

The SCOOP

Charles County's Senior Center News



MARCH 2020

www.CharlesCountyMD.gov

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: Roaring Twenties

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 Feb. 26 to pick up your tickets. **Event is held at the Greater Waldorf Jaycees Community Center.**



A Night at the Dinner Theatre

Primetimers Presents: "The Wayward Bus"

Join us for a performance by the Primetimers as they grace the stage and perform "The Wayward Bus". This original play is about everything that could go wrong on a bus trip to Canada. In addition to the performance, enjoy a home cooked "mystery" dinner. Preregistration is required by March 9, 2020. Fee for the Dinner Theatre is \$10. This event is sponsored by the Nanjemoy Council and the Charles County Arts Alliance.

Nanjemoy Community Center • March 14 • 6 p.m. to 8 p.m.

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.**



Free Income Tax Preparation

For Seniors and Moderate to Low-Income Adults, Senior I&A staff are 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

At the Richard R. Clark Senior Center, tax preparers are 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 expenses documents.).

COUNCIL NEWS SPONSORED/HOSTED ACTIVITIES & EVENTS

Clark Senior Center

St. Patrick's Day Party

Indian Head Senior Center

Minute to Win-It
National Chip and Dip Day

Waldorf Senior Center

Hot Dog Lunch
Line Dancing Party with DR Soul
Luck of the Irish Bingo
St. Patrick's Day Lunch

Nanjemoy Community Center

Mystery Dinner & Original Play
by the "Primetimers"
Opening Day at the Ball Park
St. Patrick's Day Celebration

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.

Enhancing Evening Relaxation and Sleep Workshop

Go beyond the typical insomnia advice and learn alternative options that enhance relaxation and sleep. Dive deeper into choices that calm and still the mind, and relax the body and soul for a better night's sleep. This workshop informs about alternative sleep therapies that are drug-free like breathing techniques, reflexology points, stress-relieving stretches and Eden Energy Medicine. **Location: Clark Senior Center**

Facilitator: Judi Lyons • Fee: \$8 • Wednesday, 3/25 at 1 p.m.

Indian Head Senior Center gets a NEW Nu-Step!

At the beginning of 2020, the Indian Head Senior Center welcomed a new machine to the fitness room family: a new Nu-Step! The seniors are thrilled to have a brand new piece of equipment at the Indian Head Senior Center. Stop by the center today to give it a try!



March is National Nutrition Month

Protein Packed: The Role of Protein in Aging

By this time the New Year has started off strong and we want to keep that trend going during National Nutrition Month! Part of building and maintaining the strength needed to thrive while living independently involves making sure to consume enough protein. If you are asking "Well, how much protein do I need to consume?" or "What foods have protein in them?", then you don't want to miss this conversation. Join dietitian nutritionist, Charity Haynes, as she discusses the answers to these questions and more! There will also be an opportunity to taste different protein rich foods and, you never know, maybe you'll find a new favorite.

Clark Senior Center, March 4, 11 a.m.

Nanjemoy Community Center, March 20, 10 a.m.

Waldorf Senior & Recreational Center, March 24, 11 a.m.

Indian Head Senior Center, March 26, 11 a.m.

Inspector General Warns About New Twist to Social Security Phone Scams

The Inspector General of Social Security is warning the public that telephone scammers may send faked documents by email to convince victims to comply with their demands. The Social Security Administration Office of the Inspector General (OIG) has received reports of victims who received emails with attached letters and reports that appeared to be from Social Security or Social Security OIG. The letters may use official letterhead and government "jargon" to convince victims they are legitimate; they may also contain misspellings and grammar mistakes.

Inspector General Ennis urges continued vigilance against all types of phone scams no matter what "proof" callers may offer.

Social Security will never:

- Threaten you with arrest or other legal action unless you immediately pay a fine or fee
- Promise a benefit increase or other assistance in exchange for payment
- Require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card
- Send official letters or reports containing personally identifiable information via email

If you receive a call or email that you believe to be suspicious, hang up or do not respond. We encourage the public to report Social Security phone scams using our dedicated online form, at <https://oig.ssa.gov>.

28th Annual Southern Maryland Caregivers Conference

The 28th Annual Southern Maryland Caregivers Conference is being held Friday, May 8th, 2020 from 8:00 a.m.-2:30 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 people.

The \$35 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:

- Managing and Coping with Difficult Behaviors
- Health Care Decision Making at the End of Life
- Palliative Care
- Body Mechanics and Safe Caregiving in the Home
- Long Term Care Financing/Medicaid
- A Journey Through Dementia
- Incontinence Care and Wound Prevention
- Protection from Scams & Identity Theft
- Diabetes Management
- Assistive Technology & Caregiver Life Hacks
- Home and Community Based Services
- Mental Health Issues
- Understanding Medical Marijuana
- Dementia vs. Normal Aging
- Virtual Dementia Tour
- Caregiver Stress Relief and Meditation

Registration brochures can be found at area senior centers, community centers and public libraries. Advance registration is required by April 24th. 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 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

Medicare Improvement for Patient & Provider Act (MIPPA)

The Medicare Improvements for Patients and Providers Act (MIPPA) of 2008 is a multi-faceted piece of legislation related to Medicare. MIPPA allocates federal funding to State Health Insurance Assistance Programs (SHIP), Area Agencies on Aging (AAAs), and Aging and Disability Resource Centers (ADRCs) to help low-income Medicare beneficiaries apply for programs that make Medicare affordable. MIPPA helps low-income seniors and persons with disabilities pay for their Medicare cost through the following programs:

