

The SCOOP

Charles County's Senior Center News



APRIL 2021
www.CharlesCountyMD.gov

Get a Homeowners & Renters Tax Break

Did you know that the state of Maryland provides a tax credit for homeowners and 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, 2021*** or a later credit for applications received on or before October 1, 2021.
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 through October. 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. Information, Assistance, and Referral offices remain closed to the public at this time but are working in the office remotely to meet the needs of the public.

Maryland Access Point: Connecting Seniors to Resources Available

Maryland Access Point (MAP) is the gateway to long term services and supports for Charles County Residents. MAP trained specialists work with caregivers, professionals, and all individuals with long term care needs to **plan, identify, connect, and assist with accessing** private and public resources for long term services and supports. MAP also offers **Options Counseling**, a service through which all individuals and their caregivers, plan and make informed decisions regarding their long-term care. **Maryland Access Point Charles County at 1-855-843-9725 or email MDAccessPoint@CharlesCountyMD.gov.**

Free Income Tax Preparation



The Drive up AARP Tax preparation program has met capacity for this tax year. If you are still in need of Tax preparation you may contact AARP Tax Aide Foundation online for contact-less service at www.aarp.org.

Caregivers Corner

Welcome Spring!

Spring is finally here! It is time to take advantage of longer days and beautiful weather. Did you know getting outside for just 15-30 minutes a day can have significant benefits for your loved one and yourself? The sunlight and fresh air improve mood, allows your body to synthesize vitamin D, and gives everyone a much-needed change of scenery. Even if your loved one is not able to do vigorous activities or stay outside for long there are simple ways to get outside just for a bit.

- Simply sitting outside in a comfy chair
- Taking indoor activities outside, such as tabletop games and puzzles
- Enjoying a beverage and snack outside
- Short walks or window shopping if physically able
- Bird watching
- Gardening, even just a simple flowerpot
- Listen to music

Information for this article provided by

<https://www.synergyhomecare.com>

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

Wednesday, April 28, 2021 @ 2:00pm

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



Be on the lookout for COVID-19 scams:

- You *likely* will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine early.
- No one from Medicare or the Health Department will contact you.
- Beware of providers offering other products, treatments, or medicines to prevent the virus.
- No one from a vaccine distribution site or health care payer will call and ask for your Medicare number, Social Security number, or banking information to sign you up for a vaccine.

Contact the SMP to report Medicare fraud, errors, or abuse at 877.808.2468 or at smpresource.org.

SUPPORTED BY GRANT # 90MPC0002 FROM ACL

Happy Birthday, Welcome to Medicare

It is a milestone to celebrate as you turn 65! This means you may be eligible for Medicare Parts A, B, C, D and/or Supplemental Insurance (Medigap). You may also qualify for Medicare Savings Programs to help with Medicare costs. Are you confused with the telephone calls, television ads and excessive mailings? Do not worry, if you need help through this process, or need more accurate information, please contact the State Health Insurance Program (SHIP) office at 301-609-5712 for FREE and unbiased Medicare education and counselling. This is one of many benefits available to you as you turn 65.



Register Now

Have you completed your 2021 Registration Form for the Charles County Senior Centers?! If not, now is your chance! The registration form is now available online at the Charles County Senior Center webpage! Completed forms can be mailed to:

Department of Community Services

Attn: Senior Centers
8190 Port Tobacco Rd, Port Tobacco, Md 20677

Visit <https://www.charlescountymd.gov/services/aging-and-senior-services/senior-centers> to access the registration form online.

Tai Ji Quan: Moving for Better Balance

Tai Ji Quan: Moving for Better Balance® (TJQMBB) is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders. Fuzhong Li, Ph.D., a Senior Scientist at Oregon Research Institute, developed the program. Certified Tai Ji Quan instructors, Nate Schultz and Liz Phipps are gearing up to start a Tai Ji Quan class for Charles County Seniors. To meet the instructors, and learn more about Tai Ji Quan, joins Nate and Liz for an introductory session on Tuesday, April 20th at 1 PM at Laurel Springs Park.



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.

Mark Your Calendars and RSVP for Food Distributions!

All food distributions start at 11:30 AM and you must RSVP by the date below to receive a boxed lunch. Distributions do have a capacity limit that is often reached. Do not delay in RSVPing.

Indian Head Pavilion: Cynthia Simmons at 301-743-2125.

Boxed Lunch: Distribution on April 13. RSVP by 3/29.

Produce Bag: Distribution on May 11. RSVP by 4/26.

Richard R. Clark Senior Center: Janice Hamby at 301-934-5423.

Boxed Lunch: Distribution on April 20. RSVP by 4/5.

Produce Bag: Distribution on May 18. RSVP by 5/3.

Nanjemoy Senior Center: Donna Adebahr at 301-246-9612.

Boxed Lunch: Distribution on April 22. RSVP by 4/7.

Produce Bag: Distribution on May 20. RSVP by 5/5.

Waldorf Senior & Rec Center: Melanie Maggi at 240-448-2814.

Boxed Lunch: Distribution on April 27. RSVP by 4/12.

Produce Bag: Distribution on May 25. RSVP by 5/10.

Need access to food? COVID-19 has put an extreme strain on citizens, but there is help. For a comprehensive list of food pantries available, please visit End Hunger, Charles County Maryland at <https://endhungerincharles.org/food-pantries/>.



Want to know about upcoming events at the Senior Centers? Sign up for eNews and have the SCOOP delivered directly to your inbox!

