

# The SCOOP

Charles County's Senior Center News



**MARCH 2016**

[www.CharlesCountyMD.gov](http://www.CharlesCountyMD.gov)

## March is Colorectal Cancer Month

Screening for colorectal cancer can save lives. If you're 50 years or older, talk to your doctor about getting screened.

Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it.

### What You Can Do

If you're age 50-75, get screened for colorectal cancer regularly. Screening tests help prevent colorectal cancer by finding precancerous polyps (abnormal growths) so they can be removed. Screening also finds this cancer early, when treatment can be most effective.

A few other ways to help prevent colorectal cancer are: be physically active, maintain a healthy weight, don't drink too much alcohol, and don't smoke.

### Fast Facts

Risk increases with age. More than 90% of colorectal cancers occur in people age 50 and older.

Precancerous polyps and colorectal cancer don't always lead into cancer, especially at first. You could have polyps or colorectal cancer and not know it. That is why getting screened is so important. The following is a list of symptoms to be on the lookout for:

- Blood in or on the stool (bowel movement).
- Stomach pain, aches, or cramps that do not go away.
- Losing weight and you don't know why.

These symptoms may be caused by something other than cancer. If you have any of them, see your doctor.

*Information for this article provided by: [www.cdc.gov/cancer/colorectal/index.htm](http://www.cdc.gov/cancer/colorectal/index.htm).*

## National Nutrition Month



The theme for National Nutrition Month is "Savor the Flavor of Eating Right." This is a great reminder for everyone to develop a mindful eating pattern that includes nutritious and flavorful foods, while also taking the time to enjoy everything that a healthful and tasty meal has to offer.

Enjoy a cooking demonstration by Lisa Furlow, Nutritionist with the Department of Community Services. Samples will be provided. There is no charge to attend this presentation. Dates and times for senior center presentations are as follows:

### Waldorf Senior Center

Tuesday, Mar. 8 • 11:15 a.m.

### Nanjemoy Community Center

Thursday, Mar. 10 • 10 a.m.

### Clark Senior Center

Tuesday, Mar. 15 • 11 a.m.

### Indian Head Senior Center

Thursday, Mar. 31 • 11:15 a.m.

## 25<sup>th</sup> Annual Senior Citizens Prom

**Friday, Mar. 11**

6-9 p.m. • Fee: FREE  
Greater Waldorf Jaycees  
Community Center

Don't forget the Prom is coming soon!  
Check at your senior center for ticket availability.



## COUNCIL NEWS ITEMS

**Clark Senior Center**  
St. Patrick's Day Party

**Indian Head Senior Center**  
Biggest Loser IHSC Edition  
Senior Service Days, Game Day  
National Pancake Day  
St. Patrick's Day Breakfast Mystery

**Waldorf Senior Center**  
Snack Bar, Bingo Supplies  
A St. Pat's Shindig, Easter Eggs  
Easter Bunny Bingo Bash

## SPONSORED/HOSTED ACTIVITIES & EVENTS

## Free Income Tax Preparation for Seniors & Moderate to Low-Income Adults

Monday and Friday, Feb. 1-Apr. 15  
Clark Senior Center (La Plata)

On January 4, Senior I&A staff will begin receiving calls from those who wish to schedule an appointment for the Annual Income Tax Preparation program. This is a free service for those who meet the eligibility guidelines.



### Eligibility Requirements:

- **Persons age 60+** who earned \$70,000 or less in tax year 2015 may call 301-609-5712 to schedule an appointment.
- **Persons age 18-59** who earned \$40,000 or less in tax year 2015 may schedule an appointment by calling 301-609-5704.

### Bring the following with you to your appointment:

- Identification or social security card
- Prior year tax return
- All 1099 and W-2 forms
- 2015 property tax bill (if itemizing, bring documentation of medical, mortgage, and donation expenses.

## Pickleball for All

Port Tobacco Recreation Ctr.  
11 a.m.-1 p.m.

Monday, ongoing through Apr. 11,  
104420-P4

Wednesday, ongoing  
through Apr. 13, 104420-P2

Resident Fee: \$20/ Non-Resident \$25  
Drop-in Available: \$5/class



Pickleball is a fun sport for adults (age 18+) that combines many elements of tennis, badminton, and table tennis. The rules are simple and the game is easy for beginners to learn, but it can develop into a fast-paced, competitive game for experienced players. A class instructor will be present at all classes to teach skills and facilitate play. All necessary equipment is provided. Registration is limited.

Details: 301-934-9305 or 301-870-3388. Online registration available: [www.CharlesCountyParks.com](http://www.CharlesCountyParks.com).

## Buffet Bingo

Tuesday, Mar. 22,  
11 a.m.-2 p.m.

Fee: FREE  
Greater Waldorf Jaycees  
Community Center

The Greater Waldorf Jaycees, in partnership with the Department of Community Services, has planned their Annual Buffet Luncheon and Bingo for the senior citizens of Charles County.

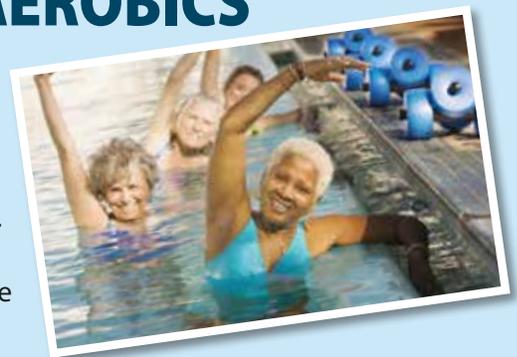
Included will be a delicious cold buffet luncheon, bingo, and prizes. The event is free and open to all Charles County senior citizens, age 60 and older. Please make your own transportation arrangements.

Tickets are required and may be picked up at any senior center.  
**Limited number of tickets available.**



## AQUA AEROBICS

Let's get that heart pumping! Cardiovascular exercise and strength building. Get strong, energize and challenge yourself!



