

The SCOOP

Charles County's Senior Center News



*Happy
Valentine's
Day*



FEBRUARY 2021
www.CharlesCountyMD.gov

Would you like the Charles County Senior Center SCOOP mailed to you?

If you answered yes, you are in luck! The Charles County Department of Aging can now mail a SCOOP to your home! As Centers are still closed, we have adapted the way we can get the SCOOP to our seniors. SCOOPs are available virtually, and free in-person at our outdoor programming, but the ease of getting your very own copy mailed to your home is now available!

You will be required to pay for postage. This program will begin in January 2021, for the cost of \$24 for a year worth of SCOOPs.

If you are interested in this new service, please contact Carolyn Savoy for a registration form at 301-934-5423. Postage fees must be paid by check made payable to Charles County Commissioners. **Completed forms can also be mailed or left in the secure drop box located at the Department of Community Services headquarters.**

Department of Community Services
Attn: Senior Centers
8190 Port Tobacco Rd Port Tobacco, MD 20677

Please note: this service is completely optional. SCOOPs will remain free at in person events while supplies last. This service is being offered on a trial basis.

Rent Relief Funds Available for Charles County Residents

The Board of County Commissioners has provided the Southern Maryland Tri-County Community Action Committee with relief funds of \$500,000 to support residents facing evictions due to the ongoing COVID-19 pandemic. Families facing financial difficulties related to employment loss or a significant reduction in work hours may be eligible to apply for assistance with paying rent and utilities.

Eligibility Guidelines:

- Applicants must be Charles County residents.
- Recipients must demonstrate job loss or reduction in work hours due to COVID-19.
- There may be additional local eligibility requirements.

To apply for financial assistance, call 301-274-4474. Customers may seek help by telephone or by scheduling an appointment virtually.

Holiday Schedule

There will be no senior programming on the following dates in February:

Monday, February 15: President's Day

Outdoor Winter Programming

We have been wildly successful at hosting a variety of outdoor senior programs during the summer and fall months. As weather turns colder, the outdoor programming we can offer will continue to adapt to the changing seasons. If a program is scheduled during the winter months, and the temperature is below 40 degrees, the outdoor program will be canceled. We are sorry for any inconvenience this may cause, and we thank you for your understanding.

What is SHIP?

The State Health Insurance Assistance Program (SHIP) provides free individualized information, education and unbiased counseling to Medicare beneficiaries and their families regarding Medicare health insurance and related programs. SHIP is located within Charles County Government, Department of Community Services, Aging and Human Services Division. We strive to educate our residents in making informed health care decisions and to get the most value for their health insurance dollars.

SHIP is a federally funded grant program administered by the Maryland Department of Aging on behalf of the Administration for Community Living and the Centers for Medicare & Medicaid Services. Each State and US territory offers a SHIP program. Staff and volunteers are trained and certified, to provide you with the most up-to-date information regarding Medicare benefits and other health insurance options. We can be reached at 301-609-5712 and 301-934-0118.

SHIP can help:

- Provide educational materials, brochures, etc.
- Teach beneficiaries to assess their needs and navigate the enrollment process
- Review and evaluate plan options and pricing
- Provide speakers and presentations for community groups
- Screen for financial assistance available through State and local resources
- Understand Medicare, your rights, filing claims and appeals for services

Medicare Enrollment Periods

General Enrollment Period

Jan 1 to Mar 31st, 2021 – If you did not sign up for Medicare Parts A and/or B during your Initial Enrollment Period and do not qualify for a Special Enrollment Period, you may sign up during this time.

Medicare Advantage Open Enrollment Period

Jan 1st to Mar 31st, 2021 – If you are enrolled in a Medicare Part C Advantage Plan, you may switch Advantage plans or drop your Advantage plan and return to Original Medicare (Parts A & B).

If you have questions regarding the current enrollment periods, missed your enrollment period, or unsure if you qualify for a Special Enrollment Period...Contact the SHIP program at 301-609-5712 or 301-934-0118.

Subscribe to the Charles County Senior Center eNews letter!

Want to know about upcoming events at the Senior Centers? Sign up for our eNews letter!

Step 1: Visit <https://www.charlescountymd.gov/>

Step 2: Scroll to the bottom of the page and click the large yellow "ENEWS SIGN-UP" button.

Step 3: Complete the Charles County eNews Registration form and you are done!

NEWSLETTER

Free Income Tax Preparation

For Seniors and Moderate to Low-Income Adults. Beginning January 11, 2021, 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 - call 301-609-5712

Age 18-59 - call 301-609-5704

Starting February 1, 2021, tax preparers will provide "Contact free" service for scheduled clients. **Please be advised**, methods of service delivery may change and will be based on the current local spread of the COVID-19 virus. Please call the Senior I&A office for updates regarding this program.

Please prepare for your appointment: Valid photo identification, Social Security Card, prior year tax return, all 1099 and W-2 forms, 2020 property tax bill. If itemizing provide medical, mortgage, and donation expense documents.

Caregivers Corner

Celebrating Valentine's Day

Finding ways to commemorate holidays is important even for loved ones with dementia. You may think if the spouse is not able to independently go out and get the traditional flowers, candy, and card then there is probably not much point. But let us think about how the couple celebrated the holiday for many years. Helping your loved ones with dementia continue those traditions can be so important for them. They may not remember what they had for breakfast or who visited yesterday, but they remember emotions such as love, happiness and those symbols of Valentine's Day may even help bring about some memories of past holidays. If a spouse has already passed, then make a point to make your loved one feel special in some other way. Acknowledgement like a card or candy from a child or grandchild can go a long way. So, do not ignore the Valentine's Day holiday, show some love!

Information for this article provided by <https://www.alzheimers.net>.

February Virtual Call-in Caregiver Support Group with Cindy Olmsted & Holly Conley

Wednesday, February 24, 2021 @ 2:00pm

Call 1-857-232-0159, when prompted enter conference code **358243**

It's time to re-register!