- The Medicare Part D Extra Help/Low-Income Subsidy (LIS/ Extra Help), which helps pay for the Part D premium and reduces the cost of prescriptions at the pharmacy.
- The Medicare Savings Programs (MSPs), which help pay for Medicare Part B, sometimes Part A and sometimes deductibles, coinsurance, and copayments.
- Qualified Medicare Beneficiary (QMB) Program. The QMB Program is a state program that helps pay Part A premiums, Part B premiums, deductibles, coinsurance, and copayments. Medicare providers are not allowed to bill you for services and items Medicare covers, including deductibles, coinsurance, and copayments, except outpatient prescription drugs. Pharmacists may charge you up to a limited amount for prescription drugs covered by Medicare Part D.
- Specified Low-Income Medicare Beneficiary (SLMB) Program. The SLMB program is a state program that helps pay Part B premiums, Part A premiums for people who have limited income and resources.
- Qualifying Individual (QI) Program. The QI Program is a state program that helps pay Part B premiums for people who have Part A with limited income and resources. You must apply every year for QI benefits. QI applications are granted on a first-come, first-served basis, with priority given to people who got QI benefits the previous year. (You can't get QI benefits if you qualify for Medicaid).
- Qualified Disabled and Working Individuals (QDWI) Program. You are a working disabled person under 65, you lost your premium-free Part A when you went back to work, you are not getting medical assistance from your state, you meet the income and resource limits required by your state. QDWI pays for the cost of part A Premiums only.

For more information about qualifications and how to apply for these programs please contact your local State Health Insurance Program (SHIP) or Senior Information and Assistance Program at 301-609-5712 (La Plata, and Surrounding Areas) 240-448-2816 (Waldorf) and staff will be able to assist you.

Legal Service for Charles County Elderly

The Charles County Department of Community Services, through a contract with Legal Aid Bureau, Inc., offers Charles County residents, age 60 and over access to lawyers and paralegals for legal assistance. The types of legal services most often provided are:

- Advice and representation for securing or appealing denial of government benefits programs such as Social Security, Medicare, Medical Assistance, Food Stamps, Subsidized Housing, Energy Assistance, and Pharmacy Assistance
- Some types of landlord-tenant disputes and consumer problems
- Counseling and assistance in the execution of a Living Will/Advance Directive

Seniors seeking legal assistance should be aware that the contract between the Department and the Legal Aid Bureau is not all-inclusive. Rather, it is intended to assist senior citizens in specific types of law that have been established as priorities by state and federal agencies that oversee Area Agencies on Aging. If your case involves an area of law that is not covered under this contract, Department staff will offer to refer you to alternate representation.

Seniors wishing to obtain additional information or an appointment from the Legal Aid Bureau, Inc., may call the Senior Information & Assistance program at 301-609-5712 or 1-855-843-9725.



For more information, visit:

2020CENSUS.GOV

D-PO-EL-EN-428

Census 2020

What is the Census?

The U.S. Census Bureau conducts a count of every person living in the United States every 10 years, mandated by the U.S. Constitution in Article 1, Section 2. The data collected by the decennial census determines the number of seats Maryland has in the U.S. House of Representatives and is also used to distribute billions in federal funds to its local communities. Sample Census 2020 questionnaires are available.

- It's Important
- It's Easy
- It's Safe
- It's Right Around the Corner - April 1, 2020

The law requires the Census Bureau to keep all information confidential and use it only to produce statistics.

Why the Census?

- Critical Distribution of Federal Funds
- Funds Government and Community Programs and Services
- Helps Business Leaders with Investment Decisions
- Used for Reapportionment and Redistricting

Learn More about the Census at One of Your Neighborhood Senior Centers:

Waldorf Senior & Recreational Center, March 9, 10 a.m.

Indian Head Senior Center, March 10, 11:15 a.m.

Clark Senior Center, March 23, 11 a.m.

Shape the future for every generation.

Responses to the 2020 Census will influence funding in your community for services that help every generation — from newborn babies to the oldest among us. Count everyone in your home to benefit you, your children, and future generations.

Shape
your future
START HERE >

United States®
Census
2020

CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

Visit www.CharlesCountyMD.gov/CS

Special Presentations

Protein Packed: The Role of Protein in Aging

Discuss what foods have protein, how much we need, and sample some protein rich foods.

Wednesday, Mar. 4, 11 a.m. Fee: FREE

What is Hospice?

Gladys Aguirre will be here to cover many Hospice topics and answer your questions.

Thursday, Mar. 5, 11 a.m. Fee: FREE

Stepping Up Your Nutrition

A workshop to help individuals understand the importance of balanced nutrition.

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

Small Steps to Health and Wealth

Part 1 of a 3 part program to help you learn how health and wealth are important resources to living a happy & successful life.

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

Antiques & Collectibles

Karen & Artie Maddox will be here to help you determine the value of some of those treasured family heirlooms. Bring your small items in for a free appraisal.

Thursday, Mar. 12, 10 a.m. – Noon Fee: FREE

St. Patrick's Day Party

Enjoy some traditional Irish music with DJ Chris. Have a delicious lunch and stay after for some Leprechaun Bingo. Registration required by 3/13.



Tuesday, Mar. 17, 10 a.m.

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

Enjoying the Process of Growing Older

A skit by the Sunshine Red Hatters of Charles County.

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

Bird Feeding 101

Providing food & shelter can be effective for bringing birds closer to your home, but how? Get your bird feeding questions answered here.

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

Founding of Maryland

Join Debi Scoggins on a look back at the founding of the Maryland colony in 1634.

Tuesday, Mar. 24, 11 a.m.- Noon Fee: FREE

Make Health Your Hobby

Join Anne Overall, MCHC, for an informative workshop that will empower you with the knowledge you need to improve and maintain good health. Registration required by 3/18.

