

The SCOOP

Charles County's Senior Center News



FEBRUARY 2020
www.CharlesCountyMD.gov



CASH BINGO Fundraiser

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

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



Veterans Assistance

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



29th Annual Senior Citizens Prom

Friday, Mar. 20 • 6 p.m. - 9 p.m.

The Charles County Association of Student Councils from each Charles County High School are the planners of this year's Senior Prom. There will be big band music, student escorts, dancing, door prizes, and more. The highlight of the evening is the crowning of the prom King and Queen! Enjoy a light buffet catered by the Greater Waldorf Jaycees. There are a limited number of tickets available for this **FREE** event. Please stop by any senior center beginning Wednesday, February 26 to pick up your tickets. **Held at the Greater Waldorf Jaycees Community Center.**

Free Income Tax Preparation

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



To schedule a tax preparation appointment:

Age 60 and older - please call 301-609-5712

Age 18-59 - please call 301-609-5704

Starting February 3, 2020 at the Richard R. Clark Senior Center tax preparers will be meeting individuals on Mondays, Wednesdays, and Fridays. (APPOINTMENTS ARE MANDATORY AND WALK-INS ARE NOT ACCEPTED).

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

Annual Buffet Bingo & Luncheon

Tuesday, Mar. 31 • 10 a.m.- 2 p.m.

Sponsored by The Greater Waldorf Jaycees and the Department of Community Services, a luncheon and bingo with an hour of karaoke this year! The event is open to all Charles County senior citizens, age 60 and older. After we have sung ourselves silly, we will fill up on a delicious cold buffet luncheon and play bingo for cash prizes. Please make your own transportation arrangements. There are a limited number of tickets available for this **FREE** event. Please stop by any senior center beginning Wednesday, March 4 to pick up your tickets. **Event is held at the Greater Waldorf Jaycees Community Center.**



COUNCIL NEWS SPONSORED/HOSTED ACTIVITIES & EVENTS

Clark Senior Center

Valentine's Day Program

Indian Head Senior Center

Migration of African American Music
Minute to Win-It
Waffle Wednesday

Waldorf Senior Center

Love to Love Party
Love Yourself
Black History in Motion

Nanjemoy Community Center

Youth Valentine's Dance

Senior Centers Holiday Schedule

All Senior Centers will be closed on Monday, Feb. 17 for President's Day.

Get a Property/Renters Tax Break

Did you know that the state of Maryland provides a tax credit for homeowners and a renter's rebate based on gross household income that is \$60,000 or less? Many seniors qualify for these tax credit programs, so don't miss the opportunity to apply.

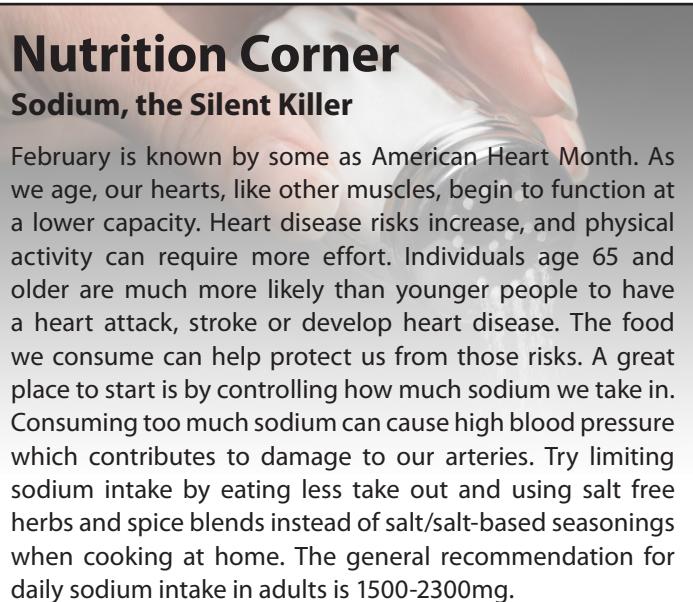
Any person submitting the tax credit or rebate application may receive one of the following:

1. A direct credit on their July property tax bill if the application is completed and received before May 1, 2020 or a later credit for applications received on or before September 1, 2020.
2. A direct check that is paid to the qualified renter applicant.
3. A written letter of denial stating the reason for ineligibility.

Applications are accepted and processed from February to September but applications that are received before May 1, 2020, would be eligible to receive the credit in time to take advantage of a discount on their property tax bill. Individuals age 60 plus, disabled persons of any age, and families with minor children can obtain an application by contacting the Department of Community Services, Aging, and Human Services Division at 301-609-5712 or 855-843-9725 or by visiting the Information Assistance and Referral Offices located in the Richard R. Clark Senior Center and the Waldorf Senior and Recreational Center.

Nutrition Corner

Sodium, the Silent Killer



February is known by some as American Heart Month. As we age, our hearts, like other muscles, begin to function at a lower capacity. Heart disease risks increase, and physical activity can require more effort. Individuals age 65 and older are much more likely than younger people to have a heart attack, stroke or develop heart disease. The food we consume can help protect us from those risks. A great place to start is by controlling how much sodium we take in. Consuming too much sodium can cause high blood pressure which contributes to damage to our arteries. Try limiting sodium intake by eating less take out and using salt free herbs and spice blends instead of salt/salt-based seasonings when cooking at home. The general recommendation for daily sodium intake in adults is 1500-2300mg.

What Is SHIP?

State Health Insurance Assistance Program (SHIP) is a free counseling service provided by Charles County Government, Charles County Department of Community Services, Aging & Human Services Division, through a grant from Maryland Department of Aging, the Administration for Community Living and the Centers for Medicare & Medicaid Services. Every state and United States territory offers a SHIP program. SHIP provides free, impartial information to help consumers make decisions regarding their health care choices. We strive to help them be wise consumers and to get the most value for their health insurance dollars.

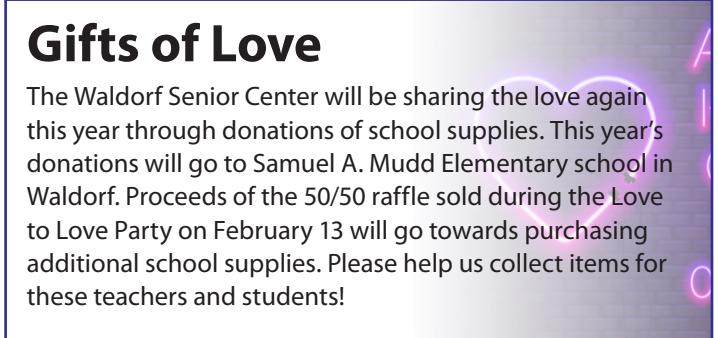
SHIP is staffed by paid individuals and trained volunteer counselors who are certified by the Maryland Department of Aging. Staff and volunteers receive regular training providing updates to keep them current with recent changes in Medicare and other healthcare insurance options. We can be reached at 301-609-5712 and 301-934-0118.