### Lackey

Mar. 14-May 26 • Tue/Thu • 3:30 p.m. • Fee: \$50

Mar. 21-24, classes will meet from 11:30 a.m.-12:30 p.m. No class Apr. 26.

### Wade Aquatic Ctr. (St. Charles High School)

Mar. 15-May 25 • Mon/Wed • 3:30 p.m. • Fee: \$50

Mar. 21-24, classes will meet from 11:30 a.m.-12:30 p.m.



## St. Patrick's Day Party

Everyone is honorary Irish on St. Patrick's Day, except Tom Delaney who is naturally Irish! He will delight you with song, wit, and wisdom of the old country. Enjoy the traditional flavor of a delicious Irish luncheon, followed by Blarney Bingo in the afternoon. Purchase your ticket early, wear green, and be prepared for a fun day!

**Thursday, Mar. 17, 10:30 a.m.-2 p.m.**

Fee: \$3, 60 and older, plus a generous lunch donation • \$8, 60 and younger

### Special Events & Daily Activities

#### Book Club

March Selection: *The Truth According to Us*, by Annie Barrows.  
April Selection: *Defending Jacob*, by William Landay.



Thursday, Mar. 3, 1 p.m.

Fee: FREE

#### Karaoke with Randy

Back by popular request...karaoke with Randy! Enjoy his zaniness and have fun as he sings your favorite karaoke hits.

Thursday, Mar. 24, 11 a.m.

Fee: FREE

### Special Presentations

#### Life Insurance for Estate Planning

Life insurance is present in almost every estate plan and serves as a source of support. Learn more from Paul Dessault LUTCF, and Cory Dudley LUTCF, from New York Life.

Thursday, Mar. 10, 11 a.m.

Fee: FREE

#### Savor the Flavor of Eating Right

Nutritionist Lisa Furlow will offer a healthy cooking demo providing samples of delicious and nutritious foods. Recipes will be available.

Tuesday, Mar. 15, 11 a.m.

Fee: FREE

#### RRCSC Gospel Chorus

If you love old time gospel music, be sure to attend this presentation, provided by our very own singers, led by Janice Cooper. You will find yourself singing along, clapping your hands, and taping your feet at this uplifting event.

Tuesday, Mar. 22, 11 a.m.

Fee: FREE

#### Low Fat Cooking Alternatives

Learn how to make low fat substitutions to reduce your caloric intake without changing the flavor of the food. Facilitator: Vicki Rehm

Tuesday, Mar. 29, 11 a.m.

Fee: FREE

#### Portraits in Black

Twenty-four of the portraits Charles Alston drew during World War II, illustrated both famous and ordinary African-Americans who had achieved distinction in a variety of fields. Discussion will be held.

Thursday, Mar. 31, 11 a.m.

Fee: FREE

### Classes

#### AARP Driver Safety Course

Improve your driving skills through this comprehensive course. Pre-registration required: 301-609-5706. Sponsored by UMCRCM. Instructor: Wes Henson

Tuesday, Mar. 8, 10 a.m.-3 p.m.

Fee: FREE

Lunch: 60 and older, available by donation  
59 and younger, \$5.75

#### Creative Writing

Do you enjoy writing? This group meets the second Friday of each month for discussion, writing exercises, and creative thinking.

Friday, Mar 11, 1 p.m.

Fee: FREE

### Services

#### Reflexology

Due to overwhelming response for reflexology, another day has been added this month. We do ask that you limit your appointment to once a month in order to extend availability to others. Sign-up sheets available in the lobby. Services provided by Becky Lugardo, Certified Reflexologist.

Friday, Mar. 4 & 18,

Thursday, Mar. 17, 9:15 a.m.-2:30 p.m.

Fee: 50¢/min

#### Watch Repair

Have your batteries replaced, or purchase a refurbished watch.

Wednesday, Mar. 2 & 16, 10 a.m.

Fee: Varies according to service



#### Blood Pressure Screening

Blood pressure and glucose testing by 1 Corinthians Home Care Service. Fasting required.

Wednesday, Mar. 2 & 16, 9 a.m.

Fee: FREE

#### Visit the Nurse

Wednesday, Mar. 9, 10 a.m.-Noon

Fee: FREE

### Fitness

#### Fitness Orientation

Class is mandatory. Registration required.

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

Fee: \$2

Wednesday, Mar. 9 & 23, 1 p.m.

Fee: \$2

#### African Dance

Move to the energetic sounds of the drums.

Each Monday, 1 p.m.

Fee: \$4

#### Hand Dancing

Hand Dancing is back! Grab your partner or come solo! Louise Pyles will teach you all you need to feel comfortable on the dance floor.

Each Friday, 1:30-2:30 p.m.

Fee: \$5 Drop-in

#### Body Barre Workout

Focus on flexibility and strength building using the ballet bar and flex bar. No class March 8. Instructor: Debi Shanks

Each Tuesday, 11 a.m.

Fee: Fitness Card

## Videos

#### The Greatest Generation

The men and women who came of age during the Great Depression are termed the Greatest Generation. Watch this excellent video and remember when.

Friday, Mar. 4, 10 a.m.

Fee: FREE

#### Out of Ireland

The journey of Irish men and women forced from their own homeland to avoid starvation, religious discrimination, and slavery. When arriving to America, they were treated as second class citizens and forced to fight in the Civil War. A must see for anyone of Irish heritage.

Friday, Mar. 11, 10 a.m.

Fee: FREE

#### Hidden in Silence

A true story about a brave young woman who saved many lives during the Holocaust.

Friday, Mar. 18, 10 a.m.