Wednesday, Mar. 25, 10:30 a.m. Fee: \$15/pp

Chat on Medicare

Korey Hunter will be available to break down the different parts of Medicare, how they work, and answer any questions.

Thursday, Mar. 26, 10 a.m. Fee: FREE

Special Events & Daily Activities

Widow to Widow Support Group

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

Monday, Mar. 2, 1 p.m. Fee: FREE

Creative Coloring

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

Book Club

News of the World, by Paulette Jiles.

Thursday, Mar. 5, 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, Mar. 18, 10 a.m.

Fee: FREE

Spiritual Enrichment w/Ruth

Tuesdays, 11 a.m. Fee: FREE

Wellness Checks

CSM nursing students will be here to offer free wellness checks.

Tuesday, Mar. 3, 10 a.m. to 1 p.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/Free, \$25 one-time supply fee.

Young at HeART

Artistic expression through acrylic painting.

Monday, Mar. 2 & 16, 1 p.m. Beginner Class

Monday, Mar. 9 & 23, 1 p.m. Intermediate Class

Fee: Donation

Genealogy

Join Virginia to learn how to research your family tree.

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

Sewing Machine Orientation

Facilitator: Kaye Webb.

Tuesdays, Mar. 3 & 17, 10 a.m.- Noon Fee: FREE

Jewelry Club Class

Facilitators: Martha Williams and Regina Larrabee.

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

Scrapbooking & Cardmaking

Wednesday, Mar. 4 & 25, 10 a.m. Fee: FREE

Learn Acey Deucey

Thursday, Mar. 19, 10:30-Noon Fee: FREE

Services

Watch Repair

Come see Vern to get those watch batteries replaced and shop all the merchandise he has for sale.

Wednesdays, Mar. 18, 10 a.m.

Fee: Your Purchase

Massage Therapy by Appt.

Wednesdays, Mar. 4, 18 & 25, 9 a.m.

Fee: \$25-\$55

Reflexology by Appt.

Wednesday, Mar. 11, 9 a.m.

Fee: \$15/30 minutes



Cell Phone Help – Android Only

Don't get frustrated with your smart phone! Get some help from Larry. Please sign up.

Tuesday, Mar. 3, 1-2:30 p.m.

Fee: FREE

Brother Jay's Car Detailing by Appt.

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

Friday, Mar. 20, 9 a.m.-3 p.m. Fee: \$30/vehicle

Fitness

Fitness Orientation

Mandatory before first use of fitness room. Registration required.

Tuesday, Mar. 3, 2:30 p.m.

Fee: \$5

Wednesday, Mar. 11 & 25, 1:30 p.m.

Fee: \$5

Beginner Line Dance

Laura will take you through simple dance steps and have you dancing in no time!

Thursdays, 1 p.m.

Fee: Fitness Card

CLARK SENIOR CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

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 Circuit Training 2:30 Rehearsals Good Time Gals 12:30	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 Rehearsals Show Troupe 2:00-3:30	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 RRCS Gospel Singers 2:00 Fitness Strength Training 9:15 Breathe Easy 10:30 Exercise Express 11:00 Dance & Fitness 2:00	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	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 Rehearsals Handbells 11:30 Silvertones 12:30
2	3	4	5	6
Widow to Widow 1:00 Young at HeArt Beg 1:00	Sewing Machine Orientation ... 10:00 Wellness Checks 10:00 Cell Phone Help 1:00 Fitness Orientation 2:30	Watch Repair 10:00 Jewelry Club Class 10:00 Scrapbooking/Cards 10:00 Protein Packed: The Role of Protein in Aging 11:00	What is Hospice? 11:00 Book Club 1:00	Hand & Foot Canasta 10:00
9	10	11	12	13
Young at HeArt Int 1:00	Genealogy 10:00 Stepping Up Your Nutrition 10:30	Reflexology 9:00 Small Steps to Health & Wealth 10:30 Fitness Orientation 1:30	Antiques & Collectibles ... 10:00	Project Linus 9:00
16	17	18	19	20
Young at HeArt Beg 1:00	St. Patrick's Day Party 10:00 Sewing Machine Orientation ... 10:00	Massage Therapy 9:00 Jewelry Club Class 10:00 Enjoying the Process of Growing Older 10:00 Newcomers Coffee 10:00 Watch Repair 11:00	Bird Feeding 101 10:30 Acey Deucey 10:30	Mobile Car Detailing 9:00 Senior Prom @ Waldorf Jaycees
23	24	25	26	27
Census 2020 11:00 Sisters at Heart Breast Cancer Support Group 11:30 Young at HeArt Int 1:00	Chess Club 10:30 Founding of Maryland 11:00	Massage Therapy 9:00 Scrapbooking/Cards 10:00 Make Health Your Hobby.. 10:30 Relaxation & Sleep Workshop 1:00 Fitness Orientation 1:30 Caregivers Support Group 2:00	Chat on Medicare 10:00 Computer Help 10:00 Birthday Celebration 12:30	Hand & Foot Canasta 10:00
30	31	<i>The month of March</i>		
Drums Alive 11:00	Buffet Bingo @ Waldorf Jaycees			

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, Mar. 2 & 16, 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, Mar. 9, 9:30 a.m. Fee: \$30/vehicle

Women's Day: Each for Equal

#EachforEqual is the 2020 theme for International Women's Day. Join us for a 15-minute TED talk titled "Dangerous Ways Ads See Women".

Monday, Mar. 9, 10 a.m. Fee: FREE

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, Mar. 12, 10 a.m. Fee: FREE

Minute to Win-It

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

Friday, Mar. 13, 10 a.m. Fee: FREE

Day of Green

To celebrate St. Patrick's Day, dress in green as we enjoy green food.