SHIP:

- Provides educational materials and brochures.
- Educates beneficiaries so that they can understand Medicare, organize their records, file claims, and appeal Medicare decisions.
- Teaches consumers to assess their needs so they can make informed decisions about their health insurance policies.
- Informs consumers of their rights as a Medicare beneficiary or health insurance policyholder.
- Shows consumers how to evaluate the available Medicare Part D and Supplemental Insurance Policies.
- Refers clients to appropriate agencies where they can get help with other needs.
- Assists clients with finding help to pay for their Part B Premium and prescriptions including manufacturers' patient assistance programs, and retail discounts.
- Provides speakers to make presentations to groups.

We provide educational sessions two Wednesdays every month at the Richard R. Clark Senior Center.

Gifts of Love



The Waldorf Senior Center will be sharing the love again this year through donations of school supplies. This year's donations will go to Samuel A. Mudd Elementary school in Waldorf. Proceeds of the 50/50 raffle sold during the Love to Love Party on February 13 will go towards purchasing additional school supplies. Please help us collect items for these teachers and students!

NEW!

Senior Call Check Program

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

How does this program work?

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

Who can participate?

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

How to apply?

There are three options available to apply:

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

When do calls begin?

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

Information provided by the Maryland Department of Aging website.

National Heart Health Month

Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. About 647,000 Americans die from heart disease each year – that's 1 in every 4 deaths. Heart disease in the United States, creates an enormous burden for people, communities, and healthcare providers and system. In the United States, someone has a heart attack every 40 seconds.

Know Your Risk for Heart Disease

Several health conditions, your lifestyle, your age and family history can increase your risk for heart disease. About half of all Americans have at least 1 of 3 key factors for heart disease: high blood pressure, high cholesterol and smoking.

Prevent Heart Disease

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack.

Choose Healthy Habits. Choose healthy meals and snacks to help prevent heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods. Eating foods high in fiber and low in saturated fats, trans fats, and cholesterol can help prevent high cholesterol.

Keep a healthy weight. People who are overweight or obese have a higher risk for heart disease. Get regular physical activity. Physical activity can help you maintain a healthy weight and lower your blood pressure, cholesterol and blood sugar levels. For adults, 2 hours and 30 minutes of moderate intensity exercise every week is recommended. Most importantly, don't smoke.

Take Charge of your Medical Conditions

Your health care team should test your blood levels of cholesterol at least once every 4 to 6 months.

High blood pressure usually has no symptoms, so have it checked on a regular basis. If you have been diagnosed with high blood pressure, your health care team will measure your blood pressure more often.

If you have diabetes, monitor your blood sugar levels carefully. Talk with your health care team about treatment options.

Take your medicines as directed. If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something and never stop taking your medicine without consulting your health care team.

Information provided by the Centers for Disease Control and Prevention.



5 Ways to Reduce Stress

Fighting traffic. Taking a medical test. Worrying about money. While never fun, stresses like these are a normal part of life. "It's our body's response to something that's upsetting our balance," says Mary Hannah, RN, manager of population health at University of Maryland Charles Regional Medical Center.

But too much stress can contribute to hypertension and other medical conditions. Stress also increases cortisol, a hormone that can trigger weight gain and fat storage. To avoid consequences, try these strategies:

1. When acute stress strikes, take slow, deep breathes and focus on an object.
2. Identify and acknowledge the stress. "Prioritize and triage sources of stress and eliminate or delay things that do not need immediate attention," says Carolyn Engleson, a certified holistic nurse with Charles County Department of Health.
3. Walk outside in nature, paying attention to your surroundings and breathing in the fresh air.
4. To manage your stress long term, try meditation or yoga. Both have been shown to calm the mind.
5. Engage in exercise that is enjoyable, such as dancing or bike riding. "If you enjoy it, the habit will stick," Hannah says.

Information provided by Maryland's Health Matters, a publication from University of Maryland Charles County Regional Medical Center.



Thank you, Show Troupe!

We'd like to offer a huge thank you to the seniors that participated in this year's Holiday Show Troupe! The show was absolutely magical and festive! A true treasure to see. Thank you for all of your commitment, time and sharing your talents with us! We can't wait to see what they come up with in the spring.



Energy Assistance

Every little bit helps

The Office of Home Energy (OHEP) helps eligible Maryland residents pay their utility bills, minimize the strain when the cold weather sets in, and make energy costs more affordable by providing grants under the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP).

**Applicants must reapply every year after July 1 for their benefits to continue. Be sure to bring the following with you.

- Copy of Applicant's Photo Identification.
- Copy of Social Security Card for everyone living in the home.
- Proof of residency – a copy of your current lease or current driver's license.
- Proof of household's gross income for everyone in the home for the last 30 days - Social Security Statement of Benefits form (2019), pay stubs, pension, annuity, investment income, Veterans Benefit Payments, etc.
- Most recent energy bills, your home energy supplier, and account number (electric/heating source.)

Seniors age 60+ can receive application assistance; obtain information or schedule an appointment to apply by contacting our Aging and Disability Resource Center staff at 1-855-843-9725 or 301-609-5712.

Black History Celebrations

Black History Month, also known as African American History Month, is an annual observance in United States, Canada, and the United Kingdom for the remembrance of important people and events in the history of the African diaspora. Although this month was mainly established to celebrate and honor the work of African Americans, it signifies unity and recognition cutting across racial and geographical barriers. Join us at one of our Senior Centers as we celebrate Black History Month.

- African American Inventors, Feb. 4, WSRC (pg. 12)
- Black History Video Documentary, Feb. 4, Feb. 12, Feb. 27, Clark (pg. 6)
- Afrocentric Shopping, Feb. 11-13, IHSC (pg.8)
- Who Were the African American Buffalo Soldiers? Feb. 13, Nanjemoy (pg. 10)
- Movie Matinee: Rosa Parks' Story, Feb. 13, Nanjemoy (pg. 10)
- Barack Obama, Feb. 18, Nanjemoy (pg. 10)
- Fireside Chat with Louise Webb, Feb. 19, Clark (pg. 6)
- The Autobiography of Miss Jane Pittman, Feb. 19, Nanjemoy (pg. 10)
- Migration of African American Music, Feb. 25, IHSC (pg. 9)
- Black History in Motion, Feb. 25, WSRC (pg. 12)

CLARK SENIOR CENTER

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

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Visit www.CharlesCountyMD.gov/CS

Special Presentations

How Home Care Works

Lakeysha Moore of Robert's Home Care will provide you with important information to help you make those difficult decisions.

Wednesday, Feb. 5, 10 a.m. Fee: Free

"The Houseboat Poet" Book Signing

Join Jim McDonald, author of "The Houseboat Poet", as we hear about his life through his books, a compilation of self-written poetry that leads you throughout his life.

Thursday, Feb. 6, 11 a.m. Fee: Your purchase

Valentine's Day Play

Join the Clark Center Prime Timers as they perform the play "The Wayward Bus". Enjoy a delicious lunch and stay for afternoon bingo. Registration Required.