Fee: FREE

# CLARK SENIOR CENTER

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

**Hours: 9 a.m.–4 p.m., Monday–Friday**

Luncheon at Noon—Reservation/Registration Required  
Reserve lunch by 10 a.m. the preceding day.  
Calendar items marked by an \* require reservation/appointment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20/20/20 ..... 9:00-10:00 Billiards Drop In ..... 9:00-4:00 Beginner Tai Chi ..... 10:00 Spanish ..... 10:00-11:30 Duplicate Bridge ..... 10:00-2:00 Ceramics ..... 10:00-2:00 2N1 Club ..... 10:15-11:00 Good Time Gals ..... 11:00 Pilates ..... 12:00 African Dance ..... 1:00 Photography Club ..... 1:00 Pinochle ..... 1:00-3:00 Circuit Training ..... 2:30-3:30	Flex & Stretch ..... 8:30-9:30 Project Linus ..... 9:00-Noon Billiards Drop In ..... 9:00-4:00 Yoga ..... 9:30 Guitar ..... 10:00-11:00 Happy Hookers ..... 10:00-Noon Fine Arts ..... 10:00-Noon AFEP ..... 10:30-11:00 Bridge ..... 10:00-3:15 Body Barre ..... 11:00 Zumba Gold ..... Noon Easy Craft ..... 1:00-1:45 Line Dancing ..... 1:00-2:00 S. MD. Woodcarvers ..... 1:00-3:00 So. MD. Pitch ..... 1:00-4:00 Hi-Steppers ..... 2:00 Weekly Workout ..... 5:00	Mah Jong ..... 9:00-Noon Billiards Drop In ..... 9:00-4:00 Strength Training ..... 9:15 Crochet & Knitting Club ..... 9:00-Noon Quilting Etc. .... 9:30-Noon Breathe Easy ..... 10:20 Chair Pilates ..... 11:00 Bridge ..... 11:00-3:15 Clogging ..... Noon Belly Dancing ..... Noon Pinochle ..... 12:30-3:00 Tap ..... 1:00 Powder Puff Billiards ... 1:00-4:00	Flex & Stretch ..... 8:30 Beginner Quilters ..... 9:00-Noon Billiards Drop In ..... 9:00-4:00 Tai Chi ..... 9:30 Stained Glass ..... 10:00-2:00 AFEP ..... 10:30 Zumba Gold ..... 11:30 Canasta ..... 12:30 Reflections ..... 1:00-1:30 Beg Line Dancing ..... 1:00 RRCSC Gospel Singers ..... 2:00	Project Linus ..... 9:00-Noon Billiards Drop In ..... 9:00-4:00 Strength Training ..... 9:15 Guitar: ..... 10:00-11:00 Oil Painting/Acrylics... 10:00-2:00 Gentle Yoga ..... 10:30 Silver Sneakers ..... 11:45 Pinochle ..... 12:30-3:00 Canasta ..... Noon Hand Dancing ..... 1:30
	<b>1</b> Fitness Orientation ..... 3:30	<b>2</b> <b>Blood Pressure Screening 9:00</b> Jewelry Club Class ..... 10:00 Watch Repair ..... 10:00	<b>3</b> Matter of Balance ..... 11:00 <b>Book Club</b> ..... 1:00	<b>4</b> <b>Income Tax</b> ..... 10:00 Reflexology ..... 9:15 <b>Video: The Greatest Generation</b> ..... 10:00 <b>Who Are You?</b> ..... 11:00
<b>7</b> <b>Income Tax</b> ..... 10:00 Ceramics ..... 10:00	<b>8</b> <b>AARP Driving Class</b> ..... 10:00 <b>The Grey Area: Historic Background of the Jews</b> ..... 11:00	<b>9</b> Visit the Nurse ..... 10:00 Genealogy ..... 10:00 Jewelry Club Drop-in ..... 10:00 Fitness Orientation ..... 1:00	<b>10</b> <b>Life Insurance for Estate Planning</b> ..... 11:00 Matter of Balance ..... 11:00	<b>11</b> <b>Income Tax</b> ..... 10:00 <b>RRCSC Council Mtg</b> ..... 9:00 <b>Video: Out of Ireland</b> ... 10:00 Guided Meditation ..... 11:30 Creative Writing ..... 1:00
<b>14</b> <b>Brother Jay's Car Detailing</b> ..... 9:00	<b>15</b> <b>Savor the Flavor of Eating Right</b> ..... 11:00	<b>16</b> <b>Blood Pressure Screening</b> ..... 9:00 Jewelry Club Class ..... 10:00 Watch Repair ..... 10:00	<b>17</b> Reflexology ..... 9:15 <b>St. Patrick's Day Party</b> ..... 10:30- 2:00 Matter of Balance ..... 11:00	<b>18</b> <b>Income Tax</b> ..... 10:00 Reflexology ..... 9:15 <b>Video: Hidden in Silence</b> ..... 10:00 <b>Who Are You?</b> ..... 11:00
<b>21</b> <b>Income Tax</b> ..... 10:00	<b>22</b> <b>Income Tax</b> ..... 10:00 <b>RRCSC Gospel Choir</b> ..... 11:00	<b>23</b> Jewelry Club Drop-In ..... 10:00 <b>Fitness Orientation</b> ..... 1:00	<b>24</b> <b>Karaoke with Randy</b> .... 11:00 Matter of Balance ..... 11:00	<b>25</b> <b>Good Friday Senior Center Closed</b>
<b>28</b> <b>Income Tax</b> ..... 10:00	<b>29</b> <b>Low Fat Cooking Alternatives</b> ..... 11:00	<b>30</b> <b>Caregivers Support</b> ..... 2:00	<b>31</b> <b>Portraits in Black</b> ..... 11:00 Matter of Balance ..... 11:00	

*The month of March*

# INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!  
Visit [www.CharlesCountyMD.gov/CS](http://www.CharlesCountyMD.gov/CS)

## National Pancake Day

Hotcakes, flapjacks or pancakes, whatever you call it, we call it a **road trip** to IHOP. Meet us at the center as we carpool to La Plata for National Pancake Day. Sign up for carpools leaving the center at 9:30 a.m.