Tuesday, Mar. 17, 9:15 a.m. Fee: FREE

Ceramics: A Stress Reliever

Did you know that painting and handling ceramics can be physically and mentally beneficial? Join the Ceramics Group as they show off their prize pieces & share how ceramics improves their focus and optimistic outlook.

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

National Chip & Dip Day

You bring the chips and we will provide the dips.

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

National Joe Day (Coffee)

Grab a Joe, Jo, Joseph, Jose' to share a cup.

Friday, Mar. 27, 9:15 a.m. Fee: Cost of Coffee

Literary Club: Before We Were Yours by Lisa Wingate

A story that can be taken from today's headlines. Children kidnapped or sold from an orphanage to wealthy families. Facilitator Suzie Kuch, CCPL.

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

Classes

Jewelry Club

Making new jewelry concentrating on the 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, Mar. 5 & 12, 1 p.m. Fee: FREE

Ceramics

Pieces available for beginners.

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

Poetry Corner

Dorothy Simms shares her love of crafts and poetry.

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

AARP Defensive Driving

Preregistration required. Make checks or money order payable to AARP.

Thursday, Mar. 26, 9:30 a.m.

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

Recycling: What Goes Where and Why?

What happens to your recycling after you put it in the recycling bin? Where does it go? What's the deal with plastic bags? Learn about recycling in Charles County and its impact on the environment. Facilitated by CC Staff.

Tuesday, Mar. 31, 11:15 a.m. Fee: FREE

Health and Nutrition

Fitness Training

Mondays & Wednesdays, 9:15 a.m.

Fee: Fitness Card

Chair Pilates

Tuesdays & Thursdays, 9:15 a.m.

Fee: Fitness Card

Seated Massage (note days and times)

Fridays, Mar. 6 & 20, 9 a.m. - 1 p.m.

Fee: \$8 - \$22

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. Join Dawn weekly to awaken our minds and bodies with each breathe.

Fridays, 11 a.m.

Fee: Donation

Dance Groove w/Debi

Sitting or standing this new fitness class, full of fun, will help you get your groove and increase your body awareness.

Mondays, 12:45 p.m.

Fee: Fitness Card

Wellness Wednesday: Hand Massages

Massages help reduce stress, help with arthritis pain and discomfort. Sign up required.

Wednesday, Mar. 11, 10 a.m.

Fee: FREE

Gratitude Check-Up

It's scientifically proven that grateful people are healthier. Facilitated by Staff.

Tuesday, Mar. 17, 11:15 a.m.

Fee: FREE

Oral Cancer Screening

Tuesday, Mar. 24, 10 a.m.

Fee: FREE

Importance of Dental Health

Join Celeste Camarino from Charles County Health Department for a discussion about dental health. Sign up for free oral cancer screening.

Tuesday, Mar. 24, 11:15 a.m.

Fee: FREE

National Nutrition Month w/Charity

Protein Packed: The Role of Protein in Aging. See Page 3 for more details.

Thursday, Mar. 26, 11 a.m.

Fee: FREE

Fitness Fridays

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

Friday, Mar. 27, 10 a.m.

Fee: Fitness Card

Walk in the Park Day

Part of the 12-mile club.

Monday, Mar. 30, 11 a.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., Monday–Friday

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

2020 CENSUS: BE COUNTED

Seniors are historically the most undercounted groups by the Census Bureau. This year, the Census Bureau is encouraging citizens to be counted via the internet. As a senior, when we are not counted it greatly affects the money distributed for federal programs such as Medicare. As a citizen it affects the number of representatives each State gets for Congress. Businesses use the census data to determine whether they will open a shop (or grocery store). Facilitated by Lee Osberry, Jr., Partnership Specialist, U.S. Census Bureau.

Tuesday, Mar. 10, 11:15 a.m. • Fee: FREE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards 9:00 Fitness Training w/Lamont 9:15 Bingo 9:30 Tai Chi for Health 10:30 Dance Groove w/Debi 12:45	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 11:00	Seated Yoga 9:00 Ceramics 9:30 Billiards/Cards 10:00 Breathing w/Dawn 11:00 Books of the Bible 1:00
2 Watch Repairs 9:30 No Dance Groove Today	3 Council Meeting 9:30 Pastor Chris & Friends 1:00 No Jewelry Club Today	4 Crafters Corner 10:00	5 Acy Ducey 10:30 Line Dancing w/Pat 1:00	6 Seated Massage 9:00
9 Car Detailing with Brother Jay 9:30 Women's Day: Each for Equal 10:00	10 Spades 10:30 Census 11:15 Mobile Library 11:30	11 Wellness Wednesday – Hand Massages 10:00	12 Aging Resources Outreach 10:00 Line Dancing w/Pat 1:00	13 Minute to Win It 10:00
16 Watch Repairs 9:30	17 Day of Green 9:15 Gratitude Check-Up 11:15	18 Poetry Corner 10:30	19 Ceramics: A Stress Reliever 10:00	20 Seated Massage 9:00 Senior Prom @ Waldorf Jaycees
23 National Chip & Dip Day 1:00	24 Oral Cancer Screening 10:00 Dental Health 11:15 PM Jewelry Only	25 Pokeno 10:00 Literary Club 11:00	26 Defensive Driving 9:30 Protein Packed: The Role of Protein in Aging 11:00 No Canvas Painting Today	27 National Joe Day 9:15 Fitness Friday 10:00
30 Walk in the Park 11:00 Garden Planning 1:00	31 Recycling: What Goes Where and Why? 11:15 Mobile Library 11:30 Better You Review 1:00 Buffet Bingo @ Waldorf Jaycees			

The month of March

NANJEMOY SENIOR/COMMUNITY CENTER

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

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Visit www.CharlesCountyMD.gov/CS

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, Mar. 2, 10 a.m. Fee: FREE

Visit Health Partners

Blood Pressure screenings every Tuesday.