Step 1:

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

Step 2:

Scroll to the bottom of the page, and click the large yellow "ENEW SIGN-UP" button.

Step 3:

Complete the simple Charles County eNews Registration form and you are done!

Spring Cleaning: Gut Health

In April, we can't help but get excited for Spring! Warmer weather, more sunlight, time spent outside, fresh air flowing through the house. We are eager to refresh and start with a clean slate as life is being reborn outside. Out with the old, in with the new: spring cleaning! But starting with a clean slate goes well beyond the traditional deep clean of the house. When is the last time you checked on your gut health? Cleansing the body has become more of a mainstream fad these days, but we don't need to go that far. Let's take some time to learn how our gut health affects our entire body so we can make healthy food decisions at each meal and support our gut health!

Helpful Germs. You have many bacteria in your body. In fact, you have more than you have cells. Most are good for you. The ones found in your gut not only help you digest foods, they work all over your body and can be good for your physical and mental health.

Fighting the Good Fight. In the gut microbiome, the "good" bacteria do more than just help with digestion. They help keep your "bad" bacteria in check. They multiply so often that the unhealthy kind don't have space to grow. When you have a healthy balance of bacteria in your gut, it's called equilibrium.

Gut Bacteria and Your Heart. Some kinds of gut bacteria may be part of the link cholesterol has to heart disease. When you eat foods like red meat or eggs, those bacteria make a chemical that your liver turns into something called TMAO (trimethylamine-N-oxide). TMAO may help cholesterol build up in your blood vessels.

Gut Bacteria and Your Brain. Your brain sends messages all over your body. Researchers believe your gut may talk back. Studies show that the balance of bacteria in the gut microbiome may affect your emotions and the way your brain processes information from your senses, like sights, sounds, flavors, or textures.

Foods to Improve your Digestion. Digestive problems affect millions of people. There are certain foods we can put in our diet to help promote healthier digestion and improve gut health.

1. Whole Grains
2. Leafy Greens
3. Lean Protein
4. Low-Fructose Fruits
5. Avocados

Information provided by webMD and hopskinsmedicine.org.

Good Health with Debi!

The Good Health with Debi show is coming soon! Our own Physical Fitness Coordinator Debi Shanks will have new fitness videos, which will be perfect for anyone looking for low-impact exercises, on the CCGTV channel (Comcast Channel 95 and Verizon FIOS Channel 10).



Produce: feedback needed!

Over the next several months, Charles County Senior Centers will distribute produce bags and host Farmer's Markets. Our farmers want to hear from you on what produce you would like available this season! Please give us a call or drop us a note on what you would like available!

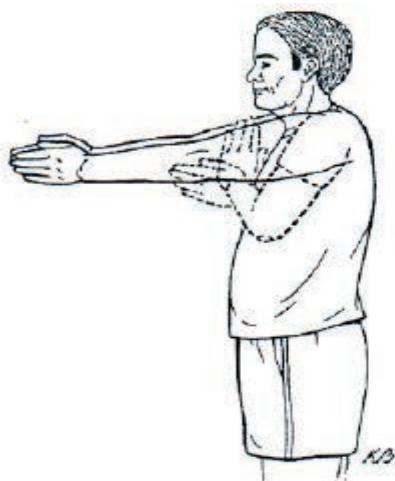
Arthritis Foundation Exercise Program (AFEP)

The Arthritis Foundation Exercise Program (AFEP) is a low-impact recreational exercise program that incorporates a brief educational component.

Key activities of AFEP classes include:

- Multiple exercise activities, including: joint check/warm-up, range of motion/stretching, strengthening, cardiovascular endurance, and joint check/cool down.
- There are also balance and coordination activities.
- Each class also includes a health education component from the program formally known as PACE- People with Arthritis Can Exercise.
- The class also has relaxation and breathing activities.
- Instructors have the option to include weight-bearing, posture/body mechanics, body awareness, and socialization activities.

Check out the virtual and in-person programming calendars to join an AFEP class at the Charles County Senior Centers. Also, enjoy a few AFEP exercises in this month's SCOOP on pages 5 & 6.



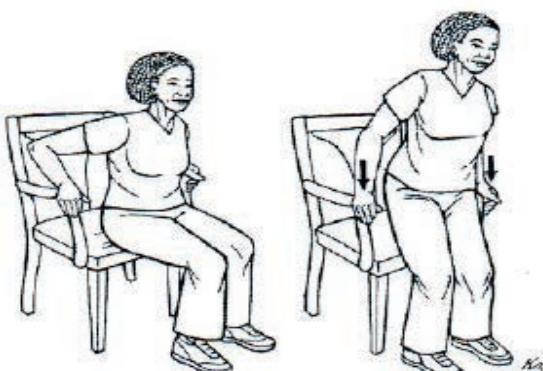
PRAYER ARMS

- Bring arms in front of body with palms and fingers together.
- Keeping palms together, move hands toward chest by bending elbows (elbows will move out to side).
- Turn fingertips upward.
- Reverse movement by turning wrists to move fingertips away and straightening arms.



THE ROW

- Sit or stand with elbows bent and tucked to the side.
- Bend slightly forward from the hips, keeping the back straight.
- Lower hands slowly toward the floor by straightening the elbows.
- Row elbows up and back, pulling shoulder blades together.



CHAIR PUSH UP

Upper body weight bearing

- Sit toward edge of chair with hands on arm rests (or on seat if no arm rests).
- Push down with hands lifting your body off seat, putting weight on your arms.
- Return to seated position.