Each October it is a requirement that all senior center participants complete a new registration form to remain active members of the Charles County Senior Centers. We use registration forms to ensure we are reaching our seniors with important and current information! Please register if you have not done so already!

Please complete a registration form and return it at any of the following events:

- 2021 Drive-Thru Food Distributions
- Senior Walking Programs

Mail In/Drop Box Completed forms can also be mailed or left in the secure drop box located at the Department of Community Services headquarters.

Department of Community Services

Attn: Senior Centers

8190 Port Tobacco Rd. • Port Tobacco, MD 20677

Upcoming Food Distributions

While our Senior Centers have remained closed, we continue to create opportunities to get food to our seniors. We offer distributions at each Charles County Senior Center each month. Distributions can include fresh lunches, shelf stable meals, produce and more! Look below for upcoming FREE food distributions. Please note any RSVP dates required to secure your FREE food. Food distributions are for ALL seniors. You do not have to be low income or on any assistance programs to receive food.

February shelf stable meal distributions!

Shelf stable meals are distributed on a first come, first served basis.

Indian Head Pavilion: Distribution on February 9

Richard R. Clark Senior Center: Distribution on February 16

Nanjemoy Senior Center: Distribution on February 18

Waldorf Senior & Rec Center: Distribution on February 23

Mark Your Calendars and RSVP for March Boxed-Lunch Distributions!

All food distributions start at 11:30 AM and you must RSVP by the date below to receive a boxed lunch.

Indian Head Pavilion: Distribution on March 9

RSVP by Tuesday, 2/22 by calling Cynthia Simmons at 301-743-2125.

Richard R. Clark Senior Center: Distribution on March 16

RSVP by Monday, 3/1 by calling Janice Hamby at 301-934-5423.

Nanjemoy Senior Center: Distribution on March 18

RSVP by Wednesday, 3/3 by calling Donna Adebahr at 301-246-9612.

Waldorf Senior & Rec Center: Distribution on March 23

RSVP by Monday, 3/8 by calling Melanie Maggi at 240-448-2814.



Meals on Wheels

Need more help securing food between Senior Center distributions? Contact Meals on Wheels to gather more information on how you can have meals delivered to your home. Home Delivered Meals may be available for eligible seniors and their spouses who are homebound due to illness or disability, and are unable to shop for food and prepare meals for themselves. Home Delivered Meals are provided through a cooperative effort between the Department of Community Services and local Meals-On-Wheels Providers. Contributions toward the cost of the meal are requested and may be based on a sliding scale. For assistance, please call 301-934-0138 or 301-870-3388 ext. 5138.

Heart Health

By: Nate Schultz, Fitness Specialist

Heart disease, also known as Cardiovascular disease (CVD), is the leading cause of death in the United States. This includes heart attacks, chronic chest pain, stroke, and heart failure. It is important to focus on what risk factors can be altered by changing your lifestyle.

The risk factors that are preventable are smoking, high blood pressure, high cholesterol, physical inactivity, obesity, diabetes, and diet. Physical activity can positively effect other risk factors such as obesity, prediabetes, high cholesterol, and high blood pressure.

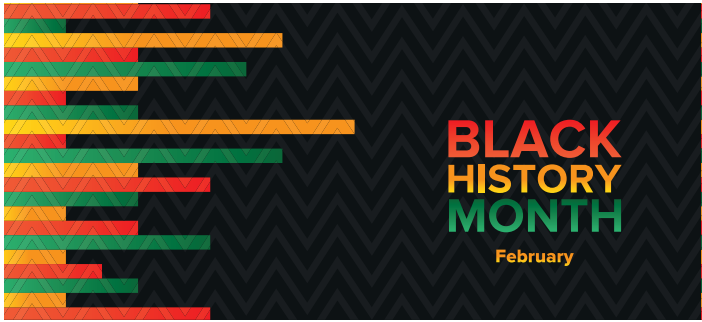
There are many risk factors for CVD that are not preventable. Men are at a greater risk of getting CVD and also tend to have heart attacks earlier. Men older the age of 45 and women over the age of 55 are at an increased risk of CVD. Also, CVD is higher among Mexican Americans, American Indians, native Hawaiians, and African Americans.

Before starting an exercise program, people with a history of CVD should have medical clearance by a health care professional. Once cleared it is recommended to start with low to moderate intensity and gradually progressing to reduce risk of any cardiovascular events.

People with CVD should do aerobic exercise at least three days a week. For those with high blood pressure, it is a good idea to do aerobics 5 to 7 days a week because aerobics lowers blood pressure for several hours after exercise. For those that are obese or have high cholesterol it is recommended to exercise at least 5 days a week to maximize calories burned. The amount of time that each exercise session should last is 20 to 60 minutes. However, starting at 5 minutes and progressing from there is fine.

The recommended amount of resistance training to do each week is 2 to 3 days. Each training session should consist of two to four sets of 8 to 12 repetitions of all the major muscle groups. Also, Make sure to not hold your breathe throughout the exercise, but to breathe normally. For resistance training people with CVD should avoid doing isometric exercises because they can raise blood pressure. Isometric exercises are exercises where you hold one position.

Need help making a plan to focus on your heart health? Debi Shanks and Nate Schultz are here to help you! Please contact us for help. Call 301-609-5711 to get started.



Black History Month

Black History in Charles County, MD

International Underground Railroad Month is the month of September, but you can retrace the history all year long. Charles County is helping to shape Maryland as The Most Powerful Underground Railroad Storytelling Destination in the World. From the stories of Josiah Henson and Washington Burch to Camp Stanton and Sergeant Charles Henry Brown and so many others, you cannot understand the story of Maryland's role in the Underground Railroad without a visit through Charles County. Read below as we explore the importance that Josiah Henson had in shaping black history in Charles County, Maryland.