**Tuesday, Mar. 8, 9 a.m. • Fee: TBD at IHOP**



### Daily Activities

#### Kidney Disease Month

Join us as we learn the important functions of our kidneys.

Tuesday, Mar. 1 & Wednesday, Mar. 30, 11 a.m.  
Fee: FREE

#### Women's History Month

Join staff for a discussion about local women.

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

#### Aging Resources Outreach

See staff to schedule an appointment with an outreach staff member. Note day change.

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

#### Lincoln Heritage

LH is geared towards seniors and final expense insurance. Join Teresa Ward as she shares information of how to save time, money, trouble, and confusion when a loved one passes away.

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

#### Book Club: *Just One Evil Act*, By: Elizabeth George

This book is based on Sergeant Barbara Havers and her partner, Inspector Thomas Lynley. They discover this case is far more complex than a typical kidnapping, revealing secrets that could have far-reaching effects outside of the investigation.



Wednesday, Mar. 23, 11 a.m. Fee: FREE

#### Maryland Relay Program

Maryland Relay is a free service to teach people how to use a standard phone. Facilitator: Renate Buttrum, Outreach Coordinator.

Thursday, Mar. 24, 11:15 a.m. Fee: FREE

#### Open-Air Market

Bring your merchandise to sell. Space is limited. Vendor fee: 10% of earnings.

Thursday, Mar. 31, 9 a.m.-2:30 p.m.  
Fee: Your purchases

### Classes

#### Personal Electronic Device Lab (PED)

Is your PED confusing? Let staff help!

Friday, Mar. 11 & Monday, Mar. 14, 1 p.m. Fee: \$5

#### Circuit Training

This 45-minute workout incorporates cardio and resistance training exercises.

Fridays, Mar. 4 & 18, 10 a.m. Fee: Fitness Card

#### Crafternoon

Check the bulletin board for details.

Monday, Mar. 7 & Tuesday, Mar. 22, 12:30 p.m.  
Fee: \$0-\$5, depending on craft

#### Fitness Training

Each Monday & Wednesday, 9:15-10:15 a.m.  
Fee: Fitness Card

#### Chair Pilates

Improve balance by working spinal flexion, extension and side bending.

Each Tuesday & Thursday, 9:15-10:15 a.m.  
Fee: Fitness Card

#### Tai Chi: For Health

Each Monday & Wednesday 10:30-11:30 a.m.  
Fee: Fitness Card

#### Line Dancing

Learn the newest line dances.

Each Thursday, 1 p.m.  
Fee: Fitness Card



#### Seated Yoga with Randi

Seated Yoga or on a mat. Gentle class for all levels and abilities with Qi Gong movements and breathing techniques.

Each Friday, 9 a.m. Fee: Fitness Card

#### Arthritis Foundation Exercise Program (AFEP)

Seated exercise.

Each Tuesday & Thursday, 10:30 a.m. Fee: FREE

## TRY-IT Series 2016

Ready to try something new? Just TRY-IT! Rewards given at the end of the year.

#### Pool

Join Richard and Joe as they teach the general rules of pool and stay to play.

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

#### Quilting 101

Join the Quilt n' Chicks as they teach basic quilting designs to make a coffee coaster. All supplies will be provided.

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

#### Guided Meditation

Give yourself permission to relax. Join staff for meditation instructions and for a quiet uninterrupted 30 minutes of meditation.

Wednesday, Mar. 16, 1 p.m. Fee: FREE

#### Seated Kickboxing

Join personal trainer Tara Scott for a demo of standing and seated kickboxing.

Tuesday, Mar. 29, 10:30 a.m. Fee: FREE

## Biggest Loser

### Indian Head Senior Center Edition

#### Laundry Toss & Yellow Food Challenge

Thursday, Mar. 3, 8:30 a.m. Fee: FREE

#### Visit the Nurse

Blood pressure screening and private consultation with Chris Fig, RN.

Thursday, Mar. 3, 9 a.m. Fee: FREE

#### Basketball Toss & Orange Food Challenge

Thursday, Mar. 10, 8:30 a.m. Fee: FREE

#### Shaklee Shakes with Margie

Join Margie Posey as she shares the health benefits of Shaklee products.

Thursday, Mar. 10, 10:15 a.m.  
Fee: Your purchases

#### Pass the Gold & Green Food Challenge

Thursday, Mar. 17, 8:30 a.m. Fee: FREE

#### 24 Reps & Easter Egg Challenge

Thursday, Mar. 24, 8:30 a.m. Fee: FREE

#### Last Chance Challenge

Thursday, Mar. 31, 8:30 a.m. Fee: FREE

# INDIAN HEAD SENIOR CENTER

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

Hours: 9 a.m.–3 p.m., Monday–Friday

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



## St. Patrick's Day Breakfast Murder Mystery

Top of the mornin' to ya! Join the Indian Head Senior Center Council for breakfast featuring a waffle bar, eggs, link sausages, Irish coffee, green tea, and juice. End the event with a performance from the Leprechaun Trio and a whodunit 1956 murder mystery hosted by Hickory Dickory Dark Productions and the Charles County Arts Alliance.