VARIATION

- Perform the exercise with a slow count.
- Lift up while counting 1, 2, 3, 4. Lower down while counting 1, 2, 3, 4.



SHOULDER BACKWARD CIRCLE

- Slowly move shoulders up, back and around in a circular motion.
- CAUTION: To avoid forward slumping or rounded shoulder posture, do not circle to the front.

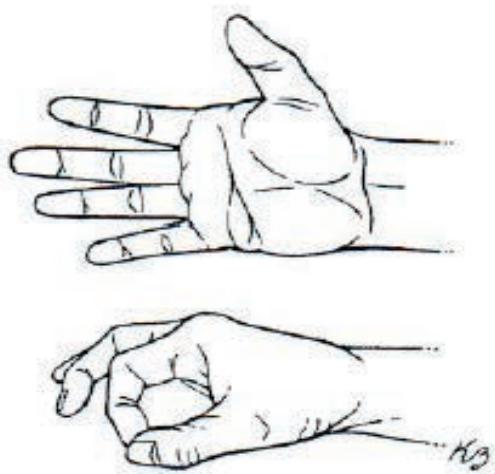
PROGRESSION

- Circle one shoulder at a time to challenge posture and alignment.



HEAD TURN

- Turn head to side as if to look over shoulder.
- Return to center start position and pause before turning to other side.
- TIP: Cue left, pause, center, pause, right, pause, center, pause.
- CAUTION: Do not raise shoulders to ears during movement.



FINGER O

- Start with palms facing downward and wrists and fingers relaxed.
- Touch tip of thumbnail to tip of index fingernail to form the letter O.
- Open O and continue with next finger, touching tip of fingernail each time.
- Do exercise with one hand at a time or both hands at the same time.
- CAUTION: Touch tip of the fingernail to make an "O." Avoid touching the pad of finger as this makes a "pinch", which may be painful for those with arthritis in the fingers.

PROGRESSION

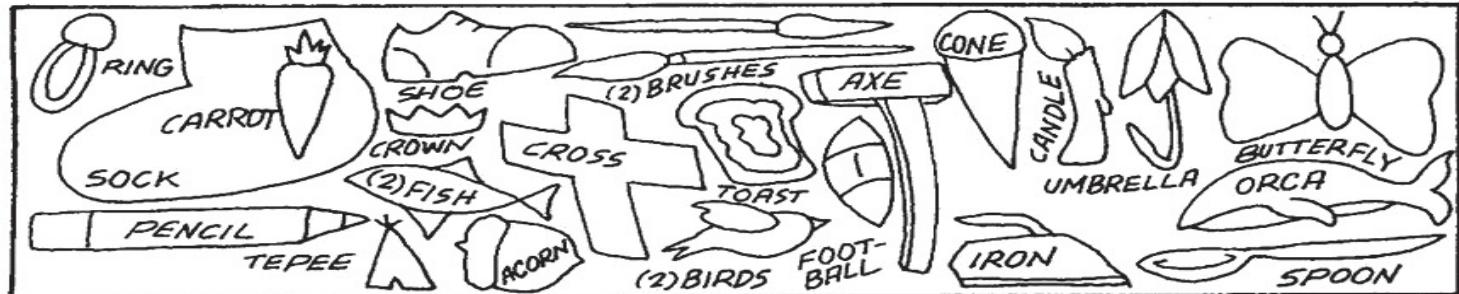
- Do Finger O with one hand and Cat's Claw with other hand.
- Turn palms facing each other.

A FEW FUN ACTIVITIES

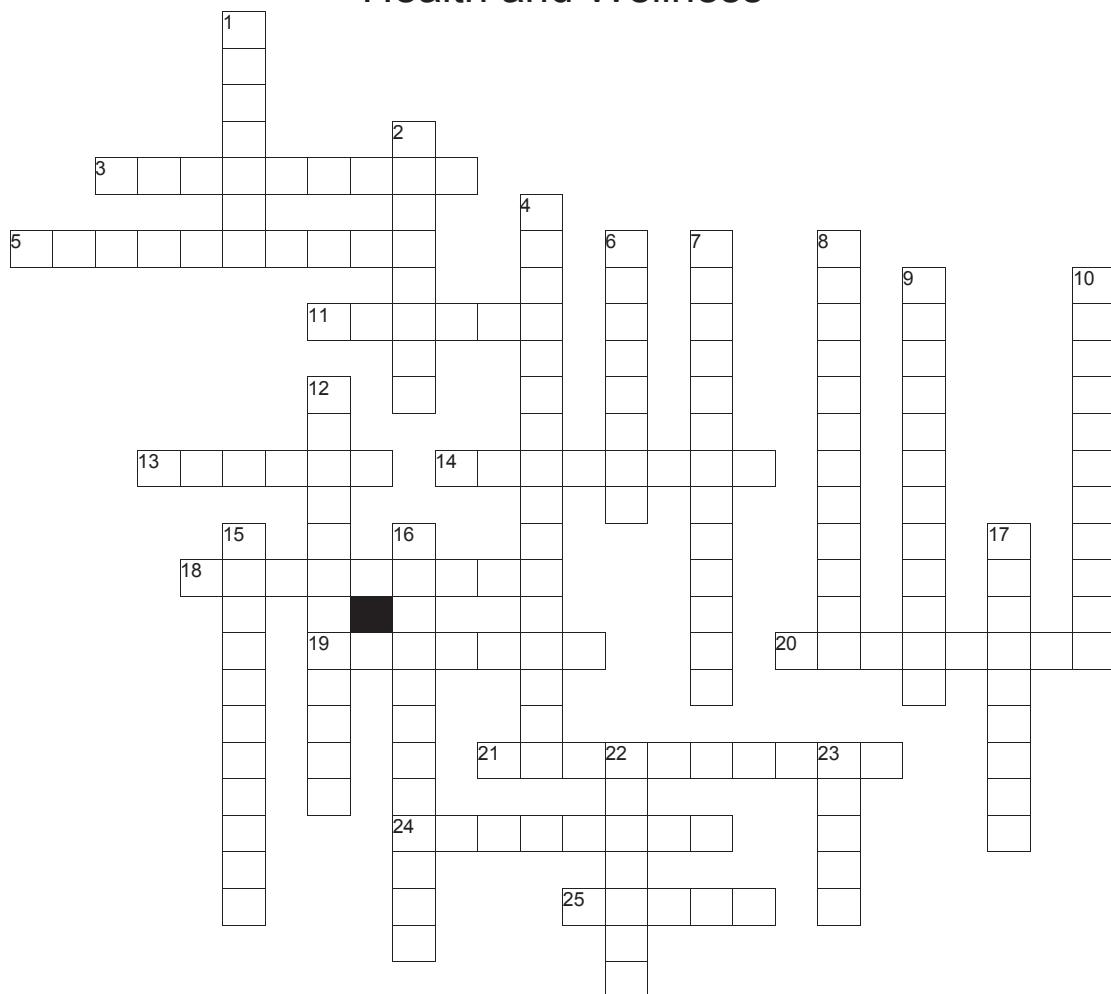
GET CONNECTED!