Josiah Henson (1789-1883) was born into slavery in Charles County, Maryland, on a farm owned by Francis Newman. As a child, he was sold to Isaac Riley, who later appointed him superintendent of the farm at an unusually young age because of Henson's strength and intelligence. Henson showed extreme loyalty to Riley who, in turn, entrusted him with exceptional responsibilities and allowed him to become a preacher in the Methodist Episcopal Church. However, when Henson attempted to buy his freedom, Riley cheated him and made plans to sell him south. Fearing separation from his family, Henson fled north with his wife and children the summer of 1830. After passing through Ohio and New York, they settled in Dresden, Ontario.

Josiah Henson's 1849 autobiography, *The Life of Josiah Henson, Formerly a Slave, Now an Inhabitant of Canada, as Narrated by Himself*, inspired Harriet Beecher Stowe's landmark novel, *Uncle Tom's Cabin*. The impact of Stowe's novel, *Uncle Tom's Cabin*, should not be underestimated. Published in 1852, it broke all sales records of the time and sold over half a million copies by 1857. It inspired and en-flamed the abolitionist movement in the mid-19th century and many believe it helped to propel the American Civil War. Article provided by Charles County Tourism.

During the month of February, join Charles County Senior Center staff for a variety of black history month events.

Fireside Chat with Miss Webb

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

Friday, Feb. 5, 11:30 AM, FB Live

Celebrating the Life of Madam CJ Walker

Join us on Wednesday, February 17th at 11 a.m. as we celebrate the life of Madame CJ Walker portrayed by Shemika Berry. When we think of powerful black women, like Oprah, VP Kamala Harris, Shonda Rhimes (*Grey's Anatomy*) they ride on the skirt tail of the Madame CJ Walker. Join us for this amazing virtual performance. Sponsored by Charles County Arts Alliance. To register call Cynthia Simmons at 301-743-2125. Please be sure to leave your name, phone # and email address.

Wednesday, Feb. 17, 11 AM, MS Teams

Miz Rosa Rides the Bus

BY ANGELA JACKSON

That day in December I sat down
by Miss Muffet of Montgomery.

I was myriad-weary. Feet swole
from sewing seams on a filthy fabric;
tired-sore a pedalin' the rusty Singer;

dingy cotton thread jammed in the eye.
All lifelong I'd slide through century-reams
loathsome with tears. Dreaming my own silk-self.

It was not like they all say. Miss Liberty Muffet
she didn't

jump at the sight of me.

Not exactly.

They hauled me

away—a thousand kicking legs pinned down.

The rest of me I tell you—a cloud.

Beautiful trouble on the dead December
horizon. Come to sit in judgment.

How many miles as the Jim Crow flies?

Over oceans and some. I rumbled.

They couldn't hold me down. Long. No.

My feet were tired. My eyes were

sore. My heart was raw from hemming
dirty edges of Miss L. Muffet's garment.

I rode again.

A thousand bloody miles after the Crow flies

that day in December long remembered when I sat down
beside Miss Muffet of Montgomery.

I said—like the joke say—What's in the bowl, Thief?

I said—That's your curse.

I said—This my way.

She slipped her frock, disembarked,

settled in the suburbs, deaf, mute, lewd, and blind.

The bowl she left behind. The empty bowl mine.

The spoiled dress.

Jim Crow dies and ravens come with crumbs.

They say—Eat and be satisfied.

I fast and pray and ride.



Love and Laughter

"May the love hidden deep inside your heart find the love waiting in your dreams. May the laughter that you find in your tomorrow wipe away the pain you find in your yesterdays."

- Unknown

All of us have an intense desire to be loved and nurtured. The need to be loved could be considered one of our most basic and fundamental needs. There are many types of love and each relationship can benefit from adding a good dose of laughter. As we all know, laughter makes us feel good and helps us have that feel good factor that can tear down walls and bring you into the now of happiness.

Most Important Reasons to Love and Laugh:

- Love makes you happy. When in love, dopamine, the feel-good brain chemical associated with reward, is especially active so people feel extremely positive and appreciated.
- Love makes you take better care of yourself. Couples can notice changes in health of their loved one and encourage them to go to the doctors.
- Laughter makes us healthier. Laughing lowers blood pressure, reduces stress hormones and increases muscle flexion.
- Laughter touches the soul. There is a holiness in laughter that brings us closer to each other. It provides us with a moment of grace.
- Laughter keeps things into perspective. Laughter helps us to transcend ourselves, helps us not take ourselves too seriously.
- Love helps you live longer. Those long-life benefits are largely explained by consistent social and emotional support, better adherence to medical care and having a partner who can hold you accountable to healthy lifestyle behaviors and steer you away from bad ones.
- Laughter helps us stay positive. Laughter is an important tool for keeping our troubles in proportion and helps us create positive emotions and helps us find a frame of mind in which we can more easily cope with the struggles of life.
- Laughter is loving. Embracing good natured humor, we find the humility to see the foolishness of trying to be perfect and the gift of enjoying the smiles and laughter of love.

Children laugh on average 200 times a day and adults only 26 times a day. How many times a day do you experience the rich joy of laughter? If we want to be happier, healthier, and more productive we seriously need to make time to laugh. Because when we laugh, when we really laugh, deep from the belly... we feel alive! Start looking for more reasons to laugh today.

During the month of February, join Charles County Senior Center staff for a variety of opportunities to share love and laughter in your life. Read below on ways you can join us and help us spread love and laughter to seniors all over the county.

Share Your HeArt with Your Art

The pandemic has taken a major toll on seniors all over the county and especially those who are home-bound. During this season of love, we are encouraging you to send some cheer in the form of a homemade card! Finished cards can be mailed out to those you know or dropped off at your local senior center to be mailed out to Charles County seniors who are especially isolated. Need some inspiration? Consider joining our virtual craft, Watercolor Heart Art! See pg. 13 for details.

Need cards to send? Check out page 9 in this SCOOP and color and cut out the cards we provided.

We Love You to Piz-zas – Drive Thru Lunch

Join the Senior Center Staff at the Clark Senior Center for a little Slice of "Love" to jumpstart your Valentines Holiday.

