

Friday Films
Wicked: For Good is the emotional second part of the film adaptation of the Broadway musical, focusing on Elphaba as a fugitive "Wicked Witch" and her complex, lasting bond with Glinda the Good.

Friday, Apr. 24, 11 a.m. Fee: FREE

Active Shooter/Safety Presentation
Join our Building Security team as they share and review safety procedures and actions that can be taken in various emergency situations including active shooter scenarios.

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

Lunch & 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.

Prior Registration is required.
Thursday, Apr. 30, 11 a.m.
Fee: Lunch Donation

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, Apr. 13 Fee: FREE
Umbrella Décor, Apr. 20 Fee: $5
Casual Crafting, Apr. 27 Fee: FREE

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

Thursday, Apr. 23, 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 Card

Arthritis Foundation Exercise Program (AFEP)
Evidence-based exercise program. Gentle all go with cardio and strength training exercises. Designed to get a full body workout with consideration given to those with mobility impairments. Video may be used as needed.

Mondays & Fridays, 10 a.m. Fee: FREE

Flex & Stretch
Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m. Fee: FREE

Pickleball
Come play pickleball on our outdoor court with us!

Tuesdays, 11 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!!

Mobile Library
Borrow books, movies, and tech every three weeks.

Tuesdays, Apr 7. & 28, 10:30 a.m. Fee: FREE

WIC Services
Fridays, Apr 10 & 24, 9 a.m.-4 p.m. Fee: FREE

Pizza & Painting
Spring is almost here! Paint an 8x10' canvas with an 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, Apr. 10, 12:30 p.m. Fee: $8

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

Saturday, Apr. 11, 9 a.m.- 2 p.m. Fee: FREE

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

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

Billiard/Game Room
Monday-Friday, 8:30 a.m.-4:30 p.m. Fee: FREE

Computer Lab
Print, copy, fax services available.
Monday-Friday, 8:30 a.m.-4:30 p.m.
Fee: 10¢ per side.

Fitness Room
Open to those who have already completed the Fitness Room Orientation.

Monday-Friday, 8:30 a.m.-4:30 p.m. Fee: FREE

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

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., 1 day 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 **Fitness** Flex & Stretch....10:00	Billiards....8:30 Causal Crafting....8:30 Computer Lab....8:30 Fitness Room....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 Lunch....12:00 Nickel Bingo....12:45 Dominos....1:00 Games/Puzzles....1:00 **Fitness** Total Body Conditioning....9:00 Chair Yoga....10:00	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
		1 Billiards....8:30 Walking Club....1:00.	**2** Casual Crafting....8:30 Nickel Bingo....12:45	**3** **Good Friday** Good Friday **Centers Closed**
6 **Easter Monday** **Centers Closed**	**7** Computer Lab....8:30 Master Gardeners....10:00 Pickleball....11:00 Dominos....1:00 Community Program Mobile Library....10:30	**8** Pure Play....10:30 **All Senior Centers Close at 1:30 p.m.**	**9** Total Body Conditioning....9:00 Chair Yoga....10:00 Volunteer Luncheon @ Jaycees **No Nickle Bingo**	**10** Senior Tech Appts....8:30 Community Program WIC Services....9:00 Pizza & Painting....12:30 Saturday, Apr. 11 **Tax Prep Day . . . 9 a.m.-2 p.m.**
13 AFEP....10:00 Fitness Beats....12:00 Artistic Aesthetics: *Casual Crafting*....1:00	**14** Flex & Stretch....10:00 Pickleball....11:00	**15** Games/Puzzles....10:00 Caregivers Presentation....11:00 Community Program Mobile Food Market....12:00	**16** Fitness Room....8:30 Bingo....12:45	**17** Billiards....8:30 Senior Tech Appts....8:30 Games/Puzzles....1:00
20 Core Fitness....9:00 Artistic Aesthetics: *Umbrella Décor*....1:00	**21** Pickleball....11:00 Let's Take a Trip....1:00	**22** Casual Crafting....8:30 Dominos....1:00	**23** Total Body Conditioning....9:00 I&A....9:30 Bingo....12:45	**24** AFEP....10:00 Friday Films....11:00 Community Program WIC Services....9:00
27 Fitness Beats....12:00 Artistic Aesthetics: *Casual Crafting*....1:00	**28** Flex & Stretch....10:00 Pickleball....11:00 Community Program Mobile Library....10:30	**29** Billiards....8:30 Safety Presentation....10:00	**30** Sr. Center Plus Presentation..11:00 Bingo....12:45	