www.hiddenpicturepuzzles.com



Health and Wellness



Across

3. The process of providing or obtaining the food necessary for health and growth
5. Excessive or extra weight
11. A band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body
13. Combination of physical, mental/emotional, and social well-being
14. The state or condition of being in good physical and mental health
18. A very small parasitic bacterium, like a virus, requires the biochemical mechanisms of another cell in order to reproduce
19. The condition of being grossly fat or overweight
20. Food that can be prepared quickly and easily and is sold in restaurants and snack bars as a quick meal or to be taken out
21. The scientific study of the human mind and its functions
24. A chronic bacterial disease that is contracted chiefly by infection during sexual intercourse, but also congenitally by infection of a developing fetus
25. Found only in plant foods

Down

1. A unit of energy in food
2. A hormone that is released from the adrenal glands in response to stress that facilitates fat storage and has a catabolic affect on muscle and connective tissue
4. Personal habits or behaviors related to the way a person lives
6. A substance that provides nourishment essential for growth and the maintenance of life
7. A measure of body weight relative to height
8. A condition that causes pain in muscles, joints, ligaments and tendons
9. A major source of energy in the diet. They are found naturally in foods such as breads, cereals, fruits, vegetables, and milk and dairy products
10. A nutritional diagram
12. A form of vitamin A found naturally in yellow/orange vegetables and fruits
15. A fat-like substance that is made by the body and is found naturally in animal foods such as meat, fish, poultry, eggs, and dairy products
16. High blood pressure
17. A venereal disease involving inflammatory discharge from the urethra or vagina
22. A mineral important in building and maintaining bones, and for muscle and nerve function
23. Wheat or any other cultivated cereal crop used as food

Call the Charles County COVID-19 Hotline

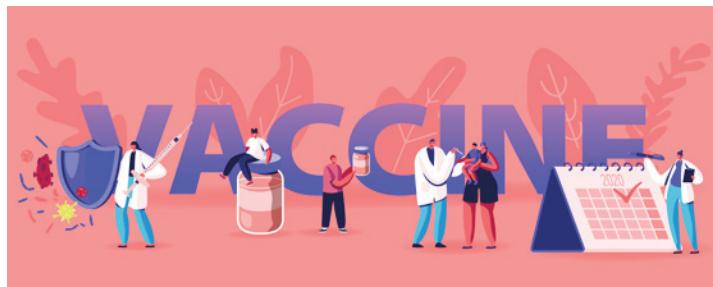
at 301-609-6710 for a pre-recorded message about our current vaccination phase and the process for signing up when your group can sign up to be vaccinated.

RESOURCES

Charles County Resources

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

1. Visit the Department of Health at <https://charlescountyhealth.org/Coronavirus-Disease-Covid19/>
2. Call the Charles County COVID-19 Hotline at **301-609-6710**.
3. Sign up for "Breaking News" on our Citizen Notification System by visiting <https://www.charlescountymd.gov/services/alerts/citizen-notification-system>



covidLINK

At this time, the federal government is giving Maryland approx. 14,000 doses per day for over 2 million people who are eligible. SUPPLY IS VERY LIMITED, especially as the vaccine is becoming available to more people. PLEASE BE PATIENT as the availability of the vaccine will eventually be available to all Marylanders.

For more COVID-19 vaccination resources, including fact sheets and FAQs, visit <https://covidlink.maryland.gov/content/vaccine/>. Information provided by the Maryland Department of Health.

Charles County Health Department Vaccine Appointment Info



The Charles County Department of Health has begun phase 2A of COVID-19 vaccinations. This priority group includes all those age 60 and older, along with a few other specific groups listed in the Maryland COVID-19 vaccine priority groups.