Each Senior who pre-registers will receive a free pizza (to be prepared at home). Supplies are limited.

Pre-registration required by February 8th.

Friday, Feb. 12, 11:30 AM @ Richard R Clark Senior Center

Cupid's Carpool – Nanjemoy Valentine Drive-Thru

Cupid needs help this year spreading love throughout the air! Come celebrate Valentine's with the Nanjemoy Senior Center! Seniors interested in receiving a box full of support, love, and encouraging words should register with Donna Adebahr no later than Friday, February 5.

On Friday, February 12, drive through with Valentine's or notes of encouragement and support for your fellow seniors! Participants will drive-thru and drop Valentine's into decorated boxes.

For more information and to register for the event contact Donna Adebahr at 301-246-9612.

Friday, Feb. 12, starting at 11 AM. Nanjemoy Community Center

Coffee and Conversation

Join Charles County Senior Center staff twice a week for fellowship, fun, laughter, and a chance to connect! Different topics will be discussed. Join us for a great time!

Mondays at 2:00 PM and Wednesdays at 9:00 AM

"If I could give you any gift, I'd give you love and laughter, a peaceful heart, a special dream, and joy for ever after."

- Unknown





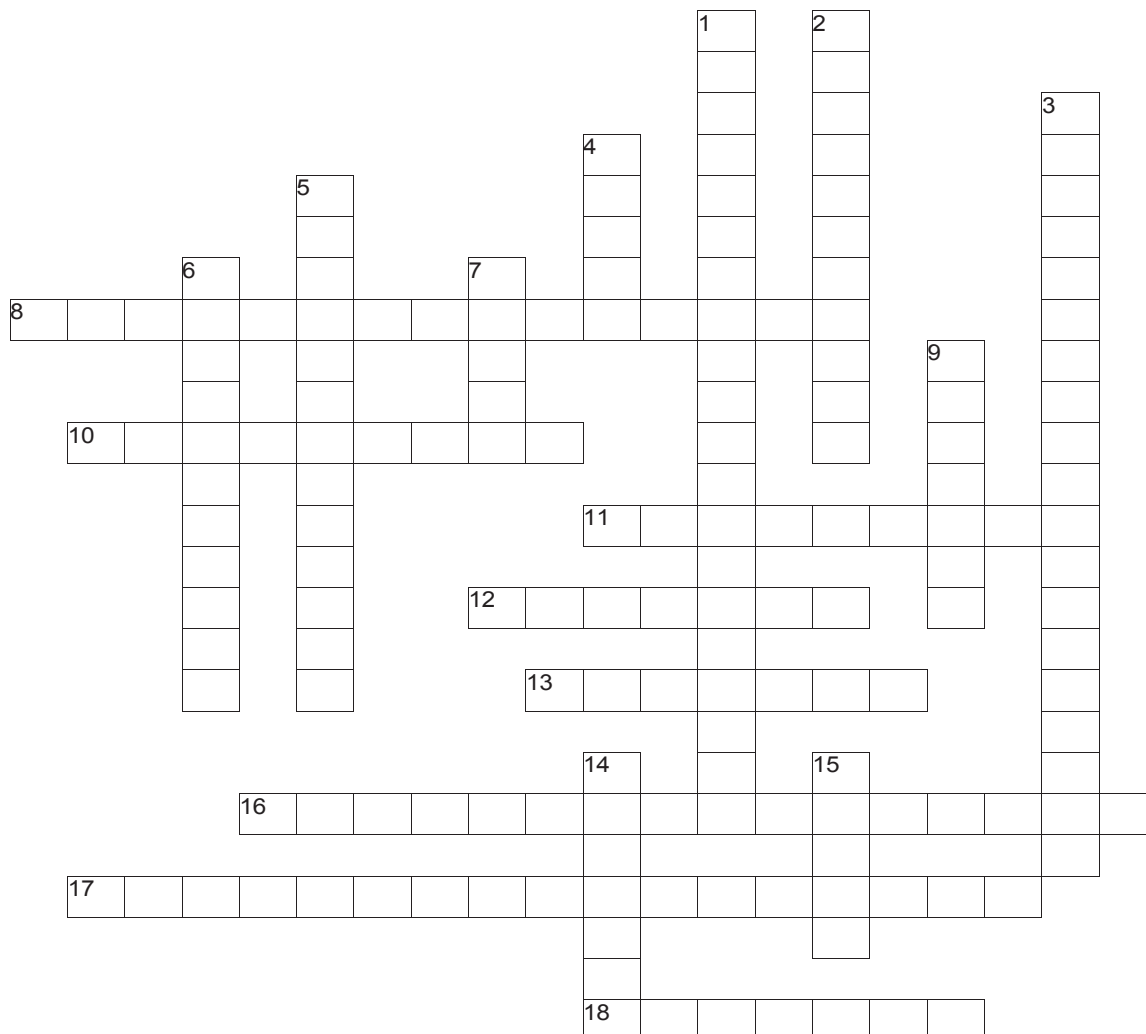
Black History Month

Across

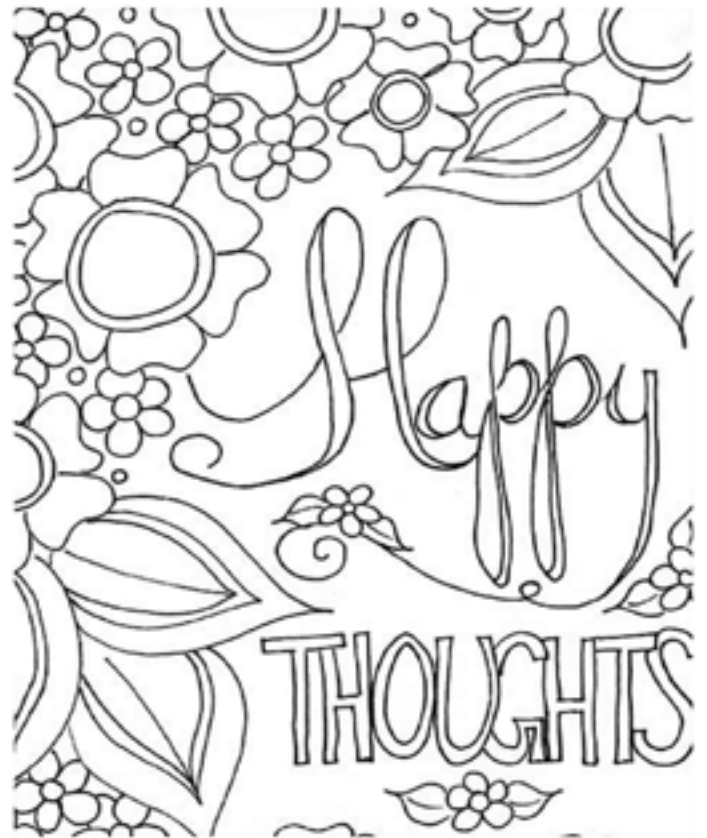
8. Literacy test of United States history and government used as a qualification for voting in federal elections. (2 words)
10. Rosa Parks' father's occupation.
11. Refused to give up her seat on a bus to a white person.
12. City where Rosa Parks died.
13. Rosa Parks' mother's occupation.
16. American Baptist minister, activist, humanitarian, and leader in the African American Civil Rights Movement. (3 words)
17. Refusal to comply with certain laws as a peaceful form of protest. (2 words)
18. State in which the Montgomery Bus Boycott took place.

Down

1. One of the most successful mass movements against racial segregation. (3 words)
2. Enforced separation of different racial groups in a country, community, or establishment.
3. Time in history where equal treatment for all, especially African Americans, was strived for. (3 words)
4. Civil Rights organization founded in 1909 to fight prejudice, lynching, and Jim Crow segregation; acronym for the National Association for the Advancement of Colored People.)
5. Elimination of racial segregation.
6. Law that required racial segregation. (3 words)
7. Rosa Parks had an issue with her teacher at Miss White's Industrial School for Girls because she was _____.
9. Key word on the moveable sign used to reserve sections for whites on buses during the era of segregation.
14. State where Rosa Parks was born.
15. Percent of African Americans that had a high school diploma in 1933.



SHARE YOUR
HEART
WITH YOUR ART!



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HEART
WITH YOUR ART!



Keep looking up...
THERE MAY BE A
RAINBOW
waiting for you!

*Hope
you're
doing
good!*

Call the Charles County COVID-19 Hotline at 301-609-6710 for a pre-recorded message about our current vaccination phase and the process for signing up when your group can sign up to be vaccinated.

Take Care of Your Mental Health

You may experience increased stress and loneliness during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

Get immediate help in a crisis. Call 911

Disaster Distress Help Line: 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish,

National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522

The Eldercare Locator: 1-800-677-1116

Veteran's Crisis Line: 1-800-273-TALK (8255) or text: 8388255