Tuesday, Mar. 3, 10, 17, 24, 31, 10 a.m.

Fee: FREE

The Truth Behind "In Like a Lion, Out like a Lamb"

Is there any truth to this saying? Join us as we explore to find the answers.

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

16 Surprising Facts about March

Welcome to the third month of the year! Or, if you were born before 150 B.C., the first! Come find out more fun facts about March.

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

The Awkward Moments

"Remember that awkward moment when....!" We have all encountered awkward moments, but do you know how to overcome these clumsy or embarrassing moments? Join us for this lively discussion!

Thursday, Mar. 5, 10 a.m. Fee: FREE

Daylight Savings Time: The Facts

Come be surprised when you learn who created daylight savings time!

Friday, Mar. 6, 10 a.m. Fee: FREE

A Good Man is Hard to Find

By: Flannery O'Connor

A family is preparing for a Florida vacation, but Grandma is insisting they go to Tennessee because there is a fugitive loose in Florida. Join us for this short story time as we follow along on their vacation.

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

Butterfly Day Discussion

Did you know that butterfly's taste with their feet? Come join us as we learn more about these magical insects.

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

Line Dancing with Debi Shanks

Debi is here to share moves on the dance floor.

Thursday, Mar. 12, 10:30 a.m. Fee: FREE

Movie Matinee: Girls Trip

This R-rated comedy pushes boundaries to truly comedic effect when four lifelong friends - Regina Hall, Queen Latifah, Jada Pinkett Smith, & Tiffany Haddish - take a road trip.

Thursday, Mar. 12, 12:45 p.m. Fee: FREE

Friday the 13th Trivia

Are you superstitious? Join us for unique findings about Friday the 13th.

Friday, Mar. 13, 10 a.m. Fee: FREE

Wear Your Favorite Color Day!

Do some colors look better on you than others? What does your favorite color say about you? Wear your favorite color and let's see which color is liked the most in Nanjemoy!

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

First Day of Spring

It is the intervening period between the coldest time of the year (winter) and the warmest time of the year (summer) and gets its name from the growth of new plants during this time. Come celebrate the start of this welcoming season with us!

Friday, Mar. 20, 10 a.m. Fee: FREE

Safe Sex after 60

Guest speaker from Health Partners will be presenting the importance of safe sex after sixty and the health benefits that sex can provide as we age. All are welcome for this open discussion!

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

Opening Day at the Ball Park

To celebrate the start of the season we are serving hot dogs, french fries, and soda. Sponsored by Nanjemoy Council. Pre-registration is required by 3/19.

Wednesday, Mar. 25, 12 p.m. Fee: \$2

Humor Day

A little laughter is good for the soul. We'll read silly stories, tell jokes, and just have a laugh or two.

Friday, Mar. 27, 10 a.m. Fee: FREE

Special Presentations

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 required.

March 19, 26, April 2, 9, 16, and 23, 9:30-noon
Fee: FREE

St. Patrick Day Celebration

Haddy Boy will be the DJ so join us in celebrating like the Leprechauns. Don't forget to wear your green. Sponsored by the Nanjemoy Council. Registration required by 3/13.

Tuesday, Mar. 17, 11a.m -2 p.m. Fee: \$6

National Nutrition Month

Protein Packed: The Role of Protein in Aging. See page 3 for more details.

Friday, Mar. 20, 10 a.m. Fee: FREE

Upcoming Event

Easter Eggstravaganza

Don't miss our annual egg hunt! Remember to bring your basket. Weather permitting, egg hunt will be outdoors. To enter our Easter coloring contest, stop by before April 3. For children ages 1-12.

Saturday, April 4, 10 a.m. - 11:30 a.m. Fee: \$2

Arts & Crafts

Crepe Shamrock

Monday, Mar. 9, 10 a.m. Fee: \$1

Leprechaun Hat

Monday, Mar. 16, 10 a.m. Fee: \$1

Shamrock Bottle

Monday, Mar. 23, 10 a.m. Fee: \$1
Pre-registration required.

Fitness

Group Fitness with Lamont

Mondays, 11 a.m. Fee: FREE

Arthritis Foundation Exercise Program (AFEP) with Nate

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

Wednesdays, 11 a.m. Fee: FREE



NANJEMOY SENIOR/COMMUNITY CENTER

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

Senior Center Hours: 9 a.m.–3 p.m., Mon–Fri
 Luncheon at Noon—Reservation/Registration Required
 Reserve lunch by 10 a.m. the preceding day.
 Community Center Hours:
 8:30 a.m.–4:30 p.m., Mon–Fri

Dinner and a Show

Join us for a performance by the Primetimers as they grace the stage and perform "The Wayward Bus". This original play is about everything that could go wrong on a bus trip to Canada. In addition to the performance, enjoy a home cooked "mystery" dinner. Preregistration is required by March 9, 2020. This event is sponsored by the Nanjemoy Council and the Charles County Arts Alliance.