Complete the pre-registration form to receive a link to schedule a COVID-19 vaccination appointment. If you qualify to get the vaccine now, you may still have to wait for an appointment due to the limited number of available vaccination appointments at our clinics. You will be in our system and you will receive an email to schedule your appointment when slots become available.

Registration Process

COVID-19 vaccinations are by appointment only.

1. Complete the pre-registration form.

Complete and submit the pre-registration form found on our website charlescountyhealth.org and social media pages (a confirmation email will not be provided). If you do not have computer or internet access, call the Charles County Health Department hot line at 301-609-6900. Someone from the health department will review your form and determine your eligibility.

2. Receive link.

Once it has been determined that you qualify under one of the current vaccine phases, a link will be sent for you to schedule an appointment for a vaccination. If you do not have an email address, someone from the health department will contact you to assist you in scheduling an appointment.

3. Schedule your appointment.

Upon receiving the link, complete the online form and schedule an appointment. You will be provided with a confirmation by email.

4. Bring required ID to your appointment.

On the day of the appointment bring the confirmation and a government issued photo ID. If you are a healthcare worker, first responder, or childcare provider, please bring some form of documentation or ID that shows proof of employment (i.e., letter from employer on official letterhead, work ID, license).

5. Register for your second dose.

Approximately 3 weeks after your first dose, you will receive an email with a new link to register for your second dose of vaccine. Complete the online form and schedule an appointment. You will be provided with a confirmation by email.

COVID-19 Vaccine Frequently Asked Questions

Should I get the COVID-19 vaccine?

If you have any questions about whether to get the vaccine, check with your primary care doctor to address your questions and concerns. Your doctor is familiar with your health and medical needs related to taking the vaccine.

How will we know to sign up for a vaccine, where, and how?

You can always get the latest information at CharlesCountyHealth.org/Coronavirus-Disease-Covid19. Call the Charles County COVID-19 Hotline at 301-609-6710 for a pre-recorded message about our current vaccination availability, phase, and the process for signing up when your phase is available for vaccination. This message will be updated as new information is available, and the public can call 24 hours a day, seven days a week.

What is the process for pre-registering for a COVID-19 vaccination?

Complete and submit the pre-registration form found on the Charles County Health Department website charlescountyhealth.org and social media pages (a confirmation email will not be provided). The pre-registration will collect your demographics. A trusted individual can assistance when completing the pre-registration form.

If you do not have computer or internet access, call the Charles County Health Department hot line at 301-609-6900. Someone from the health department will review your form and determine your eligibility.

Once it has been determined that you qualify under one of the current vaccine phases, a registration link will be sent for you to schedule an appointment for a vaccination. If you do not have an email address, someone from the health department will contact you to assist you in scheduling an appointment.

Upon receiving the registration link, complete the online form and schedule an appointment. You will be provided with a confirmation by email.

Do I need my second dose by the date marked on my vaccination card?

No, that number represents the minimum time frame for when you are eligible to receive your second dose. According to the CDC, the second dose of the COVID-19 vaccines should not be scheduled prior to 28 days and may be scheduled for administration up to 6 weeks (42 days) after the first dose. Remember if you received your first dose from the Charles County Department of Health, you do not need to register for your second dose.

What can I expect on the day of my appointment?

Arrive on time, wear a mask, and bring the confirmation and a government issued photo ID. Your appointment time is only for you, it cannot be given to another family member or friend.

At check-in you will remain in your car. A short questionnaire will be administered.

The COVID-19 vaccine will be given in your upper arm, wear clothing that provides easy access. You will be asked to wait at least 15 minutes to ensure no adverse reaction occurs for the vaccine. You will be observed by health care staff during the waiting period.

A vaccination card will be given to you. It states the dose and date of the 1st vaccine and date when 2nd vaccine is due.

How will I be notified for my second appointment?

Approximately 3 weeks after your first dose, you will receive an email with a new link to register for your second dose of vaccine. Complete the online form and schedule an appointment. If you do not have an email address, someone from the health department will contact you to assist you in scheduling an appointment.

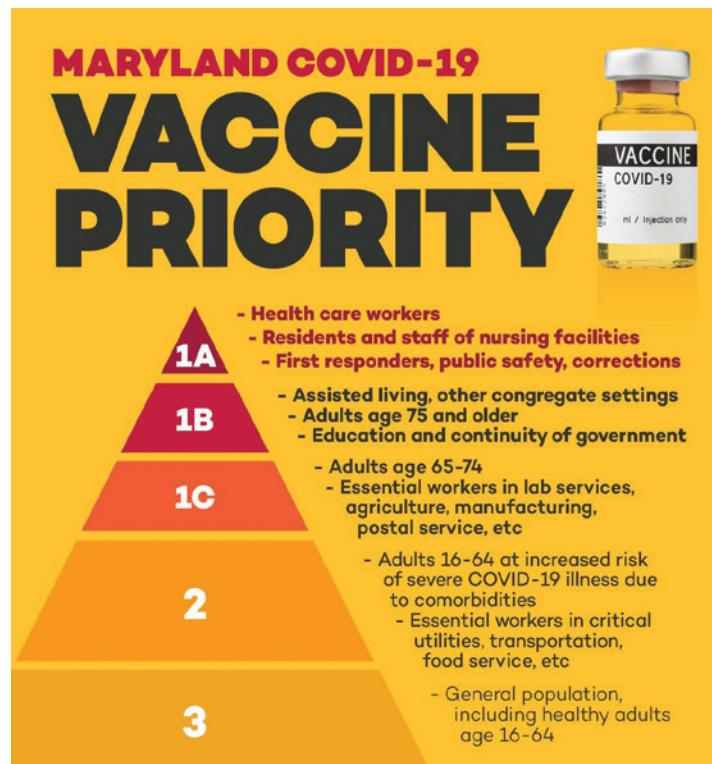
You will be provided with a confirmation by email.