COVID-19 or Flu?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis.

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Getting a flu vaccine during 2020-2021 will be more important than ever. Flu vaccines will not prevent COVID-19, but they will reduce the burden of flu illnesses, hospitalizations and deaths on the health care system and conserve scarce medical resources.

Practice everyday preventive actions: Cover nose and mouth, wash hands with soap and water, avoid close contact with sick people, if sick stay home.

The Charles County Department of Health will hold free drive-through community flu vaccination clinics for the 2020-2021 season. The flu vaccinations clinics will be by appointment only. To schedule an appointment and for further instructions upon arrival contact 301-609-6900 ext. 6018.



Charles County Resources

If you would like to keep up to date about the COVID vaccination distribution in Charles County, there are several resources:

Visit the Department of Health at

<https://charlescountyhealth.org/Coronavirus-Disease-Covid19/>

Call the Charles County COVID-19 Hotline at 301-609-6710.

Sign up for "Breaking News" on our Citizen Notification System by visiting <https://www.charlescountymd.gov/services/alerts/citizen-notification-system>

Maryland Access Point: Connecting Seniors to Resources Available

We are available to help seniors during the COVID-19 pandemic. If you have questions about services and resources available to Charles County Seniors during this time, please contact the toll-free **Maryland Access Point Charles County at 1-855-843-9725 or email MDAccessPoint@CharlesCountyMD.gov.**

Contact Tracing Scam

Please be aware that if you test positive for COVID-19, a contact tracer will contact you but they will never ask for your social security number or banking information. If you are asked for this information, hang up and call the Department of Health directly at 301-609-6717.

Additional Resources

COVID-19 is a rapidly evolving catastrophic health emergency. For more information about this national pandemic, resources available, and other information, please visit resources below:

CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Office of Governor Larry Hogan:

<https://governor.maryland.gov/>

University of Maryland Charles Regional Medical Center:

<https://www.umms.org/charles>

Join us virtually this winter!

As our Senior Centers remain closed, and temperatures drop as winter rolls in, we will begin offering more virtual programming. We understand that technology can be a friend and a foe, but do not let that deter you! We are here to help you get connected to us virtually so you can stay connected to our programming over winter!

This winter, we will be offering virtual programs on MS Teams. MS Teams is a virtual meeting platform that will allow us to chat, video conference, share information, collaborate and connect with you!

Join us for one of our Intro to MS Teams events!

During this time, you will learn how to connect to an MS Teams meeting, how to use MS Teams features, and be able to get comfortable with the virtual programming platform so you are geared up and ready to participate in our wonderful winter programming! To register, please call Liz Phipps, Senior Center Supervisor, at 240-448-2815. Please leave a detailed message..

Intro to MS Teams

Thursday, Feb. 4, 2 PM

Thursday, Feb. 11, 2 PM

Friday, Feb. 19, 11 AM

Friday, Feb. 26, 11 AM



Black History Month

Fireside Chat with Miss Webb – Virtual

See pg. 5 for details.

Friday, Feb. 5, 11:30 AM, FB Live

Celebrating the Life of

Madam CJ Walker - Virtual

See pg. 5 for details.

