

The SCOOP

Charles County's Senior Center News



MARCH 2013

www.CharlesCountyMD.gov

SENIOR NEWS

22nd Annual Senior Citizens Prom

The Fabulous 50's

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

Fri, Mar 15 • 6:00-9:00pm

Fee: FREE • Greater Waldorf Jaycees

Jay Armsworthy & Eastern Tradition Concert

At the Nanjemoy Community Center

The band's repertoire consists of traditional Bluegrass, original ballads, energized instrumentals, and old-time gospel.

Enjoy a delicious spaghetti dinner before the show (5:30-6:45pm) (sponsored by the Nanjemoy Community Center Council). The concert begins at 7:00pm.

Sponsored in part by the Maryland State Arts Council and Charles County Arts Alliance.

Sat, Mar 16 • 5:30-9:00pm

Tickets: \$15 in advance; \$20 at the door



FREE Buffet Bingo

The Greater Waldorf Jaycees, in partnership with the Department of Community Services, has planned this annual special event just for Charles County's seniors.

Enjoy 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.

Tue, Mar 26 • 11:00am-2:00pm Fee: FREE

Please arrive no earlier than 10:30 a.m.

Senior Center Holiday Schedule

All Senior Centers will be closed as follows:

Good Friday March 29

Spring Aquatic Exercise: March 18-May 23

Mon & Wed • 3:30-4:30pm

North Point Pool • Fee:\$45/pp

Tue & Thu • 3:30-4:30pm

Lackey Pool • Fee:\$45/pp

36th Annual United Seniors of Maryland Legislative Forum

The United Seniors of Maryland is making plans to host a legislative forum to be held in March. The event will take place in Annapolis at St John's College and will have senior representatives from all parts of the State.

The forum is time spent together and visiting with Local Delegations presenting and discussing the main issues for which United Seniors will be lobbying. Your presence is critical so you may advocate in this time of cut-backs to retain programs and services geared towards older adults.

Fee includes the program, continental breakfast and a box lunch. Motor coach transportation is provided generously by Keller Bus service. Depart Richard R. Clark Senior Center at 7:00am and the Jaycees Community Center at 7:20am.

To register, or for more information call the Clark Center directly at 301-934-5423. Be sure to have photo ID with you (Security has been heightened at the State Capitol).

Tue, Mar 19 • 9:00am-2:00pm • Fee: \$15

Free Income Tax Preparation for Seniors and Moderate to Low-Income Adults

Senior I&A staff are taking calls for persons who wish to schedule an appointment for this FREE program (to eligible participants) at the Clark Senior Center. Appointments are required, walk-ins will not be accepted.

Eligibility Requirements

- Persons age 60 and older who earned \$70,000 or less in tax year 2012 may call 301-609-5712 to schedule an appointment.
- Adults younger than age 60 who earned \$40,000 or less in tax year 2012 may schedule an appointment by calling 301-609-5704.

You must bring the following items with you to your appointment:

- Identification card and social security card
- Prior year tax return
- All 1099 and W-2 forms
- 2012 property tax bill
- If itemizing, documentation of medical, mortgage, and donation expenses



The program runs each Monday and Friday until April 15, 10 a.m.-2 p.m.

Cash Bingo

Senior Services of Charles County Fundraiser

Wed, Mar 20 • 10:00am-1:30pm
At the Waldorf Senior Center

This fundraiser offers prizes of \$25, \$50 and a \$150 jackpot. Payouts may be reduced depending on the number of attendees, so tell your friends to come! Subs from Nicks of Clinton will be available for individual purchase or you may add chips and a cold drink making a complete lunch package for \$5/each.



Admission: \$20 for regular games and specials with add'l packs for \$5/ea
Early Birds: \$2 for one pack of four games • Cover All for \$2/ea

Save the dates for more Cash Bingo events at the Waldorf Senior Center!
June 26, September 25, and December 10!

All proceeds directly benefit programs and services for Charles County's four senior centers. Individuals receive help under special need based circumstances through the Senior I&A Program.

Silver Sluggers...Blue Crab Baseball

The Blue Crabs and Hearing Professionals are teaming up again in 2013 to bring a great time at Regency Furniture Stadium to our most passionate fans. The Blue Crabs "Silver Sluggers Club" is an exclusive fan club for adults age 50+!