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

Program Highlights

Mini Moo Meet & Greet
Get ready for the cutest meet-and-greet ever! Have you always dreamed of meeting a miniature cow? Now's your chance! Come say hello to two adorable mini members of K&J's Co-Op, bringing big smiles in the tiniest, fluffiest packages. They'll be hanging out outside in our cozy Pocket Park, ready for all the love and attention. You can look, gently pet, brush their soft coats, and snap the sweetest photos to remember the day. Don't miss this heart-melting opportunity, these little moo-velous friends can't wait to meet you! All ages welcome.
Wednesday, Apr. 1, 10am-Noon Fee: Free

Savings Priorities and Strategies
Join Navy Federal as they teach you about the Importance of saving, savings strategies, savings options and compound interest
Tuesday, Apr. 7, 10:30 a.m. Fee: FREE

Wreath Making
Join us for a fun, hands-on workshop where Sandra shares her tips and techniques for creating beautiful, one-of-a-kind wreaths. Each participant will design and make their own cheerful spring wreath to take home; perfect for welcoming the season with color and charm! Pre-registration required.
Friday, Apr. 10, 10 a.m. Fee: $10

Financial Education
Join Navy Federal as they teach you about budgeting, the importance of saving, building credit, managing debt and preventing fraud.
Monday, Apr. 13, 10:30 a.m. Fee: FREE

Earth Day 2026: Green Power Gathering
Earth Day, a global event held annually on April 22nd, raises awareness about environmental issues. The 2026 theme, ***Our Power, Our Planet,*** emphasizes shared responsibility for clean air, water, energy, natural resources, and climate stability. Population growth and land use changes have led to river pollution, as illustrated by this interactive story about the Potomac River shared during the event. Since everyone impacts the environment, all should participate in solutions. One way to help is by growing easy-care houseplants instead of buying short-lived flowers. Join the Charles County Master Gardeners to learn techniques for protecting the Potomac River from present and future pollution. Guidance on greenery for your home will also be provided. Together, these actions will empower every participant to have a positive environmental impact.
Pre-registration is required. (An easy to grow houseplant transplant will be provided for each pre-registered attendee.)
Tuesday, Apr. 14, 10:30 a.m. Fee: FREE

Safety Presentation
Come meet the Center's Security Officer and the County's Safety Officer to learn about what to do in the event of an active shooter and fire.
Wednesday, Apr. 15, 10a.m. Fee: FREE

Caregiving Stressors – Finding Resilience
Caregiving can be a stressful, lonely road. Finding ways to care for yourself is often difficult. This presentation discusses the emotional and physical toll of caregiving and offers suggestions on ways to cope.
Friday, Apr. 17, 10:30 a.m. Fee: FREE

Earth Day Yoga
Celebrate Earth Day outside! This gentle yoga class will be filled with love and gratitude to honor Mother Earth. We will also be making pinecone birdfeeders. Weather permitting, we will meet in the pocket park at the Waldorf Senior & Rec. Center.
Wednesday, Apr. 22 1 p.m. Fee: FREE

Budgeting
Join Navy Federal as they teach you about wants vs. needs, evaluating spending, setting goals and priorities, controlling spending, tools and tips to pay bills on time.
Friday, Apr. 24, 10:30 a.m. Fee: FREE

Healthy Shopping & Cooking on a Budget
Learn how to stretch your dollars while enjoying nutritious, delicious meals! Join Family and Consumer Sciences Educator, Dr. Littles, from the University of Maryland Extension for this engaging and informative workshop designed to help you make the most of your good dollars.
Wednesday, Apr. 29, 10 a.m. Fee: FREE