Wednesday, Feb. 17, 11 AM, MS Teams

To register call Cynthia Simmons at 301-743-2125. Please be sure to leave your name, phone # and email address.

Senior Fitness

Pilates with Debi – Virtual

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements.

Mondays, 1 PM, MS Teams

To register, please call 301-609-5711 or email shanksd@charlescountymd.gov.

Small Group Workouts – Virtual

See pg. 15 for details.

Tuesdays and Thursdays, 10 AM-Noon, MS Teams

Total Body Conditioning – Virtual

Total Body Conditioning is a cardiovascular system workout designed to target all muscle groups. This exercise uses a combination of chair exercises, bands, weight and stretching for a well-rounded workout. This class is led by fitness instructor, Sabrina McCrae via the virtual platform, ZOOM.

The information below will be used each class day to begin your workout.

<https://www.zoom.us/join>

Meeting ID: 528 975 5657

Password: 123Fit

Tuesdays and Thursdays, 9:30 AM, via ZOOM

Fitness Move of the Week - Virtual

Senior Fitness Specialist, Nate Schultz, will demonstrate a new fitness move each week. These moves are designed to enhance your exercise regimen and help you meet your fitness goals.

Tuesdays, 2 PM, FB LIVE

Tai Chi with Nate Schultz – Virtual

Senior Fitness Specialist, Nate Schultz, will lead this hour-long class using MS Teams. Tai Chi is an evidence-based class that focuses on muscle control, stability, balance, and flexibility.

Mondays and Wednesdays, 11 AM, MS Teams

To register, please call 301-609-5711 or email shanksd@charlescountymd.gov.



Yoga with Debi – Virtual

Yoga is a great activity for you if you have diabetes, high blood pressure, high cholesterol, or heart disease. It gives you strength, flexibility, and mind-body awareness.

Wednesdays, 1 PM, MS Teams

To register, please call 301-609-5711 or email shanksd@charlescountymd.gov.

Arthritis Foundation Exercise Program (AFEP) - Virtual

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

Tuesdays, 1 PM, MS Teams

Wednesdays, 7 PM, FB LIVE

Thursdays, 1 PM, MS Teams

Fridays, 9 AM, MS Teams

To register for MS Teams classes, please call 301-609-5711 or email shanksd@charlescountymd.gov.

Facebook Workout – Virtual

Check out the Senior Workouts/Exercises Playlist located under the Videos tab on our Facebook page to complete pre-recorded workouts at your convenience. Workout formats vary but include Yoga, Flex & Stretch, Full Body Strength, Drums Alive and more!

Community

We Love You to Piz-zas – Drive Thru Lunch

See pg. 6 for details.

Friday, Feb. 12, 11:30 AM

Richard R Clark Senior Center

Cupid's Carpool – Nanjemoy Valentine Drive Thru

See pg. 6 for details.

Friday, Feb. 12, 11 AM

Nanjemoy Community Center

Share Your Heart with Your Art

See pg. 6 for details.



All programs are free unless otherwise noted. To Register: Call 301-934-5423, leave a message with your name, phone # and program you wish to attend.

CCPL Book Club - Virtual

Virtual book clubs are a place where adults 60+ can enjoy a lively and informational discussion of classical or contemporary literature. This program is being offered virtually. Registered participants will receive an email with details the day before the program.

Registration information is as follows:

"Just Mercy: A Story of Justice and Redemption by Bryan Stevenson
Thursday, Feb. 4, 1 PM

<https://ccplonline.libnet.info/event/4647788>

Shelf Stable Meal Box Distributions

These boxes contained 3-4 meals worth of shelf stable food items that can be prepared immediately or stored away for a rainy day. Shelf stable meals are distributed on a first come, first serve basis.

Indian Head Pavilion, February 9

Clark Senior Center, February 16

Nanjemoy Community Center, February 18

Waldorf Senior Center, February 23

These events run 11:30 AM – 1 PM while supplies last.

March Drive-Thru Lunches

All food distributions start at 11:30 AM and you must RSVP by the date below to receive a boxed lunch.

Indian Head Pavilion:

Distribution on March 9. RSVP by Monday, 2/22 by calling Cynthia Simmons at 301-743-2125.

Richard R. Clark Senior Center:

Distribution on March 16. RSVP by Monday, 3/1 by calling Janice Hamby at 301-934-5423.

Nanjemoy Senior Center:

Distribution March 18. RSVP by Wednesday, 3/3 by calling Donna Adebahr at 301-246-9612.

Waldorf Senior & Rec Center:

Distribution on March 23. RSVP by Monday, 3/8 by calling Melanie Maggi at 240-448-2814.

Hot Cocoa Bar

Warm your heart and soul by joining us for a Hot Cocoa Bar! We'll have a variety of hot beverages including coffee, hot chocolate and tea. Toppings too!

Friday, Feb. 19, 12:30 PM – 1:30 PM

Laurel Springs Park

Pre-Registration is required! Call Melanie Maggi at 240-448-2814.

Coffee & Conversation – Virtual

Pour yourself a beverage and join senior center staff virtually for conversation and fellowship! Each week will bring topics for discussion as well as special guest speakers.

Mondays, 2 PM, MS Teams

Wednesdays, 9 AM, MS Teams

To register, please call Liz Phipps, Senior Center Supervisor, at 240-448-2815. Please leave a detailed message

Crafts & Baking

Neapolitan Cupcake – Virtual

Janice Hamby will lead you through the steps of making this pretty and delicious treat!

Ingredients:

- 1 (18.2 oz) pkg. Dark Chocolate Brownie Mix
- 1 (16.5 oz) pkg. White or Yellow Cake Mix
- 1 (8oz) pkg. Cream Cheese
- 1 ½ Cups Prepared Vanilla Frosting
- ¼ Cup Seedless Strawberry Jam (like Smuckers)
- Liquid Red Food Coloring

Friday, Feb. 5, 2 PM

Facebook Live

Toilet Paper Roll Wreath – Virtual

Start saving up those empty toilet paper rolls for this cute craft! Not only will it look great on your door or wall, but is also a great way to upcycle your recycling!