Everyone who joins receives admission to all ten Tuesday 2013 home games, for as low as \$25 (more than 70% off regular box office prices)! Each membership includes an exclusive club item and the opportunity to play baseball bingo for prizes!

The \$40 premiere package includes all ten Tuesday games and five additional games during the season, an exclusive meet-n-greet with Blue Crabs Manager, Patrick Osborn, exclusive club item, and baseball bingo every Tuesday for prizes!

For details, or to purchase a membership, visit www.somdbluecrabs.com or call 301-374-113.

21st Annual Southern MD Caregivers Conference at the Clark Senior Center

Fri, Apr 26 • 8:00am-2:30pm

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 \$22 conference fee includes a continental breakfast, lunch, conference materials, exposure to service providers in the exhibition area, and the opportunity to attend professionally presented educational sessions on a wide array of elder care topics:

- Managing and Coping with Difficult Behaviors
- End of Life Decisions/MOLST
- Palliative Care
- Caring for a Loved One in the Home Setting
- Long Term Care Financing
- Activities for Individuals with Dementia
- Caregiving: The Emotional Tug of War
- Management of Chronic Diseases at Home
- Maryland Access Point/Community Based Services
- Technology Assistance
- Developing a Plan of Care for a Loved One
- Medication Management for Older Adults
- Skin Care, Incontinence, and Pressure Ulcer Prevention
- Heart Smart: Cardiovascular Health
- Fitness Therapy for Caregiver and Care Recipient

Registration brochures can be found at area senior centers, community centers, and public libraries. Advance registration is required by April 12. There will be no on-site registration available the day of the conference.

For additional information, or to receive a registration brochure, please contact Cindy Olmsted at 301- 934-0128 or email at: olmstedc@charlescounty.org.

Co-sponsored by the Geriatrics & Gerontology Education and the Research Program at the University of Maryland Baltimore

COUNCIL NEWS ITEMS

SPONSORED ACTIVITIES & EVENTS FOR MARCH 2013

Clark Senior Center

St. Patricks Day Party

Indian Head Senior Center

Field trip to the Waldorf Senior Center for St. Patricks Day Party, and March Madness Quarter Auction Coucil Fundraiser

Waldorf Senior Center

Snack Bar, Bingo Supplies, St. Patricks Day Party, and Kitchen Wares Market

Special Events & Activities

NEW! Sequence with Bill Needham

Learn to play this game that helps keep your brain sharp. Recommended by experts to regain brain activity after a stroke and maintain general brain wellness. Two to four players may participate and will be held weekly.

Wed, Ongoing 10:00-11:00am Fee: FREE

Book Club

March Selection: "A Trick of the Light" by Louise Penny. April Selection: "Anne of Green Gables" by Lucy Maude Montgomery.

Thu, Mar 7 1:00pm Fee: FREE

Randy's Karaoke

Fri, Mar 15 12:15pm Fee: FREE

Newcomers Coffee

Fri, Mar 22 10:00am Fee: FREE

How Art Influences Our Lives

Monthly discussion group for art lovers and history buffs. Instructor: Ann Taylor.

Tue, Mar 26 12:30pm Fee: FREE

Videos

The Hermitage, A Russian Odyssey

Once the palace of Czars, it stands as a testament to the Russian people. Blending history and art through this video, you become eyewitness to 300 years of human drama and national turmoil.

Catherine the Great: Lust for Art

Fri, Mar 1 11:00am Fee: FREE

Tyrants & Heros: 19th Century Czars

Fri, Mar 8 11:00am Fee: FREE

Czars to Commissars: A Museum Survives

Fri, Mar 15 11:00am Fee: FREE

Special Presentations

Community Foundation Endowment

At the Community Foundation of Charles County we provide a home for: Endowment Funds (consider choosing us in lieu of a setting up a private foundation). The endowment may be named in memory or in honor of your family, spouse, friend, corporation or nonprofit or whatever you so choose. Facilitator: Gretchen Heinze Hardman

Tue, Mar 5 11:00am Fee: FREE

Carb Counting

Learn what foods contain carbohydrates and how to track your daily intake. The system can be used to control blood sugar and weight loss. Learn how to count your carbohydrates and the proper levels you should be eating. Facilitator: Lisa Furlow, Nutritionist.