Thursday, Feb. 13, 10:30 a.m. – Noon

Fee: \$6/60 & over, \$8/59 & younger.

Senior Solutions

Get answers to all those confusing life insurance questions.

Tuesday, Feb. 18, 10:30 a.m. Fee: FREE

Fireside Chat with Louise Webb

Join Ms. Webb by the fire as she talks about her life growing up on a farm in Southern Maryland.

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

Make Your Own Medicine

Did you know your body produces its own medicines, and you can influence how much, and how well this is done? Wouldn't you rather have custom made medicines just for you? Join Anne Overall for an informative workshop that will empower you with the knowledge you need to improve and maintain good health. Materials and snack included. Registration required by Wednesday, February 19.

Wednesday, Feb. 26, 10:30 a.m. – Noon

Fee: \$15

Black History Video Documentary

Tuesday, Feb. 4, 10 a.m. to Noon

Wednesday, Feb. 12, 10 a.m. to Noon

Thursday, Feb. 27, 10 a.m. to Noon

Special Events & Daily Activities

Widow to Widow Support Group

Women's group focusing on grief facilitated by Fran Bryner.

Monday, Feb. 3, 1 p.m. Fee: FREE

Creative Coloring

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

Chinese New Year Lunch

Celebrate the Chinese New Year with a lunch from Hunan Star. Registration and prepayment required by Friday, Jan. 31.

Tuesday, Feb. 4, Noon

Fee: \$7/pp

Book Club

The Library Book, by Susan Orlean.

Thursday, Feb. 6, 1 p.m.

Fee: FREE



Newcomers Coffee

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

Wednesday, Feb. 19, 10 a.m.

Fee: FREE

Spiritual Enrichment w/Ruth

Tuesdays, 11 a.m.

Fee: FREE

Winter Ice Cream Social

Join your Clark Center friends for a tasty ice cream treat! Sign up required.

Tuesday, Feb. 25, 11 a.m.

Fee: FREE

Classes

Spanish Class-Drop In

Mondays, 10 a.m.

Fee: FREE

Brazilian Embroidery

Join Sharon Laughery to learn how to make some beautiful works of art. Registration required.

Mondays, 10 a.m. – Noon

Fee: Class is free with a \$25 one-time supply fee.

Young at HeART

Artistic expression through acrylic painting.

Monday, Feb. 3 & 24, 1 p.m. Beginner Class

Monday, Feb. 10, 1 p.m. Intermediate Class

Fee: Donation

Genealogy

Join Virginia to learn how to research your family tree.

Tuesday, Feb. 11, 10 a.m.

Fee: FREE

AARP Safe Driving Course

Tuesday, Feb. 11, 10 a.m. – 3 p.m.

Fee: \$15/Member \$20/Non-Member.

Sewing Machine Orientation

Facilitator Kaye Webb.

Tuesdays, Feb. 4 & 18, 10 a.m. – Noon Fee: FREE

Jewelry Club Class

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

Wednesday, Feb. 5 & 19, 10 a.m. Fee: FREE

Make Your Own Bath Salts

Learn how to make your own bath salts.

Tuesday, Feb. 11, 10:30 a.m. Fee: \$2/per jar

Services

Computer Help with Sharma

Basic computer help offered. Bring your laptop or you may use our computer lab.

Thursdays, Feb. 6 & 20, 10 a.m. – Noon

Fee: FREE

Watch Repair

Vern will get those watches ticking like new.

Wednesdays, Feb. 5 & 19, 10 a.m.

Fee: Your Purchase

Massage Therapy by Appointment

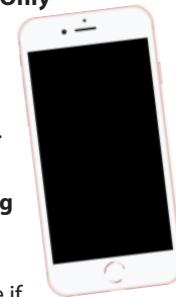
Wednesdays, Feb. 5, 19 & 26, 9 a.m.

Fee: \$25-\$55

Reflexology by Appointment

Wednesday, Feb. 12, 9 a.m.

Fee: \$15/30 minutes



Cell Phone Help – iPhone Only

Join Ann to get some answers to your iPhone questions. Please sign up.

Wednesday, Feb. 12, 11 a.m.

Fee: FREE

Brother Jay's Car Detailing by Appointment

Exterior & interior cleaning. Schedule subject to change if we have freezing temperatures or inclement weather.

Friday, Feb. 21, 9 a.m. – 3 p.m. Fee: \$30/vehicle

Fitness

Fitness Orientation

Mandatory before first use of fitness room. Registration required.

Tuesday, Feb. 4, 2:30 p.m.

Fee: \$5

Wednesday, Feb. 12 & 26, 1:30 p.m.

Fee: \$5

NEW Dance & Fitness

See Page 14 for details.

Ballet 101

See Page 14 for details.

Hand Dance

Join Louise Pyles & her dancing crew as they teach you the basics. Great exercise and fun!

Fridays, Feb. 7 - Mar. 27, 1 p.m.

Fee: \$4

CLARK SENIOR CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards Drop-In 9:00 Sewing Drop-In 9:00 Duplicate Bridge 10:00 Spanish Drop-In 10:00 Brazilian Embroidery 10:00 2N1 Club 10:15 Creative Coloring 11:30 Pinochle 1:00 Young at HeArt 1:00 Fitness Pilates 9:00 Total Body Conditioning 10:00 Drums Alive 11:00 Ballet 101 12:00 Circuit Training 2:30	Billiards Drop-In 9:00 Sewing Drop-In 9:00 Guitar Jam 10:00 Fine Arts 10:00 Chess Club 10:30 Spiritual Enrichment 11:00 Pokeno 1:00 So MD Woodcarvers 1:00 Fitness Flex & Stretch 8:30 Yoga 9:30 AFEP 10:30 Fitness w/ Dee 11:00 Zumba Noon Line Dance 1:00 Weekly Workout 5:00	Mah Jong 9:00 Billiards Drop-In 9:00 Jazzy Quilters 9:00 Knit & Crochet 9:00 Quilting Workshop 9:00 Bridge 11:00 Canasta/Pinochle 12:30 Spades 1:00 Powder Puff Billiards 1:00 RRCSC Gospel Singers 2:00 Fitness Strength Training 9:15 Breathe Easy 10:30 Exercise Express 11:00 Dance & Fitness 12:00	Quilting Class 9:00 Billiards Drop-In 9:00 Stained Glass 10:00 Reflections 1:00 Fitness Flex & Stretch 8:30 Tai Chi for Health 9:30 AFEP 10:30 Fitness w/ Dee 11:00 Zumba Noon Beginner Line Dance 1:00 Rehearsals Prime Timers 2:00	Project Linus 9:00 Billiards Drop-In 9:00 Guitar Jam 10:00 Oil Painting/Acrylics 10:00 Canasta/Pinochle Noon Pokeno 1:00 Fitness Strength Training 9:15 Gentle Yoga 10:30 Hand Dance 1:00 Reconditioning Wellness 2:30
3 Widow to Widow 1:00 Young at HeArt Beg 1:00	4 Sewing Machine Orientation ... 10:00 Black History Video 10:00 Chinese New Year Lunch 12:00 Fitness Orientation 2:30	5 Massage Therapy 9:00 How Home Care Works ... 10:00 Watch Repair 10:00 Jewelry Club Class 10:00	6 Computer Help 10:00 The Houseboat Poet Book Signing 11:00 Book Club 1:00	7 Hand & Foot Canasta 10:00
10 Young at HeArt Int 1:00	11 Genealogy 10:00 AARP Safe Driving 10:00 Make Your Own Bath Salts 10:30	12 Reflexology 9:00 Black History Video 10:00 Cell Phone Help 11:00 Fitness Orientation 1:30	13 Valentine's Play 10:30 Bingo After Play Ends	14 Project Linus 9:00 Valentine's Dance Party 12:00
17 President's Day  All Senior Centers Closed	18 Sewing Machine Orientation ... 10:00 Chess Club 10:30 Senior Solutions 10:30	19 Massage Therapy 9:00 Newcomers Coffee 10:00 Watch Repair 10:00 Jewelry Club Class 10:00 Fireside Chat 10:30	20 Computer Help 10:00 Acy-Deucey 10:30 Birthday Celebration 12:30	21 Mobile Car Detailing 9:00
24 Sisters at Heart Breast Cancer Support Group 11:30 Young at HeArt Beg 1:00	25 Winter Ice Cream Social 11:00	26 Massage Therapy 9:00 Make Your Own Medicine 10:30 Fitness Orientation 1:30	27 Black History Video 10:00	28 Hand & Foot Canasta 10:00