Saturday, March 14 • 6-8 p.m. • Fee: \$10



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer Lab 8:30 Fitness Room..... 8:30 Billiards Drop In..... 9:00 Board Games..... 10:00 Group Fitness 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 Chair Yoga 9:30	Computer Lab 8:30 Fitness Room..... 8:30 Billiards Games 9:00 Nickel Bingo..... 12:30
2 Council Meeting 10:00	3 In Like a Lion, Out Like a Lamb 10:00 Match the Descriptions to the Word 1:00	4 16 Surprising Facts About March 10:00	5 The Awkward Moments .. 10:00 Spring Cleaning Word Search 1:00	6 Daylight Savings Time: The Facts 10:00
9 Arts & Crafts: Crepe Paper Shamrock..... 10:00	10 Short Story Time: A Good Man is Hard to Find 10:00 March Things to Think About 1:00 Mobile Library..... 1:30	11 Butterfly Day 10:00	12 Line Dancing w/Debi Shanks 10:30 Popcorn Lovers Day and Movie Matinee: Girls Trip..... 12:45	13 Friday the 13th Trivia 10:00 **Don't forget: Dinner & a Show is tomorrow, 3/14**
16 Arts & Crafts: Leprechaun Hat..... 10:00	17 St. Patrick's Day Celebration 11:00-2:00	18 Wear Your Favorite Color 10:00	19 Living Well Program..... 9:30-Noon Info & Assistance..... 10:00 Signs of Spring: Fill in the Blanks 1:00	20 Watch Repairs 9:00 Protein Packed: The Role of Protein in Aging 10:00 First Day of Spring..... 10:00 Senior Prom @ Waldorf Jaycees
23 Arts & Crafts: Shamrock Bottle..... 10:00	24 Safe Sex After 60: Health Presentation 10:00 Kite Flying 1:00	25 Opening Day at the Ball Park 12:00	26 Living Well Program..... 9:30-Noon	27 Humor Day..... 10:00
30 Let's Take A Walk 10:00	31 Mobile Library..... 1:30 Buffet Bingo @ Waldorf Jaycees			The month of March

NEW! Chair Yoga: Easy postures to promote relaxation and gentle movement. Thursdays at 9:30 a.m.

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

Pajama Day

Join Melanie as she rings in her birthday month in her favorite outfit – pajamas! Group photo and donuts at 10:15 a.m.

Monday, Mar. 2, 10:15 a.m. Fee: FREE

Line Dance Party w/ DR Soul

We'll be moving and grooving to the music with Dee and Reggie as our guides! No line dance experience necessary. This event is sponsored by the Waldorf Senior Center Council.

Friday, Mar. 13, 10 a.m. - Noon Fee: \$4

Book Club: The Turner House by Angela Flournoy

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

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

Hot Dog Lunch

Opening day of baseball season means hot dogs for lunch! Please make your order no later than Monday, Mar. 23. Let's go Nationals! Meal includes 1 hot dog, bag of chips and a soda. This event is sponsored by the Waldorf Senior Center Council.



Thursday, Mar. 26, Noon.

Fee: \$2/meal or \$1/hot dog

Special Presentations

CSM Wellness Clinic

Celebrate health and wellness by joining the student nurses from the College of Southern Maryland as they present on good nutrition, disease prevention, and wellness topics. Free blood pressure screenings will be provided.

Thursday, Mar. 5, 9 a.m. - Noon Fee: FREE

Census 101

What is the census? Why is it important? Lee Osberry, Regional Outreach Coordinator, will be here to answer all your questions!

Monday, Mar. 9, 10 a.m. Fee: FREE

30 Minute Meals

Sonya Stewart will teach you how to prepare a tasty meal in 30 minutes or less on a tight budget. The goal is to create meals that are quick, delicious and don't break the bank!

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

Diabetes & Nutrition

A registered dietitian from the College of Southern Maryland, Diabetes and Endocrinology Department, will be here to discuss diabetes and nutrition.

Tuesday, Mar. 17, 9:30 a.m. Fee: FREE

Classes

Life Insurance: Food & Facts

Luther Ellis II will share some powerful facts about life insurance. He will also meet with individuals to review policy specifics. Refreshments provided.

Wednesday, Mar. 11, 9:45 a.m. Fee: FREE

AARP Driver Safety Course

Pre-registration is required.

Tuesday, Mar. 10, 10 a.m. - 2:30 p.m.

Check or Money Order only. Payable to AARP. Fee: \$15/Member \$20/Non-Member.

Acey Deucey

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

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

Mixed Media w/ Pat

Tuesday, Mar. 3 & 17, 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, Mar. 25, 10 a.m. Fee: FREE

Coloring Club

Coloring is more fun with company!

Friday, Mar. 27, 10 a.m. Fee: FREE

Beginners Acrylics Painting

Instructor and talented artist, Brent Bovell, will teach this 6-week course designed for beginner to intermediate artists. All supplies included. No class May 4. Pre-registration Required.



Mondays, Mar. 30 - May 11, 10 am - 3pm

Fee: \$20

On-going Watercolors

Material list provided. Instructor: Pat Arnold.

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

Services

Widow to Widow Support Group

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

Thursday, Mar. 12, 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, Mar. 4 & 25, 9:15 a.m. Fee: FREE

Reflexology by Crystal Jackson

Appointment required.

Friday, Mar. 27, 9:30 a.m. - 2:30 p.m.

Fee: \$15/30minutes

Quality is the Cut

Appointments preferred; walk-ins welcome.

Fridays, Mar. 6 & 20, 9:30 a.m. - 12 p.m.

Fee: \$5

Highly Favored Massage

Appointment required.

Fridays, Mar. 6 & 20, 9 a.m. - 1 p.m.

Fee: \$0.75/minute

Fitness

Fitness Orientation

Mandatory before first use of fitness room.

Registration required.

Tuesday, Mar. 3, 2:30 p.m.

Fee: \$5

Wednesday, Mar. 11 and 25, 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

Pickleball for All

Tuesdays & Fridays, 10 a.m. - Noon & Noon-2pm

Fee: Rec Pass

WALDORF FUNDRAISER BINGO

Run by the Waldorf Senior Center Council, the proceeds of this special bingo will directly benefit the Waldorf Senior Center.

Payouts will be \$25 or

\$30 with a \$75 coverall

prize. Come early to enjoy

morning refreshments and

hot beverages!