Thu, Mar 7 11:00am Fee: FREE

Understanding Veterans Benefits

Learn about general benefits available to veterans and their spouses. The discussion will also highlight the new Aid & Attendance Benefit; which many are not aware of. Facilitators: Carole Lewis and Nora Batchelder, Veterans Benefits Specialists.

Tue, Mar 12 10:30am Fee: FREE

Family Matters with Long Term Care

This seminar discusses funding options for long term care, and how long term care insurance can help preserve assets. Facilitator: Tayvon Jackson, Edward Jones.

Thu, Mar 21 11:00am Fee: FREE

Council Spring Brunch Fundraiser

Enjoy pancakes, hash browns, scrambled eggs, sausage, fruit cup, and coffee or tea.

Mon, Mar 25 11:00am Fee: \$6

Services

Cathy Smith's Reflexology

Give your feet a treat!

Mon, Mar 4 9:15am Fee: 50¢/min

Massage with Sharon Feldman

Back, neck and feet.

Tue, Mar 12 & 26 9:00am-Noon Fee: 50¢/min

Hearing Professionals

Hearing screening and minor hearing aid adjustments. Appt. sheet available.

Thu, Mar 21 10:00am-Noon Fee: FREE

Classes

Jewelry Club

Make beautiful jewelry, beginners are welcome.

Wed, Mar 6 & 20 10:00am Fee: FREE

Intermediate Computer Class

Prerequisite: Basic knowledge of computers. Instructor: Mike Moses

Tue & Wed, Mar 19-20 1:00-3:00pm

Fee: \$32 plus a \$3 supply fee

Fine Arts

Class utilizes various artistic media, oil, acrylics and watercolor. Open to experienced painters and beginners alike. Painting subject is "student choice." Instructor: Ann Taylor

Tue, Ongoing 10:00am Fee: FREE

Oil Painting

From 10:00am-Noon, artists will paint their selections; Noon-2:00pm is a structured art class with a prepared lesson. This new setup is geared to help meet each student's needs.

Fri, Ongoing 10:00am-2:00pm Fee: \$7

Fitness/Dance

Fitness Orientation

Required before using the equipment. Space is limited, sign up required.

Tue, Mar 5 3:30pm Fee: \$2

Wed, Mar 13 & 27 1:00pm Fee: \$2

Love Your Feet with Cathy Smith

Reflexology demonstrations and discussions.

Wed, Mar 13 1:00-4:00pm Fee: \$5

St. Patrick's Day Line Dance Party!

Join us for some great Irish music and dancing. Instructor: Debi Shanks

Thu, Mar 14 1:00pm Fee: FREE

The Fitness Exchange

Join this unique support group to share ideas, tips and motivation. Facilitators: Debi Shanks & Brittany Arbin.

Each Wed thru Mar 27 11:00am-12:30pm

Fee: FREE

Pilates

Mon, Mar 4-Apr 8 10:30-11:15am

Fee: \$30 for six weeks

Total Body Conditioning

Mon, Mar 4-Apr 8 11:15am-Noon

Fee: \$30/six weeks

The computer room will be unavailable Monday and Friday, 10:00am-1:00pm, for the Income Tax Prep Program.

CLARK SENIOR CENTER

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

Hours of Operation • 9:00–4:00, Mon-Fri

Luncheon at Noon—Reservation/Registration Required
Reserve lunch by 10:00am the preceding day.
Calendar items marked by an * require reservation/appointment



St. Patrick's Day Party

Wear green, bring your dancing shoes, and be ready to shake a leg, as Grammy Award winning vocalist, Mike Surratt, entertains you with a variety of instruments and music. Lunch will be genuine Irish favorites followed by Bingo!