**Thursday, Mar. 17, 9-11 a.m. • Show Time: 11 a.m. • Fee: \$5/pp**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards.....9:00 Fitness Training with Brittany .....9:15 Bingo .....9:30 & 1:00 Tai Chi For Health .....10:30 Jewelry with Martha & Vern.....9:30- Noon	Billiards/Cards.....9:00 Chair Pilates.....9:15 Quilt N' Chicks.....9:30 AFEP .....10:30	Billiards/Cards.....9:00 Fitness Training with Lamont.....9:15 Tai Chi For Health .....10:30 Chess.....1:00-3:00	Billiards/Cards.....9:00 Chair Pilates.....9:15 Canvas Painting .....10:00 AFEP .....10:30 Line Dancing .....1:00	Billiards/Cards.....9:00 Seated Yoga.....9:00 Ceramics.....10:00 Card Games .....10:00 Senior Service Days .....11:30 Book of Matthews .....1:00
<b>Save the Date!</b> <b>Apr. 2</b> <b>Scrapbooking Crop</b> <b>Fund-Raiser</b>	<b>1</b> Council Meeting .....9:30 <b>Kidney Disease Month...11:00</b> Pastor Chris & Betty .....1:00	<b>2</b> Women's History Month ....10:00 Hangman Challenge.....1:00	<b>3</b> Biggest Loser IHSC Challenge.....8:30 Visit the Nurse.....9:00 Oily 365 .....10:00 Hand Massages.....11:00 National Anthem Day.....1:00	<b>4</b> Circuit Training .....10:00 Aging Resource Outreach ...10:00
<b>7</b> Game Day.....10:00 Crafternoon: National Cereal Day .....12:30	<b>8</b> National Pancake Day .....9:00 Poet's Corner.....11:15	<b>9</b> Committee Meeting .....9:30 TRY-IT Series: Pool .....10:00 Zumba .....1:00	<b>10</b> Biggest Loser IHSC Challenge.....8:30 Skaklee with Margie .....10:15 AFEP .....11:00	<b>11</b> Prom Make Overs .....12:00-4:00 PED Lab .....1:00
<b>14</b> Game Day.....10:00 PED Lab .....1:00	<b>15</b> TRY-IT Series: Quilting 101 ..10:00 Lincoln Heritage .....11:15 Bunko .....12:45	<b>16</b> Pokeno .....10:00 TRY-IT Series: Guided Meditation.....1:00	<b>17</b> Biggest Loser IHSC Challenge.....8:30 <b>St. Patrick's Day Breakfast.....9:00</b> <b>No AFEP Today</b>	<b>18</b> Circuit Training .....10:00
<b>21</b> Game Day.....10:00	<b>22</b> National Goof Off Day.....9:00 Crafternoon.....12:30	<b>23</b> Phase 10.....10:00 Book Club: <i>Just One Evil Act</i> by Elizabeth George .....11:00 Easter Egg Hunt .....1:00	<b>24</b> Biggest Loser IHSC Challenge.....8:30 Maryland Relay Program....11:15 Tea Time Thursday .....12:30	<b>25</b> <b>Good Friday</b> <b>Senior Center Closed</b>
<b>28</b> Game Day.....10:00 Zumba .....1:00	<b>29</b> TRY-IT Series: Seated Kickboxing .....10:30 IHSC Theatre .....11:45 <b>No AFEP Today</b>	<b>30</b> Walk in The Park Day .....10:00 Kidney Disease Month.....11:00	<b>31</b> Biggest Loser IHSC Last Chance Challenge.....8:30 Open Air Market .....9:00 National Nutrition Month ...11:15	

*The month of March*

# WALDORF SENIOR CENTER

3092 Crain Hwy (Jaycees Bldg) • Waldorf, MD 20601 • 301-638-4420

Get your Latest SCOOP online!  
Visit [www.CharlesCountyMD.gov/CS](http://www.CharlesCountyMD.gov/CS)

## Easter Bunny Bingo Bash

Bingo winners will get extra cash plus fun and cute prizes. Pre-register for all-you-can-eat pizza. Sponsored by the Waldorf Senior Center Council.

**Thursday, Mar. 24, 10:30 a.m.**

**Fee: \$5 pizza/bingo, \$4 pizza only**

Registration Deadline: Mar. 21



## Special Events & Daily Activities

### Mark your Calendar!

#### Toby's Dinner Theater of Columbia

Join us for a Broadway Musical, *Peter Pan*, and a buffet lunch. Fee covers bus, buffet meal, live show, and all gratuities. Senior Services of Charles County, Inc. is sponsoring part of the transportation fee.

Wednesday, May 25, 9 a.m.-4:30 p.m.

Fee: \$62/pp for the 55 passenger bus, \$66/pp for the 39 passenger bus.

#### Afternoon Book Club:

##### *My Name is Mary Sutter*

By Robin Oliveira, *My Name is Mary Sutter* tells of a brilliant young midwife who dreams of becoming a surgeon. Facilitator: Julie Brasher



Wednesday, Mar. 2, 1 p.m.

Fee: FREE

#### iPhone Help

Your iPhone has so many features that it becomes intimidating. Let us help you understand all the interesting features.

Wednesday, Mar. 9, 10:30 a.m.

Fee: FREE

#### Basic Easter Eggs—Food Coloring Style

Remember the fun mixing colors without all the stickers and super heroes or princesses? Use food coloring, vinegar, and water to make beautiful eggs to add to your basket.

Wednesday, Mar. 23, 10 a.m.

Fee: FREE

#### Girls & Their Closets!

Learn tips from Robbie Loker, a local wardrobe consultant, on how to purge unflattering items from your closet and create new outfits from your existing wardrobe. Studies have shown that a benefit to de-cluttering is a feeling of relief and a renewed sense of energy.

Tuesday, Mar. 29, 11:15 a.m.

Fee: FREE

## For Your Health

### Savor the Flavor of Eating Right

Lisa will show us how to develop a mindful eating pattern that includes nutritious and flavorful foods. Lisa Furlow, Nutritionist

Tuesday, Mar. 8, 11:15 a.m.

Fee: FREE

### Aging Resources Outreach

Walk-ins from 10-11 a.m. Appointments after 11 a.m., please call: 301-934-6737.

Wednesday, Mar. 16, 10 a.m.-Noon

Fee: FREE

### Visit the Nurse

Blood pressure screening and a helpful one-on-one visit with a registered nurse.