Ongoing Programs

Prayer Group
We are praying at the Center! All are invited to join our new Prayer Group. We will be meeting every first and second Tuesday of the month.
Tuesday, Apr. 7 & 14, 10 a.m. Fee: FREE

Widow & Widower Support Group
Facilitated by Brenda Dubose.
Monday, Apr. 13 & 27, 9:30 a.m. Fee: FREE

Book Club
This month's book is "The Good Earth" by Pearl S. Buck. Please come prepared with your thoughts on this book and join in the discussions. Next month's book will be "We Solve Murders" by Richard Osman.
Thursday, Apr. 16, 1 p.m. Fee: FREE

Jazz Appreciation
Join fellow jazz enthusiasts in our multi-purpose room to listen to some amazing Jazz. This will take place every third Friday of the month.
Friday, Apr. 17, 1 p.m. Fee: FREE

Bible Study
Facilitated by Minister Yvonnde' Wilson. All are welcome!
Tuesday, Apr. 21, 11 a.m. Fee: FREE

Poetry Club
Join the Poetry Club at the Waldorf Senior Center! Local poets come together to share their beautiful pieces of work with others. We will meet every third Tuesday of the month.
Tuesday, Apr. 21, 12:30 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 live your best life. For more information, please contact 301-609-4391. Takes place the last Tuesday of each month.
Tuesday, Apr. 28, 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

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 Lesley Renfro will be onsite to offer ideas to get you started in paper crafting. All paper crafting supplies will be provided, but feel free to bring your own.
Fridays, 1 p.m. Fee: FREE

Health & Fitness

Fitness Room Orientation
Mandatory before first use of fitness room. Registration required.
Wednesdays, Apr. 8 & 22, 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, Apr. 14, 21, & 28, 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., 1 day prior.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room ..... 9:00 Racquetball ..... 9:00 Guitar Club ..... 11:00 Pinochle ..... 11:00 Lunch ..... 12:00 Basic Sewing ..... 1:00 **Fitness** Chair Dance Aerobics ..... 9:30 Core & More ..... 10:30 Cardio Fitness ..... 11:30 Kettlebell Fitness ..... 12:30 Total Body Conditioning 1:30	Fitness Room ..... 9:00 Racquetball ..... 9:00 Cards & Games ..... 10:30 Pokeno ..... 10:30 Tech Time ..... 10:30 Lunch ..... 12:00 Walking Club ..... 12:30 Basketball ..... 1:00 Table Tennis ..... 2:30 **Fitness** Total Body Conditioning ..... 9:30 Gentle Stretching ..... 10:30 Line Dancing ..... 11:30 Beginners Tai Chi 1:00	Fitness Room ..... 9:00 Racquetball ..... 9:00 Basketball ..... 10:00 Bridge Club ..... 10:00 Lunch ..... 12:00 Basic Sewing ..... 1:00 **Fitness** Chair Dance Aerobics ..... 9:30 AFEP ..... 10:30 Basic Fitness Training 11:30	Fitness Room ..... 9:00 Racquetball ..... 9:00 Watercolors ..... 10:30 Pinochle ..... 11:00 Lunch ..... 12:00 Walking Club ..... 12:30 Mah Jong ..... 1:00 Basketball ..... 1:00 Guitar Club ..... 1:00 Table Tennis ..... 2:30 **Fitness** Total Body Conditioning ..... 9:30 Drums Alive ..... 10:30 Line Dancing ..... 11:30 Beginners Tai Chi 1:00	Fitness Room ..... 9:00 Racquetball ..... 9:00 Crochet Club ..... 10:00 Lunch ..... 12:00 Paper Crafting ..... 1:00 **Fitness** Chair Dance Aerobics ..... 9:30 Zumba ..... 10:30 AFEP ..... 11:30 Core and More ..... 12:30 Yoga Flow 1:30
		1 Mini Moo Meet & Greet ..... 10:00 Diabetes Prevention ..... 10:30 Circuit w/ Ariana ..... 1:00 **No Basketball**	**2** Bingo 10:30	**3** **Good Friday** **Centers Closed**
6 **Easter Monday** **Centers Closed**	**7** Prayer Group ..... 10:00 **Savings Priorities and Strategies 10:30**	**8** Fitness Orientation ..... 10:30 Diabetes Prevention ..... 10:30 **NO BASIC SEWING** **All Senior Centers Close at 1:30 p.m.**	**9** Volunteer Luncheon @ Jaycees **NO BINGO** **NO GUITAR CLUB**	**10** **Wreath Making 10:00**
13 Widow & Widower Support Group ..... 9:30 **Financial Education 10:30**	**14** Prayer Group ..... 10:00 Intro to Pickleball ..... 11:00 **Green Power Gathering 10:30**	**15** **Safety Presentation .... 10:00** Diabetes Prevention ..... 10:30 Circuit w/ Ariana 1:00	**16** Bingo ..... 10:30 Skills & Drills ..... 11:00 **Book Club 1:00**	**17** **Caregiving Stressors .... 10:30** Jazz Appreciation 1:00
20 WSC Council Meeting 9:30	**21** Bible Study ..... 11:00 Intro to Pickleball ..... 11:00 Poetry Club 12:30	**22** Fitness Orientation ..... 10:30 Diabetes Prevention ..... 10:30 **Earth Day Yoga 1:00**	**23** Bingo ..... 10:30 Skills & Drills 11:00	**24** **Budgeting 10:30**
27 Widow & Widower Support Group 9:30	**28** Intro to Pickleball ..... 11:00 **Better Breathers 1:00**	**29** **Healthy Shopping & Cooking on a Budget ... 10:00** Circuit w/ Ariana ..... 1:00 Groove Dance 1:00	**30** Bingo ..... 10:30 Skills & Drills 11:00	