Thu, Mar 14 • 10:30am-2:00pm

Fee: \$3 plus a generous donation for lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Step Aerobics9:00-9:45 Billiards Drop In 9:00-4:00 Spanish 10:00-11:30 Tai Chi 9:45-10:30 Pilates 10:30-11:15 Total Body Conditioning 11:15-Noon Duplicate Bridge10:00-2:00 Ceramics10:00-2:00 2N1 Club 10:15-11:00 Pinochle1:00-3:00 Circuit Training2:30-3:30	Flex & Stretch 8:30-9:30 Project Linus9:00-Noon Billiards Drop In 9:00-4:00 Yoga 9:30 Fine Arts10:00-12:00 AFEP10:30-11:00 Bridge10:00-3:15 Zumba Gold Noon Guitar Lessons Noon-1:00 Easy Craft1:00-1:45 Line Dancing1:00-2:00 High-Steppers 2:00 So. MD. Pitch1:00-4:00 Weekly Workout5:30-6:45	Billiards Drop In 9:00-4:00 Strength Training 9:15-10:15 Crochet Club9:00-Noon Quilting Etc9:30-Noon Sequence Game10:00-11:00 Breathe Easy 10:30 Clogging10:30-11:30 The Fitness Exchange 11:00 Bridge11:00-3:15 Tap11:30-12:30 Beginner Tap12:30-1:00 Pinochle12:30-3:00 Powder Puff Billiards...1:00-4:00	Flex & Stretch8:30-9:30 Billiards Drop In 9:00-4:00 Tai Chi9:30-10:30 Stained Glass10:00-2:00 AFEP10:30-11:00 Zumba Gold 11:30 Canasta12:30-3:00 Reflections1:00-1:30 Beg Line Dancing1:00-2:00	Project Linus9:00-Noon Billiards Drop In 9:00-4:00 Strength Training 9:15-10:15 Oil Painting10:00-2:00 Gentle Yoga 10:30 Handbells11:30-12:30 Silvertones12:30-1:30 Pinochle12:30-3:00
MARCH				1 Income Tax 10:00 Hand & Foot Canasta 10:00 Video: The Hermitage 11:00
4 Reflexology 9:15 Income Tax 10:00 Greenbacks 10:00	5 Community Foundation Endowment 11:00 Fitness Orientation 3:30	6 RRCS Council Mtg 9:30 Blood Pressure Screening.. 10:00 Jewelry Club 10:00 Off Balance Club 10:30	7 Book Club 1:00 Carb Counting 11:00	8 Book Club 1:00 Carb Counting 11:00
11 Income Tax 10:00 Ceramics 10:00	12 Massage 9:00 Understanding Veterans Benefits 10:30	13 Coin Appraisal 9:00 Genealogy 10:00 Visit the Nurse 10:00 Love Your Feet 1:00 Fitness Orientation 1:00	14 St Patrick's Day Party 10:30 Line Dance Party 1:00	15 Income Tax 10:00 Video: The Hermitage 11:00 Randy's Karaoke 12:15 Poetry Corner 2:00 Senior Prom 6:00
18 Income Tax 10:00	19 United Seniors Rally 7:00 Intermediate Computer 1:00	20 Blood Pressure 10:00 Jewelry Club 10:00 Intermediate Computer Class 1:00	21 Hearing Professionals 10:00 Family Matters with Long Term Care Seminar 11:00	22 Income Tax 10:00 Newcomers Coffee 10:00 Hand & Foot 10:00
25 Income Tax 10:00 Spring Brunch Fundraiser.. 11:00 Sisters at Heart 11:30	26 Massage 9:00 Power Yoga 10:30 How Art Influences Our Lives 12:30	27 Visit the Nurse 10:00 Fitness Orientation 1:00 Caregiver Support 2:00	28 Med Star So. Md. Hospital Screenings 9:30	29 Good Friday Senior Center Closed

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

Special Events & Daily Activities

Jewel Day Trade

It's time to clean out your jewelry boxes, and share those items you don't wear. If you bring in a jewelry item, you can take one home.

Wed, Mar 13 10:30am-Noon

Fee: Jewelry Item

Ten Signs You're Watching Too Much TV

There are many signs you should be aware of from your TV tray having a permanent spot in your living room, to that dent in your sofa. Don't miss this reality check, as there are many more signs to share with you.

Mon, Mar 25 10:30-11:00am Fee: FREE

Thu, Mar 28 1:00-1:30pm Fee: FREE

March Madness Quarter Auction Council Fundraiser

Peruse lovely items in new and lightly-used condition, and place your bids in quarter increments. Pay with quarters or bills.

Tue, Mar 26 10:30am-Noon Fee: Auction Bid

For Your Health

20 Ways to Enjoy More Fruits & Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor, texture, vitamins, minerals and fiber. All of this can be found in fruits and vegetables that are low in calories and fat.

Mon, Mar 4 10:30-11:00am Fee: FREE

Eating Right for Older Adults

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy and lean protein foods.

Tue, Mar 5 11:15am-Noon Fee: FREE

Visit the Nurse

Blood pressure screening and a private visit with Linda Barnes, RN, Charles County Department of Health.