Rose Dodson & Carol Pyle, MedStar Maryland

Thursday, Mar. 24, 9:45 a.m.

Fee: FREE

### Reflexology

Certified Reflexologist Becky Lugardo will focus on your feet. Sign-up is required.

Wednesday, Mar. 30, 9:15 a.m.-3 p.m.

Fee: \$15/30 min

## Art

### Create Beauty with Delicate Leaves

Using "skeleton" leaves we will create a votive candle holder or glass trinket dish. Completed craft requires overnight drying time. Instructor: Carolyn Baumann. Sponsored by the Arts Alliance of Charles County, Inc.

Wednesday, Mar. 16, 10:30 a.m.

Fee: \$1

### Open Studio

Bring your own projects to work on. Pat Arnold will be available to assist with any media.

Tuesday, Mar. 1, 11:30 a.m.

Fee: \$5/class

### Watercolors Drop-In

Material list provided. Instructor: Pat Arnold.

Each Thursday, 10 a.m.

Fee: \$30/6 week class

## Fitness & Dance

All of our fitness classes are designed so anyone can participate. We encourage participants to work at their own level and we guide them as needed. We focus on strength building, flexibility, conditioning, and endurance exercises.

### What is a fitness card?

A fitness card is the form of payment for most fitness classes. Each card costs \$15 and is good for fifteen fitness classes. At the start or at the end of each class, present your card to the instructor who will make a "punch" mark to the card.

Hold on to your card until it is full, then it will be entered into a monthly drawing for a free card! Fitness cards can be used at all senior centers.

### Strength Training with LaMont

Each Monday, 9:15 a.m.

Fee: Fitness Card



### Core Strengthening Pilates with Zoa

Each Monday, 1:30 p.m. (45 mins)

Fee: Fitness Card (one punch for two classes)

### Gentle/Chair Yoga with Zoa

Each Monday, 2:15 p.m. (45 mins)

Fee: Fitness Card (one punch for two classes)

### Total Body Conditioning with Clairia

Each Tuesday & Thursday, 9 a.m.

Fee: Fitness Card

### Line Dancing

Each Tuesday, 10:15 a.m.

Fee: Fitness Card

### Yoga with Cindy M.

Each Tuesday & Wednesday, 2 p.m.

Fee: Fitness Card

### Flex & Stretch with Cindy M.

Each Wednesday, 9 a.m.

Fee: Fitness Card

### Arthritis Foundation Program Exercise (AFEP)

Each Wednesday & Thursday, 10 a.m.

Fee: FREE

# WALDORF SENIOR CENTER

3092 Crain Hwy (Jaycees Bldg) • Waldorf, MD 20601 • 301-638-4420

Hours: 9 a.m.–3 p.m., Monday–Thursday  
Luncheon at Noon–Reservation/Registration Required  
Reserve lunch by 10 a.m. the preceding day.



## A St. Pat's Shindig

Spreading a “rainbow of green” cheer, Seniorita Sunshine will entertain us with a “treasure of golden” classic songs with “blarney” ole Irish favorites mixed in, all without a drop of Irish Whiskey! Lunch is a traditional St. Pat’s meal prepared by Chef’s Bruce and Bambi, including corned beef, cabbage, potatoes, and more. The event is sponsored in part by the Senior Services of Charles County, Inc. and the Waldorf Senior Center Council. Door prizes and 50/50 raffle. Wear your green!

**Thursday, Mar. 17, 10:30 a.m.-1 p.m. • Fee: \$10**

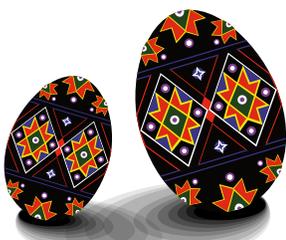
Reservations by Mar. 14 or until filled.

### Brilliant Easter Eggs— Pysanky Style

Create unique and special Ukrainian Pysanky Eggs for spring. Each person will receive their own kit with a stylus, a square of beeswax, a work candle, two design samples, and a set of six un-mixed dyes to take home. Instructor: Mary Whitmore. Supported by the Charles County Arts Alliance.

Tuesday, Mar. 15  
9:30 a.m.

Fee: \$10  
Registration Deadline:  
Mar. 14



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Strength Training ..... 9:15 Double Deck Pinochle ..... 11:00 Core Strengthening Pilates..... 1:30 Gentle/Chair Yoga..... 2:15	Total Body Conditioning ..... 9:00 Line Dancing ..... 10:15 Card Games ..... 10:30 Inspirations ..... 12:30 Yoga ..... 2:00	Flex & Stretch ..... 9:00 AFEP ..... 10:00 Bingo ..... 10:30 Card Games ..... 10:30 Yoga ..... 2:00	Total Body Conditioning ..... 9:00 AFEP ..... 10:00 Watercolors..... 10:00 Card Games ..... 10:30 Double Deck Pinochle ..... 11:00
	<b>1</b> Open Studio..... 11:30	<b>2</b> Afternoon Book Club: <i>My Name is Mary Sutter</i> ..... 1:00	<b>3</b> Bingo ..... 10:30
<b>7</b> St. Charles Senior Club ..... 10:00	<b>8</b> <b>Savor the Flavor of Eating Right</b> ..... 11:15	<b>9</b> iPhone Help ..... 10:30	<b>10</b> Bingo ..... 10:30
<b>14</b> St. Charles Senior Club..... 10:00	<b>15</b> <b>Brilliant Easter Eggs- Pysanky Style</b> ..... 9:30	<b>16</b> Aging Resources Outreach ..... 10:00- Noon <b>Create Beauty with Delicate Leaves</b> ..... 10:30	<b>17</b> <b>A St. Pat's Shindig</b> ..... 10:30-1:00
<b>21</b> Waldorf Senior Council Meeting ..... 9:30-10:30 St. Charles Senior Club..... 10:00	<b>22</b> <b>Buffet Bingo</b> ..... 11:00 Sponsored by the Waldorf Jaycees. Ticket required.	<b>23</b> Basic Easter Eggs – Food Coloring Style ..... 10:00	<b>24</b> Visit the Nurse..... 9:45 <b>Easter Bunny Bingo Bash</b> ..... 10:30
<b>28</b> <b>No Senior Club Today</b>	<b>29</b> Girls and Their Closets! ..... 11:15	<b>30</b> Reflexology ..... 9:15-3:00	<b>31</b> Bingo ..... 10:30