Spring is Here!

There is no time like NOW to get you out and move. Exercise and fresh air not only lift one's spirits but give you the opportunity to be with friends and move your body! We would love to see in our outdoor adventures.

Walking Club on Mondays:
Laurel Springs Park
Begins Monday, Apr. 13, 9 a.m. • Fee: FREE
Biking w/ Friends on Fridays:
Volunteer Led
Indian Head Rail Trail (White Plains)
Begins Friday, Apr. 17, 1 p.m. • Fee: FREE

Beginner Line Dance

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

Richard R. Clark Senior Center
Wednesday, April 15, 1:30 p.m. • Fee: FREE
Instructor: Carrie Gravely

Earth Day

Earth Day Green Challenge!

This is about awareness and doing small things each day to take care of our precious Mother Earth!
Simple ways you can honor Earth Day:

Your challenge is: Reduce plastic. Buy local food from local markets. Plant something. Even a windowsill herb or container garden. Flowers attract bees and bees are good! Digging in the dirt is both physically and mentally good for your health. Donate or volunteer to an environmental group.

Outdoor Yoga & Bird Seed Pinecone Craft:
Waldorf Senior & Rec. Center
Registration Required.
Wednesday, April 22 1 p.m. • Fee: FREE

Welcome Felicia!

You may have seen her taking classes but now we have her teaching! Felicia brings a wealth of knowledge to our fitness team along with her energy we are excited to have her in the Senior Centers!

Waldorf Senior & Rec. Center

- Drums Alive – Thursdays, 10:30 a.m.
- Chair Dance Aerobics – Fridays, 9:30 a.m.
- Zumba – Fridays, 10:30 a.m.

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

Kayaking with Debi

Join us on this Earth Day Adventure

Calm waters and beautiful scenery make for a great experience. Registration required; kayaks provided.