Thu, Mar 7 10:00am-Noon Fee: FREE

Wed, Mar 20 10:00am-Noon Fee: FREE

The 22 Healthiest Fast Foods

Tasty, convenient, and cheap, there are plenty of reasons they're popular. But if you're watching your weight, or watching your health, a fast food menu is like a minefield. One wrong step and a 2,100-calorie sandwich winds up in your stomach.

Fri, Mar 8 11:30am-Noon Fee: FREE

Carb Counting with Lisa

Carbohydrate counting is a system where you learn what foods contain carbohydrates and how to track your daily intake. The system can be used for diabetics to control blood sugar but is also helpful with weight loss. Learn how to count your carbohydrates and the proper levels you should be eating at every meal.

Thu, Mar 21 11:15am-Noon Fee: FREE

What is Fatty Liver Disease?

Nonalcoholic fatty liver disease occurs when your liver has trouble breaking down fats, causing fat to build up in your liver tissue. Doctors aren't sure what causes this. Join the staff for more information on foods that may help the liver to process and break these foods down.

Tue, Mar 19 1:00-1:30pm Fee: FREE

The Importance of Colorectal Screening

People say colon screenings are inconvenient, the preparation prior to the test can be unpleasant, and many simply don't understand the importance of regular colon screenings. Simply stated, colon screenings have been proven to reduce colon cancer deaths up to 90%.

Thu, Mar 28 11:15am-Noon Fee: FREE

Classes

Tulip Spring Craft

Make and paint lovely tulips from egg cartons. They turn out beautifully.

Mon, Mar 11 10:30-11:30am Fee: FREE

Computer Lab Class

Learn MS Word, access the internet or Facebook.

Fri, Mar 8 & Mon, Mar 25 1:00-2:00pm

Fee: \$5 refundable deposit upon registration

Fitness Training

Get a great workout with a certified fitness instructor in a vigorous exercise program.

Mon/Wed 9:15-10:00am

Fee: Fitness card

Tai Chi: Moving for Better Balance Advanced Class

Improve your balance and mobility with Cynthia.

Wed, Ongoing 10:30-11:30am

Fri, Ongoing 9:15-10:15am

Fee: Fitness Card

Line Dancing

Learn some of the newest line dances with Geneva Johnson.

Thu, Ongoing 1:00pm Fee: FREE

AFEP

Low-impact seated exercise.

Tue/Thu, Ongoing 10:30am Fee: FREE

Book Club:

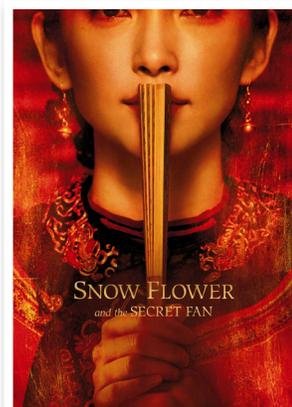
Snow Flower & the Secret Fan

By: Lisa See

In 19th China, in a remote Hunan county, Lily, at the tender age of seven, is paired with a laotong (an "old same") in an emotional match that will last a lifetime. The laotong, Snow Flower, introduces herself by sending Lily a silk fan on which she's written a poem. Together they endure the agony of foot-binding and reflect upon their arranged marriages, loneliness, and the joys and tragedies of motherhood.

Wed, Mar 27 • 11:00am-Noon

Fee: FREE



INDIAN HEAD SENIOR CENTER

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

Hours of Operation • 9:00–3:00, Mon-Fri
Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10:00am the preceding day.



FIELD TRIP!

St. Patrick's Day Party at the Waldorf Senior Center

Get excited for the South County Showstoppers as they perform a fantastic variety show just for you in celebration of St. Patrick's Day. The Showstoppers are 25 talented seniors who will blow you away with their awesome show! Pictionary will be led by the Indian Head staff with prizes awarded. Entertainment sponsored by Senior Services of Charles County.