Lunch will be provided by the Charles County Luncheon program, for a donation, and must be ordered by 10 a.m. on Tuesday, Mar. 3. See pg. 15 for menu.

Wednesday, Mar. 4, 10:30 a.m.

Fee: \$15 Admission for regular games and specials, additional books \$5. \$1 per coverall.

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.

Luck of the Irish Bingo & St. Patrick's Day Lunch

Wear your green and test your luck at Waldorf's special Luck of the Irish Bingo!

Added to the prize pots will be the additional chance at winning with lottery tickets added to each. In addition to bingo, we'll be selling a Lottery raffle basket and pull tabs. Bingo will start promptly at 10:15am on this day. Whether you're playing Bingo or not, join us for lunch (served at 12 p.m.). This traditional Irish feast of corned beef and cabbage, potatoes and horse radish sauce will be cooked by the Jaycees Kitchen. Pre-registration required by Monday, Mar. 9 for those buying the Irish lunch. You do not need to purchase lunch to play bingo and vice versa. This event is sponsored by the Waldorf Senior Center Council.

Wednesday, Mar. 18, 10:15 a.m.

Fee: \$7/Lunch, Bingo cards and other games sold separately



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba Gold.....9:15 Walking Club.....9:15 Open Gym10am-3pm Senior I & A10:00 Chair Yoga10:30 Pinochle11:00 Spades11:00 Dance & Fitness.....11:30	Total Body Conditioning.....9:15 Pickleball for All10am-Noon, and Noon-2pm Line Dancing10:30 Card Games10:30 Tai Chi11:30 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 Pinochle11:00 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, and Noon-2pm Card Games10:30 Card Games10:30 Reconditioning Wellness.....1:00
2	3	4	5	6
The Bible Project9:30 Pajama Day10:15 Bingo10:30	Ping Pong9:00 Mixed Media w/ Pat11:30 Fitness Orientation2:30	Mobile Library9:15 WSC Fundraiser Bingo 10:30	CSM Wellness Clinic9:00 Bingo10:30	Quality is the Cutby Appt Massage.....by Appt Fitness Orientation10:30
9	10	11	12	13
The Bible Project9:30 Census 101..... 10:00 Bingo10:30	AARP Driver's Safety Course 10:00 30 Minute Meals10:00 Inspirations w/ Jesse Small1:00	Watch Repairs9:00 Jewelry Repair9:00 Life Insurance; Food & Facts. 9:45 Bingo10:30 Fitness Orientation1:00	Area Council on Aging9:30 Intro to Pickleball..... 10:00 Widow to Widow10:00	Line Dance Party..... 10:00 Fitness Orientation10:30
16	17	18	19	20
The Bible Project9:30 Council Meeting9:30 Bingo10:30	Ping Pong9:00 Diabetes Awareness.....9:30 Acey Deucey10:30 Mixed Media w/ Pat11:30	Luck of the Irish Bingo.....10:15 Book Club.....1:00	Bingo10:30	Quality is the Cut by Appt Massage.....by Appt Fitness Orientation10:30 Senior Prom @ Waldorf Jaycees
23	24	25	26	27
The Bible Project9:30 Bingo10:30	Protein Packed: The Role of Protein in Aging.....11:00 Inspirations w/ Pastor Chris12:30	Mobile Library9:15 Crochet & Knit Club10:00 Bingo10:30 Fitness Orientation1:00	Bingo10:30 Hot Dog Lunch.....Noon	Ping Pong9:00 Reflexology.....by Appt Coloring Club..... 10:00 Fitness Orientation10:30
30	31	<i>The month of March</i>		
The Bible Project9:30 Beginners Acrylics 10:00 Bingo10:30	Ping Pong9:00 Buffet Bingo @ Waldorf Jaycees			

Exercise and Older Adults: Protecting the Brain from Common Problems

Exercise likely improves brain health by making the heart beat faster, which increases nutrients and blood flow to the brain. This blood delivers oxygen which is great since the brain is the biggest consumer of oxygen in the body!

To achieve a clearer mind all day long, do 30 minutes a day of moderate intensity walking, along with light walking, to break up subsequent seated activities. This improves working memory and function throughout the day.

Exercise and older adults protects against Alzheimer's: when evaluating a group of 182 adults in the Harvard Aging Brain Study, those with higher levels of physical activity showed cognitive decline and slower loss of gray – matter volume.

Groove Dance Indian Head Senior Center

By popular demand! Join us on the dance floor each Monday in March. This energetic and fun class gets everyBODY moving. Perfect for the spirit and body as we celebrate our bodies and a great beat!

Mondays, 12:45 p.m.
Fee: Fitness Card

No Class March 2



College of Southern Maryland Wellness Clinic

Waldorf Senior & Recreational Center

Celebrate health and wellness by joining the student nurses from the College of Southern Maryland as they conduct presentations on good nutrition, disease prevention, and wellness topics. Free blood pressure screenings will be provided.

Thursday, Mar. 5, 9 a.m.-Noon
Fee: FREE



Dance & Fitness

If you love music, dance and movement, join Jinger in this complete aerobic workout. This class is comprised of a warm up, leg and whole body flexibility routines, aerobic dance routines, strength 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

Aqua Aerobics

March 9 – May 28
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.

**Wade Aquatic Center
(St. Charles High School)**
Mondays & Wednesdays, 3:30 p.m.
Fee: \$55

Lackey High School
Tuesdays & Thursdays, 3:30 p.m.
Fee: \$55

No classes April 13 & 14th
It is time to stop waiting for a better day or the right time. Take charge of your health through classes and workshops!

Stepping Up Your Nutrition

Richard R Clark Senior Center

In this 2 1/2 hour workshop, participants will understand the importance of balanced nutrition for falls prevention and identify key factors that contribute to malnutrition.