Which vaccine is Charles County distributing?

Moderna—Two doses, administered four weeks apart.

What are the most common side effects to the vaccine?

In the arm where you got the shot: Pain; Swelling; Redness. Throughout the rest of the body: Chills; Tiredness; Headache. These side effects usually start within a day or two of getting the vaccine. They might feel like flu symptoms and might even affect your ability to do daily activities, but they should go away in a few days. **Please contact your Doctor if you are concerned about any effects from the vaccine.**



Join us for 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!

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

Intro to MS Teams

Thursday, April 8, 2 PM

Thursday, April 15, 11 AM

Thursday, April 29, 11 AM



Community

CCPL Book Club

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:

"The Good Lord Bird" by James McBride

Thursday, April 1, 1 PM

<https://ccplonline.libnet.info/event/4775830>

Coffee & Conversation

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. Some topics this month will include April holidays, Maryland Relay – with guest speaker Jenny Pearson (April 12), Gardening and more!

Mondays, 2 PM, MS Teams

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

Tough Topic Thursdays

Join Cynthia Simmons on MS Teams for an hour discussion on a variety of tough topics. Each month will be a different topic.

Thursday, April 22, 11 AM, MS Teams

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

Caregiver Support Group

Virtual call-in Caregiver Support Group with Cindy Olmsted and Holly Conley. Call 1-857-232-0159, when prompted enter conference code 358243.

Wednesday, April 28, 2 PM

Senior Fitness

***To register for virtual fitness classes, please call 301-609-5711 or email shanksd@charlescountymd.gov.**

Guided Meditation

Calm the body, mind, and spirit, as we focus on the breath and inner healing.

Mondays, 9 AM, MS Teams

Total Body Conditioning

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

Small Group Workouts

See pg. 15 for details.

Tuesdays and Thursdays, 10 AM-Noon, MS Teams

Tai Chi with Nate Schultz

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.

Tuesdays and Thursdays, 1 PM, MS Teams

Fitness Move of the Week

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

Yoga with Debi

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

Arthritis Foundation Exercise Program (AFEP)

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

Wednesdays, 7 PM, Facebook LIVE

Fridays, 9 AM, MS Teams

Facebook Workout

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!

Drums Alive

This powerful FUN workout will be brought to you in your own living room! Equipment pickup Thursday April 15. Call 301-609-5711 to register.

Mondays April 19th & 26th, 1 PM

MS Teams

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.

VIRTUAL PROGRAMS

Get your Latest SCOOP online!

Crafts & Baking

Sugar Water & String Basket

A fun and creative craft just in time for Easter!

Supplies Needed:

1 Balloon
1 Spool Size 3 Embroidery Thread
2 Cups of Granulated Sugar
1 Cup of Water
Your choice of decorations (ribbons, beads, flowers, etc.)

Thursday, April 1 at 12 PM

FB Live



Beaded Suncatcher

Suncatchers come in all shapes, sizes and styles but almost always use beads in their designs. The best beads to use to truly catch the sun, are clear crystal beads which form rainbows when the sun hits them at the right angle, but you can use whichever beads you like!

Supplies Needed:

Crystal or glass beads
Large charm
Clear beading thread (fishing wire)
Piece of wood

Thursday, April 29 at 12 PM

FB Live

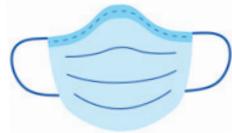
Facebook Live programs can be found on the Charles County Senior Center Facebook page.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Total Body Conditioning 9:30 Small Group Training 10:00 String Basket Craft 12:00 Virtual Book Club 1:00 Tai Chi 1:00	2 Good Friday 
5 Guided Meditation 9:00 Coffee and Conversation 2:00 Facebook Workout 7:00	6 Total Body Conditioning 9:30 Small Group Training 10:00 Tai Chi 1:00 Fitness Move of the Week 2:00	7 Yoga 1:00 AFEP FB Live 7:00	8 Total Body Conditioning 9:30 Small Group Training 10:00 Tai Chi 1:00 Intro to MS Teams 2:00	9 AFEP 9:00
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19 Guided Meditation 9:00 Drums Alive 1:00 Coffee and Conversation 2:00 Facebook Workout 7:00	20 Total Body Conditioning 9:30 Small Group Training 10:00 Tai Ji Quan Zero Presentation 1:00 Fitness Move of the Week 2:00	21 Yoga 1:00 AFEP FB Live 7:00	22 Total Body Conditioning 9:30 Small Group Training 10:00 Tough Topic Thursdays 11:00 Tai Chi 1:00	23 AFEP 9:00
26 Guided Meditation 9:00 Drums Alive 1:00 Coffee and Conversation 2:00 Facebook Workout 7:00	27 Total Body Conditioning 9:30 Small Group Training 10:00 Tai Chi 1:00 Fitness Move of the Week 2:00	28 Yoga 1:00 Caregivers Support Group 2:00 AFEP FB Live 7:00	29 Total Body Conditioning 9:30 Small Group Training 10:00 Intro to MS Teams 11:00 Beaded Suncatcher Craft 12:00 Tai Chi 1:00	30 AFEP 9:00

As we continue to expand our outdoor senior programming, we encourage you all to be safe and consider what is best for you. If you feel comfortable joining us in person, great! We can't wait to see you. If you're not ready to make that step, that's okay too! Take a look at our virtual programs and join us from the comfort of your home!