Upcoming Event! Spring Fling Craft and Vendor Fair. Thursday, April 2. 10 a.m. to 2 p.m. Open to the public. Reserve your table today!

INDIAN HEAD SENIOR CENTER

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

Get your Latest *SCOOP* online!

Visit www.CharlesCountyMD.gov/CS

Daily Activities

Watch Repairs

We are fortunate to have a senior, Vern Smith, willing to replace batteries and/or fix your watch(es). New this year, Vern can help you display a special watch as a necklace.

Monday, Feb. 3, 9:30 a.m. Fee: Cost of Service

Car Detailing

Weather permitting, Brother Jay's Mobile Car Detailing will be at the center to help you love your car. Sign-up required.

Monday, Feb. 10, 9:30 a.m. Fee: \$30/vehicle

Afrocentric Shopping

Are you looking for that one-of-a-kind item to wear or showcase? Our clubs will be selling unique handmade items to celebrate African American culture.

Tuesday, Feb. 11, 10 a.m. Fee: Your Purchases

Wednesday, Feb. 12, 10 a.m. Fee: Your Purchases

Thursday, Feb. 13, 10 a.m. Fee: Your Purchases

Aging Resource Outreach

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

Thursday, Feb. 13, 10 a.m. Fee: FREE

Minute to Win-It

Back by popular demand. Get your team together to beat another team. All tasks must be completed within a minute.

Friday, Feb. 14, 10 a.m. Fee: FREE

Waffle Wednesday

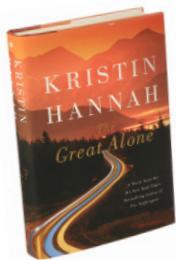
Time for a waffling Winter Wednesday. Toppings will be available for this special morning treat.

Wednesday, Feb. 26, 9 a.m. Fee: Donation

Literary Club:

The Great Alone by Kristin Hannah

Bring out your tissues and coffee for this all-nighter. Author, Kristin Hannah, brilliantly parallels the dangers of the Alaskan frontier with the dangers that live in man. The Allbright family deals with the violence of Ernt and the violence of the harsh winters of Alaska. Facilitator: Suzie Kuch, CCPL.



Wednesday, Feb. 26, 11 a.m. Fee: FREE

Classes

Jewelry Club

Making new jewelry concentrating on African American culture.

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

Hooked on Yarn

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

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

Line Dancing w/Pat

Thursday, Feb. 6 & 13, 1 p.m. Fee: FREE

Ceramics

Pieces available for beginners.

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

Safer Internet

Together for a Better Internet is the 2020 theme. Learn how we can help empower our youth and ourselves to control our digital lives. Facilitated by Charles County Staff.

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

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

Poetry Corner

Dorothy Simms shares her love of crafts and poetry.

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

CPR Training

How can you help someone who is having a heart attack? Certified CPR instructor Ishmael Josiah from Ingenuity Security Solutions will teach lifesaving techniques (CPR/AED) in a fun and welcoming atmosphere. Registration Required.

Monday, Feb. 24, 10 a.m. Fee: \$20

Health and Nutrition

Red Foods for Your Health

Eat the color of the rainbow, says the experts. Red foods are full of antioxidants known to help fight heart disease. Facilitated by staff.

Monday, Feb. 3, 11:30 a.m. Fee: FREE

National Wear Red Day

Heart disease claims the lives of one in three women. Eighty percent of cardiac events can be prevented. Learn about "Life's Simple 7" developed by the American Heart Association.

Friday, Feb. 7, 9 a.m. Fee: FREE

Fitness Training

Mondays & Wednesdays, 9:15 a.m.

Fee: Fitness Card

Chair Pilates

Tuesdays & Thursdays, 9:15 a.m.

Fee: Fitness Card

AFEP (Arthritis Foundation Exercise Program)

Seated exercised design to help with your ROM (range of motion).

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

TOPS

Take Off Pounds Sensibly with this weight loss support group.

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

Breathing w/Dawn

Changing your breathing can change your life. When you focus on your breathing you can reduce your stress levels and lower your blood pressure. Dawn Camp will be joining us weekly to help us awaken our minds and bodies with each breathe.

Fridays, 11 a.m. Fee: Donation

Seated Massage (note days and times)

Fridays, Feb. 7 & 21, 9 a.m. - 1 p.m. Fee: \$8 - \$22

Heart Health w/ Debi

How can strength, balance and flexibility exercises make your heart healthy? Debi Shanks, our Health Promotion and Physical Fitness Coordinator, will demonstrate exercises for a healthy heart.

Monday, Feb. 10, 12:45 p.m. Fee: FREE

Alzheimer's Programs

Nancy Quarles from our local Alzheimer's Chapter will discuss signs for early detection of Alzheimer's.

Thursday, Feb. 20, 11:15 a.m. Fee: FREE

Winter Layers

Did you know there is actual scientific evidence that shows layering clothing in the winter keeps you warm? It's not just fashionable. Join staff for this lively interactive presentation.