*The month of March*

## 6 Benefits of Napping

Sleep in general offers a wide range of health benefits, from protection against heart disease and obesity, to stronger bones and memory. Below are six healthy reasons to indulge in a nap today. It doesn't have to be long, even just 20 minutes of daytime shut-eye can make a world of difference.

**Napping Boosts Alertness** Once you blink away those first few seconds of grogginess after a nap, you're likely to benefit from a boost of alertness.

**Napping Improves Learning and Memory** The nap allows your body a few moments to clear away all thoughts and approach a new activity with a clearer mind and ability to focus directly on what needs to be done.

**Napping Increases Creativity** Benefits of a nap have shown increased activity on the right side of the brain, our creative side.

**Napping Boosts Productivity** Experts agree that an afternoon nap is in fact the opposite of laziness in the workplace: it can actually improve work output. A short power nap can be just the right pick-me-up for sleep deprived, worn-out employees, even more than a cup of coffee.

**Napping Lifts Your Spirits** Think back to the last time you were around a toddler who hadn't napped. It's not a pretty picture, is it? A quick nap is a well-documented mood booster.

**Napping Zaps Stress** Part of the reason a nap can get you smiling might be related to relaxation. The sheer luxury of escaping for a nap can be a great stress-reliever. Even if you don't sleep a study found that asleep or not, a short period spent resting in bed is just as relaxing.

*Article by: Sarah Klein, Health & Fitness Certifies Personal Trainer.*

## Get a Break on Your Property Taxes

Did you know that the state of Maryland provides a tax credit for homeowners and renters who qualify on the basis of gross household income? Many seniors qualify for this tax credit, so don't let this opportunity pass. Beginning April 1, 2016 applications will be available. Any person submitting this tax credit application will receive one of the following:

1. A credit directly on your July property tax bill if the application is properly completed and received before May 1, 2016.
2. A tax credit certificate to be used towards payment of the tax bill or for a refund if the bill has already been paid; or
3. A credit that is paid as a direct check to the applicant if you are an eligible renter; or
4. A written letter of denial stating the reason for ineligibility.

Anyone who files after May 1, 2016, should not expect to receive the credit in time to take advantage of any discounts for early payment. Senior citizens age 60 and older, or disabled persons of any age can obtain an application by calling the Department of Community Services, Aging and Senior Programs Division at 301-609-5712 or 301-870-3388, ext 5143.

## The 24<sup>th</sup> Annual Southern Maryland Caregivers Conference

Friday, April 22 • 8 a.m.-2:30 p.m.  
Clark Senior Center, La Plata

Whether you are assisting with the care of a frail spouse, parent, friend or other relative, caring for an older adult is a labor of love. Designed for the family caregiver, this one-day event is a wonderful opportunity to enrich one's knowledge and skills in caring for older people. The \$30 conference fee includes a continental breakfast, lunch, conference materials, exposure to service providers in the exhibition area, and the opportunity to attend professionally presented educational sessions on a wide array of elder care topics, such as:

- Managing and Coping with Difficult Behaviors
- End of Life Decisions/MOLST
- Palliative Care
- Caring for a Loved One in the Home Setting
- Long Term Care Financing/Medicaid
- Activities for Individuals with Dementia
- Understanding Medicare
- Hospice Care
- Oral Care for Improved Health
- Diabetes Care
- Depression in Older Adults
- Home and Community Based Services
- Mental Health First Aid
- Medication Management for Older Adults
- Fit from Within: Fitness Therapy for the Caregiver

Registration brochures can be found at area senior centers, community centers, and public libraries. Advance registration is required by April 8. There will be no on-site registration available the day of the conference.

The conference is co-sponsored by the Charles County Department of Community Services, Aging and Senior Programs Division, and the Geriatrics and Gerontology Education and Research Program at the University of Maryland Baltimore.

For additional information, or to receive a registration brochure, please contact Cindy Olmsted at 301-934-0128 or [OlmstedC@CharlesCountyMD.gov](mailto:OlmstedC@CharlesCountyMD.gov).