We will focus on how nutrition affects falls risk, the importance of muscles for strength, key nutrients for older adults and how to create an action plan to improve nutritional health. Registration required.

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



Ballet for Movement

Richard R. Clark Senior Center

If you are looking for easy movement this is a great class to try. Very gentle on the body. 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

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
2 BBQ Pulled Pork Sandwich Whole Wheat Bun Coleslaw Roasted Butternut Squash Grapes Grape Juice	3 Tuna Salad Sandwich on Whole Wheat Bun Cranberry Salsa Salad Pasta Salad Mandarin Oranges Apple Juice	4 Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli Cornbread Orange Slices Pineapple Juice	5 Chicken Salad on Lettuce Bed Whole Wheat Bread (2) Broccoli Salad Seasoned Corn Pears Orange Juice Soup of the Day (Minestrone)	6 Vegetable Lasagna Black Bean Mango Salad Roasted Tomatoes Whole Wheat Dinner Roll Raisins Fruit Punch Juice
9 Unstuffed Cabbage w/ Ground Turkey Roasted Sweet Potatoes California Blend Veggies Whole Wheat Dinner Roll Pineapple Chunks Pineapple Juice	10 Chipotle Chicken Roasted Bean and Corn Salad Pickled Beets Whole Wheat Tortilla Diced Mangos Fruit Punch Juice	11 Sloppy Joe on Whole Wheat Bun 5 Blend Veggies Side Salad Raisins Grape Juice	12 Beef and Noodles Peas Stewed Tomatoes Applesauce Banana Cornbread Orange Juice	13 Egg Salad Sandwich on Whole Wheat (2) Cucumber & Onion Salad Roasted Tomato Salad Apple Slices Apple Juice
16 Grilled Cheese LS Tomato Bisque Soup Cucumber Black Bean Salad Breadstick Applesauce Grape Juice	17 St. Patrick's Day Beef Tips Colcannon (Mashed Potatoes) Carrots and Cabbage Green Grapes Whole Wheat Roll Apple Juice Shamrock Sprinkle Cake	18 Meat Lasagna Green Beans Garden Salad with Dressing Garlic Breadstick Grapes Pineapple Juice	19 Swedish Meatballs w/ Gravy Egg Noodles Sautéed Spinach w/ Garlic Bread Stick Mixed Fruit Cup Fruit Punch Juice	20 Eggplant Parmesan Herbed Pasta Green Beans 7 Grain Bean Salad Peaches Orange Juice
23 Teriyaki Chicken Fluffy Rice Stir-fry Vegetables Whole Wheat Dinner Roll Mandarin Oranges Apple Juice	24 Salisbury Steak w/ Gravy Mashed Potatoes Roasted Squash Whole Wheat Bread (2) Banana Orange Juice	25 Chicken Parmesan Noodles Roasted Brussel Sprouts Breadstick Peaches Fruit Punch Juice	26 Birthday Celebration Sweet and Sour Pork Chop Bowtie Pasta Salad Broccoli Whole Wheat Bread (2) Applesauce Pineapple Juice Birthday Cake	27 Lime Basil Baked Whiting w/ Mango Lime Salsa Brown Rice Green Beans Biscuit Diced Peaches Grape Juice
30 Honey Lime Chicken Roasted Redskin Potatoes Spinach and Arugula Salad Whole Wheat Bread (2) Apricots Orange Juice	31 Chophouse Burger on Pretzel Bun Orange Glazed Carrots Party Harty Beans Pineapple Chucks Apple Juice			
<i>The month of March</i>				
<p>Charles County Luncheon Program</p> <p>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.</p> <p>Clark Senior Center.....Tuesday-Friday Indian Head Senior Center.....Monday-Friday</p> <p>Nanjemoy Senior Center Monday-Friday Waldorf Senior Center Monday-Friday</p>				
<p><i>Available at Noon • Days Vary By Center</i></p> <p>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.</p>				

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.

Spring Fling Craft & Vendor Fair

Richard R. Clark Senior Center Presents...

Come check out our talented crafters and local vendors to get those last-minute Easter Basket fillers. There will be something for everyone!

Thursday, April 2, 2020 10:00 A.M. – 2:00 P.M. Open to the Public

Crafters/Vendors interested in participating please contact Janice Hamby, Senior Center Coordinator, at 301-609-5703 or 301-934-5423, to reserve your space by March 20, 2020. Sponsored in part by Richard R. Clark Senior Center Council.

Want to know about the upcoming events at the Senior Centers?

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Step 1. www.charlescountymd.gov/getconnected



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Charles County Department of Community Services

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Join the Adventure of Travel Trips sponsored by the 2N1 Club

Stay tuned for details about the following trips:

May 20-21, 2020: Mount Airy Casino, Mount Airy, PA.

Includes one-night lodging, indoor swimming pool, paved lake walking paths, golf course, \$40 slot play voucher, dinner buffet voucher, and a matinee of the Sam Cooke Tribute Show.

September 3-12, 2020: British Landscapes featuring England, Scotland and Wales.
Includes round trip air, ten-day touring, 12 meals (8 breakfasts, 4 dinners), Sight-seeing in London, Edinburgh, Chester and Stratford-Upon-Avon.

November 17-18, 2020: Tropicana Casino Resort & Resorts Casino Atlantic City, NJ.
Includes one-night lodging, \$30 slot play voucher at the Tropicana Casino, \$20 slot play voucher at the Resorts Casino, meal vouchers, and a matinee of The Motown Years Show.

For the above trips: Please contact Suzanne Carr at 301-645-5203, for reservations, a copy of the cruise flyer or more information. Additional trip insurance may be available upon request.