Thursday, Feb. 27, 11:15 a.m. Fee: FREE

Fitness Friday

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

Friday, Feb. 28, 10 a.m. Fee: Fitness Card

FITNESS FRIDAY

INDIAN HEAD SENIOR CENTER

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

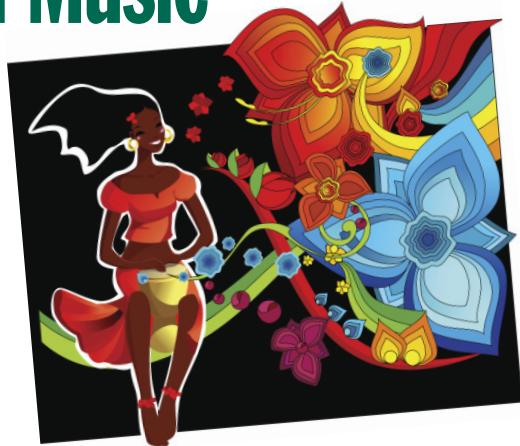
Hours: 9 a.m.–3 p.m., Monday–Friday

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

Migration of African American Music

The Indian Head Senior Center will celebrate African American (Black) History month in music. We will remember the rich music that is identified as having African American roots from slavery to modern times. The music tells stories and sends messages. Sit back and relax as One Spirit One Grove entertains us with gospel, jazz and R & B. Afrocentric shopping will be available, 50/50, and door prizes. Sponsored in part by Senior Services of Charles County, Inc, Charles County Arts Alliance, SMECO and the Indian Head Senior Center Council.

Tuesday, Feb. 25, 10:45 a.m. • Fee: \$6, includes lunch donation



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards 9:00 Fitness w/Lamont 9:15 Bingo 9:30 Tai Chi for Health 10:30	Billiards/Cards 9:00 Chair Pilates 9:15 Jewelry Club 9:30 AFEP 10:30	Billiards/Cards 9:00 Fitness w/Nate 9:15 Hooked on Yarn 9:30 Quilt 'N Chicks 10:00 Tai Chi for Health 10:30	Billiards/Cards 9:00 Chair Pilates 9:15 TOPS 9:30 AFEP 10:30 Canvas Painting – Plus 1:00	Seated Yoga 9:00 Ceramics 9:30 Billiards/Cards 10:00 Breathing w/Dawn 11:00 Books of the Bible 1:00
3 Watch Repairs 9:30 Red Foods for Your Health . . 11:30	4 Council Meeting 9:30 Humane Society Bingo 11:00 Pastor Chris & Friends 1:00 No Jewelry Club Today	5 Cash Bingo Senior Services of Charles County, Inc. at WSRC . . . 10:00 Crafters Corner 10:00	6 Acy Ducey 10:30 Line Dancing w/Pat 1:00	7 National Wear Red Day . . . 9:00 Seated Massage 9:00
10 Car Detailing with Brother Jay . . . 9:30 Hand Massage Monday 10:00 Heart Health w/Debi . . . 12:45	11 Afrocentric Shopping 10:00 Spades 10:30 Safer Internet . . . 1:00	12 Afrocentric Shopping 10:00	13 Afrocentric Shopping 10:00 Aging Resources Outreach 10:00 Line Dancing w/Pat 1:00	14 Minute to Win-It . . . 10:00
17 President's Day  All Senior Centers Closed	18 Humane Society Bingo 11:00 Mobile Library 11:30	19 Poetry Corner 10:30 Safer Internet . . . 1:00	20 Alzheimer's Program . . . 11:15 Women Heart Quiz 1:15	21 Seated Massage 9:00
24 CPR Training 10:00 No Tai Chi Today	25 Migration of African American Music w/ One Spirit One Groove . . . 10:45 No Classes or Clubs Today	26 Waffle Wednesday . . . 9:00 Pokeno 10:00 Literary Club 11:00	27 Winter Layers 11:15	28 Fitness Friday 10:00

NANJEMOY SENIOR/COMMUNITY CENTER

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

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Special Events & Daily Activities

Council Meeting

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

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

Visit Health Partners

Blood Pressure screening every Tuesday.

Tuesday, Feb. 4, 11, 18, 25, 10 a.m. Fee: FREE

Chinese New Year 2020

The Rat is the first of the zodiac animals. According to one myth, the Jade Emperor said the order would be decided by the order in which they arrived to his party. Join us as we learn more about the Year of the Rat.

Wednesday, Feb. 5, 10 a.m. Fee: FREE

Name that President

February 17th is President's Day. We have a few trivia questions that need to be answered. Join in on the fun!

Friday, Feb. 7, 10 a.m. Fee: FREE

International Day of Women Scientists

Alice Ball, a Chemist, broke many barriers before she died at the young age of 24. Alice was the first black American to obtain what? Join us to find out what Ms. Ball obtained!

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

10 Facts about Abraham Lincoln

How many facts will you know? Join us as we learn more about Abraham Lincoln.

Wednesday, Feb. 12, 10 a.m. Fee: FREE

Who Were the African Buffalo Soldiers?

These soldiers fearlessly fought in the Civil War. As a matter of fact, about 200,000 African American soldiers served the US to rid the plague of slavery. Join us for this interesting conversation.

Thursday, Feb. 13, 10:30 a.m. Fee: FREE

Barack Obama

Did you know Barack was an attorney before he became the 44th president of the United States? Come find out more!

Tuesday, Feb. 18, 10 a.m. Fee: FREE

The Autobiography of Miss Jane Pittman

Come learn about the struggles of an African American young girl in the south at the end of the Civil War.

Wednesday, Feb. 19, 10 a.m. Fee: FREE

First Astronaut to Orbit the Earth

In 1962, John Glenn orbited Earth, circling it three times. Join us for this history lesson.

Thursday, Feb. 20, 10 a.m. Fee: FREE

Spin the Bottle for a Chocolate Kiss

Let's see how honest you are with this truth or consequences game.

Tuesday, Feb. 25, 10 a.m.

Fee: FREE

A Bomb Exploded at the World Trade Center in 1993

The World Trade Center bombing was a terrorist attack on the World Trade Center, carried out on February 26, 1993. Come learn more as we discuss the events that shaped our history on this day.

Wednesday, Feb. 26, 10 a.m. Fee: FREE

Write it Down

You can't deal with anger, resentment or guilt until you are aware of what you are feeling. No matter where you are in your life, reflective writing can improve mental, physical, emotional and spiritual health.

Thursday, Feb. 27, 10 a.m. Fee: FREE

Special Presentations

Heart Health

Gabriel Staniou, CRNP, from Health Partners will do a presentation on how to take better care of our hearts.

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



Upcoming Event

Line Dancing with Debi Shanks.

Pre-registration required.

March 12, 10:30 a.m. Fee: FREE

Living Well with Chronic Conditions

Put your *life* back in your life. Are you an adult with ongoing health conditions? If you have a condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, and/or anxiety, the Living Well Program can help you take charge of your life.

Meets once a week for 6 weeks. Space is limited. Pre-registration is required.

March 19, 26, April 2, 9, 16 and 23

9:30 a.m. - Noon Fee: FREE

Arts & Crafts

Candy Hearts

Thursday, Feb. 6, 10 a.m.

Fee: \$1

Heart Mobile

Monday, Feb. 10, 10 a.m.