Gilbert Run Regional Park
Beginner: Wednesday, Apr. 22, 10 a.m. • Fee: $5 for 1 hour
Self-led: Wednesday, Apr. 22, 11 a.m. • Fee: $5 for 1 hour

Thank You Volunteers

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

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

Debi & Nate

SENIOR CENTER MENU

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Grape Juice Philly Chicken Cheesesteak Peppers & Onions Lima Beans Orange Slices Sugar Cookie	**2** Grape Juice Honey Glazed Ham Cheesy Potato Casserole Garlic Green Beans Dinner Roll Strawberry Jello w/ Fresh Strawberries	**3** **Good Friday** **Centers Closed**
6 **Easter Monday** **Centers Closed**	**7** Apple Juice Smothered Pork Chop Mashed Potatoes Garlic Butter Spinach WW Bread Slice Fresh Fruit Easter Funfetti Cake	**8** Fruit Punch Chicken Alfredo w/ Rotini Pasta Fresh Garden Salad Fruit Cocktail	**9** Cranberry Juice Beef Tacos Salsa, Lettuce, Tomatoes, Sour Cream & Cheese Black Beans Pears Chocolate Chip Cookie	**10** Orange Juice Egg Salad Tomato Lentil Soup Coleslaw Grapes
13 Fruit Punch Veggie Quiche w/ Spinach, Onion & Peppers Fresh Carrots & Cucumbers Biscuit Pineapple	**14** Cranberry Juice Cheeseburger on Bun Green Beans Tater Tots Pears Oatmeal Raisin	**15** Fruit Punch Herb Butter White Fish Peas Carrots Rice Pilaf Fresh Oranges	**16** Apple Juice Chicken Parm w/ Spaghetti Noodles Garden Salad Peaches Chocolate Cake	**17** Grape Juice Turkey & Provolone on Whole Wheat Bun Tomato, Cucumber Salad Coleslaw Fruit Salad
20 Cranberry Juice Spaghetti & Meatballs Garden Salad Mandarin Oranges	**21** Apple Juice Italian Marinated Chicken Breast Italian Veggies Peas, Wild Rice Fresh Grapes Sugar Cookie	**22** Orange Juice Pulled Pork BBQ on WW Bun Buttered Corn on the Cobb Coleslaw Peaches	**23** **Birthday Celebration** Fruit Punch Turkey Meatloaf & Gravy Mashed Potatoes Lima Beans WW Sliced Bread Pears Carrot Cake	**24** Apple Juice Tuna Fish on Bun Chips Garden Salad Apple Pie
27 Fruit Punch Vegetarian Lasagna Spinach Green Beans Fresh Orange Slices	**28** Grape Juice BBQ Chicken Thighs Black Eyed Peas Carrots, Pasta Salad Fruit Cocktail Coconut Cupcakes	**29** Cranberry Juice Kielbasa on Roll Peppers & Onions Home Fries Peaches	**30** Apple Juice Turkey Shepards Pie w/ Mashed Potatoes Mixed Veggies Slice of Bread Fresh Grapes, Brownie	

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. ONE day 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
- **September 2-11, 2026:** Collette - Shades of the English Countryside.
- **September 24, 2026 or October 8, 2026:** 9 Night Royal Caribbean New England and Canada Fall Foliage Cruise
- **October 9- 14, 2026:** Mayflower - Albuquerque Balloon Fiesta
- **December 7- 15, 2026:** Mayflower – Christmas Market Cruise on the Danube River

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. one day prior to bingo to reserve your lunch.

Friday, Apr. 10, 9:30 a.m. • Fee: $4= 3 face cards; $8= 6 face cards

Indian Head Senior Council

Tech Basket Raffle

The Indian Head Senior Council is holding a raffle for a Tech Basket, which include a computer tablet! Tickets will be sold by council members, $1 each or 6 tickets for $5. The drawing will be at the Cinco de Mayo Tea Party on May 5th. You do not need to be present to win.

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 April

Sponsored/Hosted Activities & Events

Clark Senior Center	Indian Head Senior Center	Nanjemoy Senior & Community Center	Waldorf Senior & Rec. Center
Sunset Memorial, Council Bingo	All Clubs		Bingo, Pokeno