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 HYDRATED AT THESE OUTDOOR VENUES



Program Locations

Indian Head Pavilion

100 Walter Thomas Rd, Indian Head, MD

Laurel Springs Park

5940 Radio Station Rd, La Plata, MD
(Pavilion closest to restrooms)

Nanjemoy Senior Center

4375 Port Tobacco Rd, Nanjemoy, MD

Richard R. Clark Senior Center

1210 Charles St, La Plata, MD

Tilghman Lake Park

10598 Box Elder Rd, La Plata, MD

Waldorf Senior & Recreational Center

90 Post Office Rd, Waldorf, MD

**Outdoor programs will be canceled in cases of inclement weather or weather colder than 40 degrees.*



Community

Coffee & Conversation

Join senior center staff for a hot beverage, conversation and fellowship! Each week will bring topics for discussion as well as special guest speakers. Some topics this month will include Bird Feeding, April holidays, Maryland Relay, Gardening and more!

Wednesdays, 10 AM, Laurel Springs Park

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

Spring Bingo

Bingo is back! Prizes include candy, spring decorations, puzzles and more. Free to play and win!

Thursday, April 15, 10:30 PM

Tilghman Lake Park

Pre-registration is encouraged. Call Melanie Maggi at 240-448-2814.

April Drive-Thru Lunches

All food distributions start at 11:30 AM and you must RSVP by the date below to receive a boxed lunch. Do not delay in RSVPing.

Indian Head Pavilion:

Distribution on April 13. RSVP by Monday, 3/29 by calling Cynthia Simmons at 301-743-2125.

Richard R. Clark Senior Center:

Distribution on April 20. RSVP by Monday, 4/5 by calling Janice Hamby at 301-934-5423.

Nanjemoy Senior Center:

Distribution on April 22. RSVP by Wednesday, 4/7 by calling Donna Adebahr at 301-246-9612.

Waldorf Senior & Rec Center:

Distribution on April 27. RSVP by Monday, 4/12 by calling Melanie Maggi at 240-448-2814.

May Produce Drive-Thru Distributions

All food distributions start at 11:30 AM and you must RSVP by the date below to receive a bag of produce. Do not delay in RSVPing.

Indian Head Pavilion:

Distribution on May 11. RSVP by Monday, 4/26 by calling Cynthia Simmons at 301-743-2125.

Richard R. Clark Senior Center:

Distribution on May 18. RSVP by Monday, 5/3 by calling Janice Hamby at 301-934-5423.

Nanjemoy Senior Center:

Distribution on May 20. RSVP by Wednesday, 5/5 by calling Donna Adebahr at 301-246-9612.

Waldorf Senior & Rec Center:

Distribution on May 25. RSVP by Monday, 5/10 by calling Melanie Maggi at 240-448-2814.

Purse State Park Waterfront Clean Up

Join us on Earth Day, April 22, and help us clean up Purse State Park in celebration of Earth Day! The 2021 Earth Day theme is Restore Our Earth, and a cleanup of a locally treasured location is perfect! Please wear appropriate clothing & gloves. Trash bags will be provided.

Thursday, April 22, 1 PM

Senior Fitness

***To register for virtual fitness classes, please call 301-609-5711 or email shanksd@charlescountymd.gov.**

Tai Chi with Cynthia Simmons

Indian Head Senior Center Coordinator, Cynthia Simmons will lead this hour-long class around Indian Head's Village Green fountain. Tai Chi is an evidence-based class that focuses on muscle control, stability, balance and flexibility. Bring your own water.

Mondays and Wednesday, 10:30 AM, Indian Head Pavilion

This class requires participants to pre-register. To register call 301-743-2125. If you get directed to voicemail, please leave your name, phone # and the class dates you wish to attend.

Have you heard about the new programs?

Tell A Friend!

As we continue in-person and virtual programs we need your help spreading the word. If we all call one friend, together we can reach so many!

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.

IN-PERSON PROGRAMS

Get your Latest *SCOOP* online!

Group Warm Up & Walk

These walks are led by Senior Fitness and Promotions Coordinator, Debi Shanks and Senior Fitness Specialist, Nate Schultz. This program consists of a 10-minute warm up followed by 30-minute walk, at your own pace. Bring your own water.

For Laurel Springs, participants should meet in the first parking lot to the right, just as you pull in.

Mondays and Fridays, 10:30 AM, Laurel Springs Park

Wednesdays, 12:30 PM, Indian Head Green

Arthritis Foundation Exercise Program (AFEP) – Virtual

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

Mondays, 11:30 AM, Laurel Springs

Wednesdays, 11:30 AM, Indian Head Green

Biking with Nate

Join Nate Schultz on the Indian Head Rail Trail for a group bike ride! See page 15 for more details.

Fridays, 1 PM

Dance Parties

Dance with us as spring arrives! See page 15 for more details.

Crafts

Art in the Park

Join Senior Center staff every Friday for Art in the Park! Projects will vary weekly. Pre-registration is required to ensure we have enough supplies. Register by calling 301-934-5423.