Fee: \$1

Making a Bird Feeder

Monday, Feb. 24, 10 a.m.

Fee: \$1

Pre-registration required.

Fitness

Group Fitness with LaMont

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

Mondays, 11 a.m.

Fee: FREE

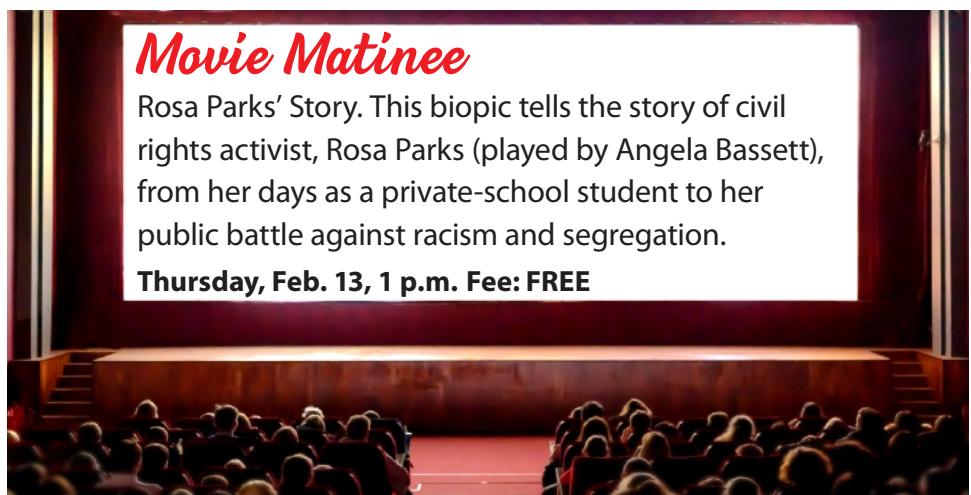
Arthritis Foundation Exercise Program with Nate

Fun and motivating exercises designed for strength and flexibility. Can be done seated or standing.

Movie Matinee

Rosa Parks' Story. This biopic tells the story of civil rights activist, Rosa Parks (played by Angela Bassett), from her days as a private-school student to her public battle against racism and segregation.

Thursday, Feb. 13, 1 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-Fri
 Luncheon at Noon—Reservation/Registration Required
 Reserve lunch by 10 a.m. the preceding day.
 Community Center Hours:
 8:30 a.m.-4:30 p.m., Mon-Fri

Be Our Valentine's Day Celebration

Americans have celebrated Valentine's Day since the 19th Century, but the holiday became really popular in the 20th century. What's most important on Valentine's Day is not what you do, or how much money you spend, it's to show that you care for others. Friends, classmates, colleagues, family or neighbors. Join us for a day of encouragement as we boogie down with DJ Swag Money (Lamar Dunnington) for the afternoon of fun! Registration Required



Friday, February 14, 11 a.m. - 2 p.m. • Fee: \$6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer Lab 8:30 Fitness Room..... 8:30 Billiards Drop In..... 9:00 Board Games..... 10:00 Fitness Training w/Lamont 11:00 Nickel Bingo..... 1:00	Computer Lab 8:30 Fitness Room..... 8:30 Billiards Games 9:00 Visit Health Partners..... 10:00	Computer Lab 8:30 Fitness Room..... 8:30 Billiards Games 9:00 AFEP w/Nate 11:00 Nickel Bingo..... 1:00	Computer Lab 8:30 Fitness Room..... 8:30 Billiards Games 9:00	Computer Lab 8:30 Fitness Room..... 8:30 Billiards Games 9:00 Nickel Bingo..... 12:30
3 Council Meeting 10:00	4 Heart Health Presentation by Gabe Staniou, CRNP 10:00 Visit Health Partners for Blood Pleasure Screening..... 1:00	5 Chinese New Year 2020: Year of the Rat..... 10:00	6 Arts & Crafts: Candy Hearts.... 10:00 Word Scramble..... 1:00	7 Name that President 10:00
10 Arts & Crafts: Heart Mobile.... 10:00	11 International Day of Women Scientists..... 10:30 Word Search 1:00	12 10 Facts: Abraham Lincoln's Birth Anniversary 10:00	13 Who Were the Buffalo Soldiers .. 10:30 Movie Matinee: Rosa Parks' Story 1:00	14 Be Our Valentine's Day Celebration 11:00-2:00 No Nickel Bingo Today
17 President's Day  All Senior Centers Closed	18 Barack Obama..... 10:00 Find the hidden pictures 1:00 Mobile Library..... 1:30	19 The Autobiography of Miss Jane Pittman 10:00	20 Info. Assistance..... 10:00 First Astronaut to Orbit the Earth..... 10:00	21 Paint by Numbers 10:00
24 Arts and Crafts: Bird Feeder 10:00	25 Spin the Bottle for a Chocolate Kiss..... 10:00 Anyone for a game of Pool?..... 1:00	26 A Bomb Exploded at the World Trade Center in 1993.... 10:00	27 Write it Down 10:00 Dealing with Difficult Family Members..... 1:00	28 Fun with Trivia..... 10:00

WALDORF SENIOR & RECREATIONAL CENTER

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

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Visit www.CharlesCountyMD.gov/CS

Special Events & Daily Activities

Love Yourself

Enjoy a relaxing facial and learn some special makeup techniques to celebrate and be beautiful for YOU. Party guests can try out/ play with new lipstick shades, blushes, eyeshadows and eyebrows. Games & special prizes during the fun! Refreshments will be served. Pre-registration required!

Tuesday, Feb. 11, 10 a.m. Fee: \$3

Movie: Lincoln

Directed by Steven Spielberg, "As the Civil War continues to rage, America's president struggles with continuing carnage on the battlefield as he fights with his own cabinet on the decision to emancipate the slaves."

Friday, Feb. 14, 10 a.m. Fee: FREE

Book Club: All the Light We Cannot See by Anthony Doerr

Facilitated by a Charles County Library, P.D. Brown, staff member.



Stop by the senior center to pick up your copy.

Wednesday, Feb. 19, 1 p.m. Fee FREE

Black History in Motion

Ms. Ella Harrison and friends will be here to perform skits highlighting the historical journey of Africans Americans.

Tuesday, Feb. 25, 10:30 a.m. Fee: FREE

Special Presentations

African American Inventors

Did you know that many of the products we use every day were created by African Americans? Join us to discuss these marvelous minds and their inventions!

Tuesday, Feb. 4, 11:15 a.m. Fee: FREE

How Home Care Works

What to expect when facing the unexpected. Session will touch on key points such as what home care is, private duty vs. agency, how to choose a caregiver, who pays and more!

Wednesday, Feb. 12, 9:30 a.m. Fee: FREE

Senior Employment Program

Jodi Cabi will discuss the Senior Community Service Employment Program. This program is for community residents age 55 and older who qualify and are interested in new training to re-enter the workforce.