Supplies:

- 15 Empty Toilet Paper Rolls
- Craft Glue/Glue Stick
- Paint (Color(s) of your choice)
- Paint Brushes
- 10 Pom Poms for center of flower (color of your choice)

Friday, Feb. 12, 2 PM

Facebook Live



Mystery Craft – Virtual

Join Janice Hamby and Melanie Maggi on MS Teams for this mystery project! Supplies can be picked up on Tuesday, February 16th at between 11:30 AM – 1 PM at the Richard R. Clark Senior Center. Pre-registration required!

Thursday, Feb. 18, 10 AM

MS Teams

To register call 301-934-5423. Be sure to leave your name, phone # and email address.

Watercolor Heart Art

Share your heart with your art! Join Melanie Maggi and Janice Hamby to create these beautiful water color cards. Finished projects can be kept for personal use or dropped off at your local center to be mailed to homebound seniors.



Pre-registration required. Supplies can be picked up on Feb. 23 between 11:30 AM-1 PM at the Waldorf Senior and Recreation Center.

Friday, Feb. 26, 10 AM

MS Teams

To register call 240-448-2814. Please be sure to leave your name, phone # and email address.

Locations

Indian Head Green – 100 Walter Thomas Rd, Indian Head, MD

Laurel Springs Park – 5940 Radio Station Rd, La Plata, MD (Pavilion closest to restrooms)

Richard R. Clark Senior Center – 1210 Charles St, La Plata, MD


Waldorf Senior & Recreational Center – 90 Post Office Rd, Waldorf, MD

Nanjemoy Community Center – 4375 Port Tobacco Rd, Nanjemoy, MD

FB Live – a Facebook account is not necessary to view the content on this page <https://www.facebook.com/CharlesCountySeniorCenters>

*Outdoor programs will be canceled in cases of inclement weather and when temperatures are below 40 degrees.

Social distancing guidelines are being followed at all Charles County Senior Center programs. In-person events require a mask any time you are within 6 ft of another participant. We also encourage you to bring water to ensure you stay well hydrated at these outdoor venues.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fit Talk with Debi. 10:00 Tai Chi. 11:00 Pilates. 1:00 Coffee and Conversation 2:00 Water Aerobics 3:00 Facebook Workout 7:00	2 Total Body Conditioning. 9:30 Small Group Training 10:00 AFEP 1:00 Fitness Move of the Week FB LIVE 2:00 Water Aerobics 3:00	3 Coffee and Conversation 9:00 Tai Chi. 11:00 Yoga 1:00 Water Aerobics 3:00 AFEP FB Live. 7:00	4 Total Body Conditioning. 9:30 Small Group Training 10:00 Chronic Disease Self-Management. 10:00 Virtual Book Club 1:00 AFEP 1:00 Intro to MS Teams. 2:00 Water Aerobics 3:00	5 AFEP 9:00 Fireside Chat with Miss Webb 11:30 How to Make a Neapolitan Cupcake 2:00
8 Fit Talk with Debi. 10:00 Tai Chi. 11:00 Pilates. 1:00 Coffee and Conversation 2:00 Water Aerobics 3:00 Facebook Workout 7:00	9 Total Body Conditioning. 9:30 Small Group Training 10:00 Shelf Stable Meal Distribution Indian Head. 11:30 AFEP 1:00 Fitness Move of the Week FB LIVE 2:00 Water Aerobics 3:00	10 Coffee and Conversation 9:00 Tai Chi. 11:00 Yoga 1:00 Water Aerobics 3:00 AFEP FB Live. 7:00	11 Total Body Conditioning. 9:30 Small Group Training 10:00 Chronic Disease Self-Management. 10:00 AFEP 1:00 Intro to MS Teams. 2:00 Water Aerobics 3:00	12 AFEP 9:00 Cupid's Carpool Valentine Drive-Thru ... 11:00 We Love You to Piz-zas Valentine Drive-Thru ... 11:30 Toilet Paper Wreath Craft 2:00
15 	16 Total Body Conditioning. 9:30 Small Group Training 10:00 Shelf Stable Meal Distribution Clark. 11:30 AFEP. 1:00 Fitness Move of the Week FB LIVE 2:00 Water Aerobics 3:00	17 Coffee and Conversation 9:00 Tai Chi. 11:00 Celebrating the Life of Madam CJ Walker. 11:00 Yoga 1:00 Water Aerobics 3:00 AFEP FB Live. 7:00	18 Total Body Conditioning. 9:30 Small Group Training 10:00 Chronic Disease Self-Management. 10:00 Mystery Craft. 10:00 Drive Thru Lunch Nanjemoy. 11:30 AFEP 1:00 Water Aerobics 3:00	19 AFEP 9:00 Intro to MS Teams. 11:00 Hot Cocoa Bar 12:30
22 Fit Talk with Debi. 10:00 Tai Chi. 11:00 Pilates. 1:00 Coffee and Conversation. 2:00 Water Aerobics. 3:00 Facebook Workout. 7:00	23 Total Body Conditioning. 9:30 Small Group Training 10:00 Shelf Stable Meal Distribution Waldorf. 11:30 AFEP 1:00 Fitness Move of the Week FB LIVE 2:00 Water Aerobics 3:00	24 Coffee and Conversation 9:00 Tai Chi. 11:00 Yoga 1:00 Water Aerobics 3:00 AFEP FB Live. 7:00	25 Total Body Conditioning. 9:30 Small Group Training 10:00 Chronic Disease Self-Management. 10:00 AFEP 1:00 Water Aerobics 3:00	26 AFEP 9:00 Watercolor Heart Art ... 10:00 Intro to MS Teams. 11:00

FEBRUARY
BLACK
• HISTORY MONTH •

Join us for the following virtual fitness classes as we patiently wait for in person programming!