Fridays, 10:00 AM, Laurel Springs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The month of April				
5 Tai Chi with Cynthia10:30 Warm Up and Walk.....10:30 AFEP11:30	6	7 Coffee & Conversation10:00 Tai Chi with Cynthia10:30 AFEP11:30 Warm Up and Walk.....12:30	8	9 Warm Up and Walk.....10:30 Art in the Park10:00 Biking1:00
12 Tai Chi with Cynthia10:30 Warm Up and Walk.....10:30 AFEP11:30	13 Boxed Lunch Indian Head11:30	14 Coffee & Conversation10:00 Tai Chi with Cynthia10:30 AFEP11:30 Warm Up and Walk.....12:30	15 Spring Bingo10:30	16 Warm Up and Walk.....10:30 Art in the Park10:00 Biking1:00
19 Tai Chi with Cynthia10:30 Warm Up and Walk.....10:30 Dance Party11:15 AFEP11:30	20 Boxed Lunch Clark11:30	21 Coffee & Conversation10:00 Tai Chi with Cynthia10:30 AFEP11:30 Warm Up and Walk.....12:30	22 Boxed Lunch Nanjemoy11:30 Purse State Park Waterfront Cleanup1:00 Dane Party1:00	23 Warm Up and Walk.....10:30 Art in the Park10:00 Biking1:00
26 Tai Chi with Cynthia10:30 Warm Up and Walk.....10:30 AFEP11:30	27 Boxed Lunch Waldorf11:30	28 Coffee & Conversation10:00 Tai Chi with Cynthia10:30 AFEP11:30 Warm Up and Walk.....12:30	29	30 Warm Up and Walk.....10:30 Art in the Park10:00 Biking1:00

April is National Fitness Month and time to get outside!

As some classes will transition out-doors we will still be offering online classes through MS Teams. Call 301-609-5711 to register for these classes. Instructions for teams will be provided upon registration. *Computer/smart phone needed.

Small Group Fitness Classes

Perfect classes if you are looking to get moving and build strength.

Join Debi & Nate as they will bring your workout right in the comfort of your own 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: 10:00 A.M. Chair workouts only

Level 2: 10:30 A.M. Chair workouts with some standing exercises

Level 3: 11:15 A.M. Standing and floor exercises

Classes will be ½ hour each and held on Tuesday's & Thursdays.

Guided Meditation

Calm the body, mind and spirit as we focus on the breath & inner healing.

Mondays @ 9:00 AM on MS Teams

Tai Chi

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

Mon/Wed 10:30 AM in Indian Head

Tues/Thur 1:00 PM on MS Teams

Park Walks

Mondays & Fridays at
Laurel Springs Park at 10:30 AM

Wednesdays at
Indian Head Pavilion at 12:30 PM



Yoga

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

Wednesdays 1:00 PM on MS Teams

Outdoor Fitness:

40 degrees or higher. We go by the "feels like" temperature. Check before you head out.

Biking with Nate

Fridays @ 1:00

April 9, 23, and 30

**@ Indian Head Rail Trail
(White Plains)**

April 16

**@ Indian Head Rail Trail
(Indian Head)**



Arthritis Foundation's Exercise Program



This class will guide you through specific joint movement, range of motion and chair exercises.

Mon at 11:30 AM at Laurel Springs

Wed at 11:30 AM at Indian Head Green

Wednesdays 2:00 via Facebook Charles County Senior Center page

Friday 9:00 via MS Teams

Drums Alive

This powerful FUN workout will be brought to you in your own living room! Equipment pickup Thursday April 15. Call 301-609-5711 to register.

Mondays April 19th & 26th 1:00 PM on MS Teams

Spring Dance Parties!

Celebrate Spring and Earth Day through DANCE!

Monday, April 19th @ Indian Head Village Green 11:15 am

Thursday, April 22nd @ Laurel Springs Park
(Field of Dreams) 1:00PM

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 Await in 2021 & 2022

Trips sponsored by Action Travel Tours 301-645-1770

A Message from Travel Leaders/Action Travel Tours: As Spring dawns, we still find flexibility and patience as the theme in the travel world going forward. We pray that 2021 and the vaccine will soon return us to a new normal in travel with enhanced safety. Please call to verify trip dates and stated details. We hope to be traveling together very soon. Stay well and may God bless you and your family.

**2N1 Sponsored Trip

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

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.

September 13-22, 2021 Discover Scotland Collette Vacations. Travel and experience all that is the essence of Scotland: Glasgow to Isle of Sky to the Highlands to Orkney Islands to St. Andrews and Edinburgh. Mingle with the locals and immerse in the culture, as you experience a bagpipe lesson, enjoy a whiskey distillery, watch a sheepdog demonstration, and tour Armadale and Edinburgh castles. 10 days 14 meals with air from \$4,099 per person double occupancy. Limited Space

September 29 – Oct. 4, 2021: Music City USA – Nashville, TN – We will explore the history and sounds of country music as we travel to the country music capital of Nashville. We will overnight in Bristol TN on our journey down and in Asheville, NC on our return. No trip to Nashville is complete without staying at Opryland, enjoying the Grand Ole Opry, the Johnny Cash museum, the General Jackson and so much more.

Looking Towards 2022

July 9-19, 2022: Oberammergau Passion Play and Danube Explorer River Cruise Mayflower Tours. Due to COVID-19, the Oberammergau Passion Play that is offered every 10 years has been postponed to 2022. This is a once in a lifetime opportunity to see the Play and sail Emerald Cruises on the Danube. Mayflower Tours is offering the coveted Passion Play tickets along with a land stay and Danube River Cruise through Hungary, Slovakia, Austria, and Germany from \$5249 per person double occupancy. **Call to see if the FREE airfare promotion has been extended.**