Wednesday, Feb. 19, 9:30 a.m. Fee: FREE

Medstar Health: Physical Therapy Classes

Monday, Feb. 24, 10 a.m. Fee: FREE

The Bible Project

This project takes you on a chronological journey through the entire Bible over the course of one year. Facilitated by Julie Youmans.

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

Acey Duecy

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

Tuesday, Feb. 18, 10:30 a.m. Fee: FREE

Mixed Media w/ Pat

Tuesday, Feb. 4 & 18, 11:30 a.m. Fee: \$5/class

Crochet & Knitting Club

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

Wednesday, Feb. 26, 10 a.m. Fee: FREE

Nourish Your Brain

What you eat, how you think, and how you move all impact your brain. Come and learn how to keep that important organ functioning optimally! Presented by Anne Overall. Pre-registration required.

Tuesday, Feb. 25, 10:30 a.m. Fee: \$15

Coloring Club

Coloring is more fun with company!

Friday, Feb. 28, 10 a.m. Fee: FREE

On-going Watercolors

Material list provided. Instructor: Pat Arnold.

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

Spring Craft

Julie Youmans will lead you through the creation of a spring craft you'll want to leave up all year long! Registration Required.

Monday, Feb. 24, 11 a.m. Fee: \$4

Services

Widow to Widow Support Group

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

Thursday, Feb. 13, 10 a.m. Fee: FREE

Charles County Mobile Library

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

Wednesday, Feb. 12, 9:15 a.m. Fee: FREE

Reflexology by Crystal Jackson

Involves application of pressure to the feet and hands with specific thumb, finger, and hand techniques. Appointment required.

Friday, Feb. 28, 9:30 a.m.- 2:30 p.m.

Fee: \$15/30 min

Quality is the Cut

Master Melvin Barber and Mrs. Cobbins will be offering haircuts each month. Appointments preferred; walk-ins welcome.

Fridays, Feb. 7 & 21, 9:30 a.m. – 1 p.m. Fee: \$5

Highly Favored Massage

If you have pain, discomfort, sore muscles or need to relax, this is the service for you. Appointment required.

Fridays, Feb. 7 & 21, 9 a.m. – 1 p.m.

Fee: \$0.75/minute

Fitness

Fitness Orientation

Mandatory before first use of fitness room. Registration required.

Tuesday, Feb. 4, 2:30 p.m. Fee: \$5

Wednesday, Feb. 12 and 26, 1 p.m. Fee: \$5

Fridays, 10:30 a.m. Fee: \$5

Arthritis Foundation Exercise Program (AFEP)

Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength.

Wednesdays & Thursdays, 10 a.m. Fee: FREE

Dance and Fitness (NEW)

A complete aerobic workout for people who love music and movement.

Mondays, 11:30 a.m. Fee: Fitness Card

Pickleball for All

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

Gifts of Love

The Waldorf Senior Center will be sharing the love again this year through donation of school supplies. This year's donations will go to the

Samuel A. Mudd

Elementary

School here in

Waldorf. Please

help us collect

items for these

teachers &

students!



WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

LOVE TO LOVE PARTY

There's plenty of love to go around here at the Waldorf Senior Center! Join us for a day of fun and dancing while we enjoy the tunes of Rearview Mirror as well as a delicious meal provided by the Charles County Luncheon program. Proceeds of the 50/50 raffle will go towards purchasing additional school supplies for the teachers and students at Samuel A. Mudd Elementary School. Sponsored by the Waldorf Senior Center Council.

ABCDEF
HIJKLMN
OPQRSTU
VWXYZ
0123456789

Thursday, February 13, 10:30 a.m. • Cost: \$6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba Gold.....9:15 Walking Club.....9:15 Open Gym10am-3pm Senior I&A10:00 Chair Yoga10:30 Pinochle.....11:00 Spades11:00 Dance & Fitness.....11:30	Total Body Conditioning.....9:15 Pickleball for All10am-Noon,Noon-2pm Line Dancing10:30 Card Games10:30 Tai Chi.....11:30 Card Games10:30 Yoga2:00	Flex & Stretch9:15 Bridge9:45 Open Gym10am-3pm Senior I&A10:00 AFEP10:00 Card Games10:30 Card Games10:30 Yoga10:30	Total Body Conditioning.....9:15 Watercolors10:00 AFEP10:00 Open Gym10am-3pm Card Games10:30 Pinochle.....11:00 Tai Chi11:30 Circuit Training1:00	Strength Training9:15 Open Studio Art9:30 Senior I&A10:00 Dance Therapy Art10:00 Pickleball for All10am-Noon,Noon-2pm Card Games10:30 Reconditioning Wellness.....1:00
3 The Bible Project.....9:30 Bingo10:30	4 African American Inventors.. 11:15 Mixed Media w/ Pat.....11:30 Fitness Orientation2:30	5 Bingo10:30	6 Bingo10:30	7 Quality is the Cutby Appt Massage.....by Appt Fitness Orientation10:30
10 The Bible Project.....9:30 Bingo10:30	11 Love Yourself..... 10:00 Inspirations w/ Jesse Small12:30	12 Watch Repairs9:00 Jewelry Repair.....9:00 Mobile Library.....9:15 How Home Care Works9:30 Bingo10:30 Fitness Orientation1:00	13 Widow to Widow10:00 Love to Love Party 10:30 No Bingo Today	14 Movie: Lincoln..... 10:00 Fitness Orientation10:30
17 President's Day  All Senior Centers Closed	18 Acy Duecy10:30 Mixed Media w/ Pat.....11:30	19 Senior Employment Program.....9:30 Bingo10:30 Book Club.....1:00	20 Post Health and Fitness Assessments10:00am-1pm Bingo10:30	21 Quality is the Cutby Appt Massage.....by Appt Fitness Orientation10:30
24 The Bible Project.....9:30 MedStar Health..... 10:00 Bingo10:30 Spring Craft.....11:00	25 Nourish Your Brain..... 10:30 Black History in Motion... 10:30	26 Crochet & Knitting Club... 10:00 Bingo10:30 Fitness Orientation1:00	27 Bingo10:30	28 Reflexology.....by Appt Coloring Club..... 10:00 Fitness Orientation10:30

Heart Health and Aerobic Exercise

There are many ways to prevent heart attacks or heart related problems. Physical activity need not be strenuous to achieve health benefits. Aim for 150 minutes of physical activity each week. Doing physical activity every day is best, but it doesn't have to be done all at once. Start out by doing things you enjoy. Some examples are walking, dancing or gardening. The worst thing to do is stay sedentary.

If you smoke, quit! The Charles County Health Department offers smoking cessation classes. Check with them for the current schedule.

Follow a heart-healthy diet. Choose foods that are low in trans and saturated fats, added sugars, and salt. As we get older, we become more sensitive to salt, which can cause swelling in the legs and feet. Eat plenty of fruits, vegetables, and foods high in fiber, like those made from whole grains.

Reduce stress by meditating and practice deep breathing. Strive to lose a little weight. Your heart will thank you!