Let us meet, exercise & talk! All classes will meet on MS Teams, unless otherwise noted. Call 301-609-5711 to register for these classes. Instructions for teams will be provided upon registration. Computer/smart phone/tablet with a camera and microphone are needed.

Small Group Fitness Classes

Chilly weather got you out of your fitness routine? We have the answer!

Join Debi & Nate as they bring your workouts to you at home! All you need is space to exercise and a smart phone or computer. All classes will run ½ hour. Pre-registration required along with fitness level.

Level 1: Chair workouts only

Level 2: Chair workouts with some standing exercises

Level 3: Standing and floor exercises

All classes will be taught through MS Teams. An MS Teams training session will be held prior to the start of class ensuring everyone can log in and attend class easily.

Classes will be held on Tuesday's & Thursdays.

Times will vary based on levels and amount of people signing up. Approximate time frame is between 10:00am-12:00pm.

To register or for more information call 301-609-5711

Fit Talk

Various health related topics will be discussed. From nutrition to simple exercises you can do at home. Commit the year for a healthier you!

Mondays, Feb 1st, 8th and 22nd @ 10:00 AM

Yoga

Gentle postures both seated and standing. Perfect for flexibility and body awareness.

Wednesdays @ 1:00 PM

Moving for Better Balance: Tai Chi

Prevent the risk of falling with this class series. Learn the forms in this interactive virtual class.

Mondays and Wednesdays @ 11:00 AM

Arthritis Foundation's Exercise Program



Debi, Nate, and Liz will guide you through specific joint movement, range of motion and chair exercises.

Tuesdays and Thursdays @ 1:00 PM via MS Teams

Wednesdays @ 7:00 PM via Facebook Charles County Senior Center page

Fridays @ 9:00 AM via MS Teams

Aquatic Fitness

Mondays and Wednesdays OR Tuesday and Thursday @ 3:00 PM

Fee: \$25 class which runs through Feb 25th.

New session begins March 1st. Please call 301-609-5711 for more information.

All classes at Donald M. Wade Aquatic Center @ St Charles High School. *Please note: masks are required during class.

Flash Mob Fitness

During the winter months, if weather is forecasted to be spring-like, we plan to offer Flash Mob Fitness classes! Flash Mob Fitness classes will be pop-up classes offered in our local parks outside of our currently scheduled programs. To find out about Flash Mob Fitness classes, please follow our Facebook page at Charles County Senior Centers. Since classes will be planned in a flash, when you see a class is being offered in the parks, please help us spread the word and tell all your friends to join us!

Pilates

Conditioning mat/floor exercises targeting abdominal region.

Mondays @ 1:00 PM * NO CLASS Feb 15th

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. <http://www.charlescountymd.gov/government/departments/community-services>.



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.

Adventure is Worthwhile in 2021 & 2022

Trips sponsored by Action Travel Tours **2N1 Sponsored Trip

A Message from Travel Leaders/Action Travel Tours: Action Travel is focused on new beginnings, safe travels and positive results. We pray that 2021 and a vaccine will return us to a new normal in travel with enhanced safety protocols. We have some wonderful itineraries for you to consider. We hope to be traveling together very soon. Stay well and may God bless you and your family.

2021 Trip List – Dates subject to change based on vendor confirmation

****April 14-22, 2021: Springtime Tulip River Cruise on the Rhine Collette Vacations.** 9 Day River Cruise Holiday on the MS Amadeus. Cruise the Netherlands and Belgium while in resplendent color with an overnight in Amsterdam. From \$3799pp double occupancy. Call to see if there is any remaining space.



****May 19-26, 2021: Canyon Country Collette Vacations.** 8 Days – 10 Meals Stand in awe of the natural beauty of the wonders our great West: Scottsdale, Sedona, Oak Creek Canyon, Grand Canyon, Kalibab National Forest, Lake Powell, Bryce Canyon, Zion National Park and Las Vegas From \$3499pp double occupancy. **Call to see if the FREE airfare promotion has been extended.**

May 23, 2021: Kennedy Center Memorial Day Choral Concert and Lunch. – Music Celebrations Int'l, American Veterans Center and the US Air Force Band present a Memorial Day Choral Festival honoring veterans past and present who have sacrificed so much. Celebrate the true meaning of Memorial Day honoring those who have served with rousing patriotic music. Prior to the 3pm concert we will enjoy a delicious lunch at the Alexandria Fish Market.

June 14–18, 2021: Action Travel Tours' 35th Annual Mystery Trip, Take II. – Add a little adventure to your life...Sign up for the original Southern Maryland Mystery Trip and travel with Action Travel Tours to a destination unknown. Help us celebrate 35 years of Mystery Itineraries, Friendships and Memories!! First Clue: We won't be going to 2019's Mystery Destination of Salem, Rockport and Gloucester, MA.

****June 27-July 6, 2021: Collette Tours British Landscapes.** - England, Scotland and Wales
10 Days 12 Meals Included: round trip air from Washington Dulles, hotels, tours, airport transfers, taxes and fees/surcharges; Double: \$3,949.00 pp Single: \$4,649.00 Triple: \$3,919.00 pp Cancellation Waiver additional at \$329 pp. Call for full color brochure and reservation packet for daily itinerary.



****July 23 – Aug 1, 2021: Highlights of the Canadian Rockies Mayflower Tours** – Calgary, Edmonton, Jasper, Banff Amazing sights of Maligne Lake, Columbia Icefields, Chateau Lake Louise, Sulphur Mountain, Calgary Tower, Royal Tyrrell Museum and West Edmonton Mall. From \$3874 pp double occupancy including air.

September 4-13, 2021 Shades of Ireland Collette Vacations. Experience Ireland in all its vibrant shades as you travel from the lively city of Dublin to the untamed natural beauty of Central and Southern Ireland. Your escort is a true Ireland expert, Ethel has made over 20+ trips to the Emerald Isle. From \$3849 pp double occupancy including airfare.