# SENIOR CENTER MENU

## Lunch Cancellation Policy

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

1% milk is offered with all meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Cranberry Juice Salisbury Steak w/Gravy Mashed Sweet Potatoes Squash Whole Wheat Bread (2) Seedless Grapes	<b>2</b> Pineapple Juice Vegetable Lasagna Broccoli Pineapple Bean Salad Dinner Roll Banana	<b>3</b> Grape Juice ¼ Baked Chicken Mashed Sweet Potatoes Squash Rice Pudding Raisins	<b>4</b> Orange Juice BBQ Pork Sandwich Seasoned Corn Carrot Raisin Salad Tropical Fruit Salad
<b>7</b> Orange Juice Open Faced Turkey Sandwich with Gravy California Blend Vegetables Citrus Salad	<b>8</b> Apple Juice Oven Fried Chicken Company Potatoes Sweet Peas Cornbread Apricots	<b>9</b> Orange Juice Macaroni and Cheese Malibu Blend Vegetables Stewed Tomatoes Peaches	<b>10</b> Soup of the Day Boxed Lunch w/ Cranberry Juice Turkey Sandwich Pasta Salad Coleslaw, Apple Slices	<b>11</b> Cranberry Juice Meat Lasagna Green Beans Garden Salad w/ Dressing Dinner Roll Cantaloupe
<b>14</b> Fruit Blend Juice Pork Chop Sauerkraut AuGratin Potatoes Cornbread Pineapple Chunks	<b>15</b> Orange Juice Beef Tamale Pie Broccoli Cucumber Onion Vinaigrette Pears	<b>16</b> Apple Juice Quiche Hash Browns Turkey Sausage Stewed Tomatoes Muffin Orange Slices	<b>17</b> Grape Juice Hot Corned Beef Cabbage and Carrots Parsley Boiled Potatoes Sourdough Bread Green Grapes Cheesecake	<b>18</b> Pineapple Juice Salmon Cake with Herb Sauce Squash Spinach Salad Biscuit Fruited Jell-O
<b>21</b> Apple Juice Chophouse Burger Sandwich Orange Glazed Carrots Party Hearty Beans Fruit Cocktail	<b>22</b> Grape Juice Spaghetti with Meatballs and Mozzarella Seasoned Corn Breadstick Peaches	<b>23</b> Cranberry Juice Baked Tilapia Buttered Tri Color Pasta Chuckwagon Vegetables Dinner Roll Deluxe Fruit Salad	<b>24</b> Orange Juice Sweet and Sour Pork California Blend Vegetables Bow Tie Pasta Salad Whole Wheat Bread (2) Banana <b>Birthday Cake</b>	<b>25</b> <b>Good Friday</b> <b>Senior Center Closed</b>
<b>28</b> <b>Easter Monday</b> <b>No Meal Service</b>	<b>29</b> Cranberry Juice Asian Chicken Fluffy Rice Asian Blend Vegetables Dinner Roll Mandarin Oranges	<b>30</b> Fruit Blend Juice Meatloaf with Gravy Mashed Potatoes Scalloped Tomatoes Whole Wheat Bread (2) Fruited Jell-O	<b>31</b> Grape Juice Chicken Parmesan Noodles Creamy Cucumber Salad Breadstick Applesauce	

*The month of March*

### Charles County Luncheon Program

Available at Noon • Days Vary By Center

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

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

Nanjemoy Senior Center..... Monday–Thursday  
Waldorf Senior Center..... Monday–Thursday

On days where potatoes, corn, beans, and/or peas are used for the meal's starch component, an additional starch such as bread, crackers, or muffins is available for those participating in the CACFP program.

# The SCOOP

The information contained in this monthly publication has been brought to you as a public service by the Charles County Department of Community Services. For more information about news for Charles County senior citizens, please contact the Richard R. Clark Senior Center at 301-934-5423 or 301-870-2015.

## CHARLES COUNTY COMMISSIONERS



Equal Opportunity County

Learn more at...

[www.CharlesCountyMD.gov](http://www.CharlesCountyMD.gov)



### Department of Community Services

8190 Port Tobacco Road • Port Tobacco, MD  
301-934-9305 • 301-870-3388

MD Relay: 711 • Relay TDD: 1-800-735-2258

**Mission Statement** – 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.

**Vision Statement** – 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.

**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.

## Trips Offered by Parks & Recreation

For information, 301-934-9305 or 301-870-3388, ext. 5159.

### Million Dollar Quartet

Dutch Apple Dinner Theater, Lancaster, PA

The Million Dollar Quartet was inspired by the famed recording session that brought together rock n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins for the first and only time. On December 4, 1956, these four young musicians gathered at Sun Records in Memphis for what would be one of the greatest jam sessions ever. You'll hear *Blue Suede Shoes*, *Fever*, *That's All Right*, *Sixteen Tons*, *Great Balls of Fire*, *Walk the Line*, *Whole Lotta Shakin' Goin' On*, *Who Do You Love?*, *Folsom Prison Blues*, *Hound Dog*, and more. Lunch is included in the fee, dinner on your own at Cracker Barrel.



**Thursday, May 19**

Trip Fee: \$109 203103-TR

Registration Deadline: Apr 19

Departure: Clark Senior Center 7:45 a.m., Waldorf Jaycees 8:15 a.m.

Est. Return: 9 p.m.

## Trips Offered by Senior Services

For reservations or more information please call 301-645-2800

### Kentucky's Moonshine, Mountains, & Music

5 Days • 4 Nights

Eastern Kentucky is the heart of Appalachia. On this five-day, four night tour, you'll discover the great scenic and cultural beauty of the foothills of the Appalachian Mountains. Your meals consist of 4 breakfasts, 2 lunches, and 3 dinners, including an outdoor BBQ. You will be treated to great musical entertainment such as the Swingin' Sensations and the Big Sandy River Boat Band. In addition, you will tour the U.S. Country Music Highway Museum, Van Lear Coal Camp Museum, and Heritage Farm Museum. A special treat will be visiting Loretta Lynn's homeplace and other points of interest in Kentucky. On day 5, after a hot breakfast, you will depart and head home with fond memories of Kentucky.

**Trip Date: Jun. 5-9, 2016**

Trip Fee: \$790/pp, dbl occupancy

Deposit: \$250 due with reservation

Balance Due: April 11, 2016

### Royal Caribbean Cruise Grandeur of the Seas

13 Days • 12 Nights

Board the Grandeur in Baltimore, MD and head out for a round trip tour of the Southern Caribbean. Included sites: Charlotte Amalie, St. Thomas, St. Johns, Antigua, Bridgetown, Barbados, Castries, St. Lucia, Philipsburg, and St. Maarten. Passport required. An initial deposit of \$550/pp, dbl occupancy or \$1,100 pp/single is required to secure reservations and assign cabins. Final balance is due July 17, 2016. Those who book early get the best prices, the best cabin locations, and their preferred dining times.

**Trip Date: Oct. 31-**

**Nov. 12, 2016**

Cabin Range:

\$993- \$2,153

pp/dbl