Valentine's Day Dance Party

Richard R. Clark Senior Center

Hand dance, line dance or just DANCE! We are opening up the studio for an afternoon of moving and grooving. Louise Pyles and her hand dancing crew will be here for some simple lessons or for you to learn a few line dances. Light refreshments and good music.

Friday, February 14

12 p.m.- 2 p.m.

Fee: Free



Love Your Heart

Indian Head Senior Center

How can strength, balance and flexibility exercises make your heart healthy? We will get into a deeper conversation with Debi Shanks, our Health Promotion and Physical Fitness Coordinator. Let's talk and review exercises for a healthy heart.



Monday, February 10 • 12:45 p.m.

Fee: FREE

Aqua Aerobics

Runs through February 20

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

Lackey High School

Tuesdays & Thursdays • 8:30 a.m.

Fee: \$40

***Spring Aqua begins March 9th*



Ballet is Back!

Richard R. Clark Senior Center

Great for posture, balance and flexibility. Learn basic positions and sequences. Calms the mind and conditions the body. All dance levels welcome.

Mondays • 12 p.m.

Fee: Fitness Card

Instructor: Laura Hutchenson

Physical Fitness Assessments

Waldorf Senior and Recreational Center

If you had this assessment done in January, don't forget to come back to the end assessment. The initial assessment guided seniors through a series of fitness tests to assess your muscular strength, cardiovascular fitness, and flexibility. Make your appointment with Nate to review and discuss the outcome. Didn't do the initial assessment? Need more information? Contact Nate Schultz at 240-448-2810 x4817.

Thursday, February 20

10 a.m.-1 p.m.

Fee: Free

New! Dance & Fitness

Kick up your feet, pick up your heartbeat!

If you love music, dance and movement, join Jinger in this complete aerobic workout. This class is comprised of a warmup, leg and whole-body flexibility routines, aerobic dance routines, strength training and abdominal work as well as a cool down stretch.

Waldorf Senior & Recreational Center

Mondays • 11:30 a.m.

Fee: Fitness Card

Richard R. Clark Senior Center

Wednesdays • 12 p.m.

Fee: Fitness Card



SENIOR CENTER MENU

1% milk is offered with all meals.

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
3 Honey Lime Chicken Roasted Redskin Potatoes Spinach and Arugula Salad Whole Wheat Bread (2) Apricots Orange Juice	4 Chophouse Burger on Pretzel Bun Orange Glazed Carrots Party Harty Beans Pineapple Chucks Apple Juice	5 Curry Chicken Brown Rice Carrots and Green Beans Naan Flatbread Tangy Cherry Salad Pineapple Juice	6 Grilled Cheese LS Tomato Soup Cucumber Black Bean Salad Breadstick Applesauce Fruit Punch Juice	7 Fish Sandwich w/ Cheese on Bun Roasted Baby Carrots Roasted Potatoes Citrus Salad Grape Juice Soup of the Day (Lentil)
10 Polish Sausage on Whole Wheat Bun Sautéed Peppers and Onions Green Beans Roasted Red Skin Potatoes Grapes Apple Juice	11 Liver and Onions Brown Rice Stewed Tomatoes Corn Bread Mandarin Oranges Apple Juice	12 Lemon Pepper Tilapia Lemon Parsley Rice Green Beans Carrot Raisin Salad Peaches Fruit Punch Juice	13 VALENTINE'S DAY CELEBRATION	14 Pork Chop Au Gratin Potatoes Sauerkraut Cornbread Pineapple Chucks Pineapple Juice
17 No Meal Service  President's Day	18 Chicken Mushroom & Brown Rice Malibu Blend Vegetables Whole Wheat Roll Diced Mangos Orange Juice	19 Meatloaf w/ Mushroom Gravy Roasted Sweet Potatoes Roasted Broccoli Whole Wheat Roll Apple Sauce Apple Juice	20 BBQ Baked Chicken Mashed Potatoes Roasted Squash Rice Pudding Raisins Grape Juice	21 Salmon w/ Lemon Dill Sauce White Rice Broccoli Wheat Dinner Roll Grapes Pineapple Juice
24 Meatballs Whole Wheat Spaghetti & Mozzarella California Blend Vegetables Breadstick Mandarin Oranges Grape Juice	25 BLACK HISTORY CELEBRATION Oven Fried Chicken Mac & Cheese Collards Cornbread Sweet Potato Pie Mango mixed Fruit salad Apple Juice	26 ASH WEDNESDAY Black Bean Burger w/ Chipotle Mayo Roasted Sweet Potatoes Cesar Salad Mandarin oranges Orange Juice Soup of the Day (Minestrone)	27 BIRTHDAY CELEBRATIONS Baked Tuna Fish Cuban Style Black Bean White Rice Tomato Salad Whole Wheat Roll Applesauce Pineapple Juice Birthday Cake	28 Vegetarian Chili 3 Bean Salad Chef Salad Whole Wheat Roll Cantaloupe Orange Juice

Charles County Luncheon Program

Available at Noon • Days Vary By Center

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

Clark Senior Center Tuesday–Friday
Indian Head Senior Center Monday–Friday

Nanjemoy Senior Center Monday–Friday
Waldorf Senior Center Monday–Friday

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



*The month
of February*

The SCOOP

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



www.CharlesCountyMD.gov



Department of Community Services

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

About Charles County Government

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

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

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

Publication Changes & Cancellations

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

Senior Center Inclement Weather Policy

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

Meals on Wheels – Nutrition Service Spotlight

Home Delivery

Proper nutrition is one of the best predictors for long-term health and wellness and can be a key factor in maintaining the quality of life for older adults. Meals on Wheels may be available for eligible seniors aged 60 years and older who are home-bound due to illness or disability and are unable to shop for food and prepare meals for themselves. Spouses of eligible seniors may also receive a meal. A few seniors receive the meals temporarily while recovering from surgery, hospitalization, or other health issues.

Nutritious meals are provided Monday - Friday through a cooperative effort between the Department of Community Services and the non-profit Charles County Meals on Wheels. Please contact Charity Haynes, Nutritionist at 301-934-5138 to discuss the availability of services.



Every town is an important part of the American story.

Make sure your town's story is told by responding to the 2020 Census—the count of everyone living in the United States. When you do, you'll also help your town get the most out of the American dream.

Responding Is Important for Your Community

Census responses provide data that can attract new businesses and the jobs that come with them. The data also informs where over \$675 billion in federal funding is spent each year in states and communities. That includes money for things like:

- Medicare Part B
- Cooperative Extension Service
- Water and waste disposal systems for rural communities
- Special education
- Substance Abuse Prevention and Treatment Block Grant
- Supplemental Nutrition Assistance Program

Responding Is Safe

Your personal information is kept confidential by law.

Responding Is Easy

To complete the census, answer a handful of questions online, by phone, or by mail. Choose the option that works best for you.

For more information, visit:
2020CENSUS.GOV

D-OP-RU-EN-037

Shape
your future
START HERE >

United States
Census
2020