Thursday, March 14 • 10:30am

RSVP Deadline: Mar 7 • Fee: \$2, plus lunch donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards 9:00 Fitness Training 9:15 Bingo 10:00 Westside Clogging 10:30 Bingo 1:00	Billiards/Cards 9:00 Bingo 10:00 AFEP 10:30 Reflections 1:00	Billiards/Cards 9:00 Fitness Training 9:15 Quilt N' Chicks 10:00 Tai Chi 10:30 Tai Chi For Better Balance Advanced Class 1:00 Chess 1:00-3:00	Billiards/Cards 9:00 Oil Painting 10:00 AFEP 10:30 Line Dancing 1:00	Billiards/Cards 9:00 Tai Chi 9:15 Ceramics 10:00 Canasta & Bid Whist 10:00
<div style="background-color: #4CAF50; color: white; padding: 10px; border-radius: 15px; display: inline-block;">MARCH</div>				1 It's National Nutrition Month 11:00-11:15 Computer Memory Game 1:00-2:00
4 20 Ways to Enjoy More Fruits and Vegetables 10:30-11:00 Pictionary 1:00-2:00	5 Eating Right for Older Adults 11:15-Noon Memory Tray Game ... 1:00-1:30	6 Irish Trivia 11:00-11:30 Get the Facts on Food Labels 12:45-1:15	7 Council Meeting 10:00-11:00 Visit the Nurse 10:00-Noon Rev Ruby Thomas 11:15 Bunko 12:45	8 The 22 Healthiest Fast Foods 11:30-Noon Computer Lab 1:00-2:00
11 Tulip Spring Craft. . . 10:30-11:30 Computer Lab Memory Game Overview 1:00-1:30	12 Morning Wisdom with Nora 10:00-10:30 Visit the Nurse 10:00-Noon	13 Jewel Day Trade. 10:30-Noon Music Spotlight: Irish Music 1:00-1:30	14 <p style="text-align: center;">Field Trip to Waldorf Senior Center St. Patrick's Day Party 10:30am-2:00pm Senior Center Closed</p>	15 Movie Feature: TBD ... 11:30-2:00
18 March to the Beat of Your Own Drum 10:30-11:00 Bejeweled Memory Game 1:00-3:00	19 Senior I&A Outreach 10:00 What is Fatty Liver Disease? 1:00-1:30	20 Cathedral Windows Quilter's Class with Joanne Petrik. 10:00-Noon Visit the Nurse 10:00-Noon	21 Bible Study 10:30-11:00 Carb Counting 11:15-Noon AFEP will be at 10:00am today	22 Bejeweled Memory Game Pictionary 1:00-2:00
25 10 Signs You're Watching Too Much TV. 10:30-11:00 Computer Lab 1:00-2:00	26 March Madness Quarter Auction . Council Fundraiser... 10:30-Noon No AFEP Today	27 Book Club, Snow Flower and the Secret Fan by Lisa See 11:00-Noon No Quiltin' Chicks Today	28 The Importance of Colorectal Screening 11:15-Noon 10 Signs You're Watching Too Much TV. 1:00-1:30	29 Good Friday Senior Center Closed

Special Events & Daily Activities

College Getting There

Learn how to help your children or grandchildren make smart choices when saving for college. Presenter: Tayvon Jackson, Edward Jones Financial Advisor.

Tue, Mar 5 11:15am Fee: FREE

Afternoon Book Club

A Place in the Country, by Elizabeth Adler

A story filled with emotions that every woman will recognize as Caroline and Issy make their way in the world and do battle with those who would wish to see them lose their chances to gain their hearts' desires. Facilitator: Julie Brasher

Wed, Mar 6 1:00pm Fee: FREE

Cash Bingo Fundraiser for Senior Services of Charles County, Inc.

See page 3 for details.

Wed, Mar 20 10:00am-1:30pm

Admission: See page 3

Kitchen Wares Market

Two days to shop for odds and ends used in the kitchen and for entertaining. Shop for small appliances, dishes, glasses, serving ware, tablecloths, placemats, flatware, or pots and pans, anything you can think of. Please bring in your very nice, but unwanted items to sell by Thursday, March 21st. Proceeds benefit the programs sponsored by the Waldorf Senior Center Council.

Wed-Thu, Mar 27-28 10:00am-Noon

Fee: Your Purchase

For Your Health

Visit the Nurse

Blood pressure screening and a private visit with Linda Van Hoy, RN, Charles County Department of Health.

Tue, Mar 5 10:00am-Noon Fee: FREE

Wed, Mar 27 10:00am-Noon Fee: FREE

Smoothies

Lisa Furlow, our favorite Nutritionist will teach us how to be a healthy eater with tips on making tasty smoothies using fruits, vegetables, yogurt and more. Don't miss the demonstration and yummy samples. You'll need a blender, be sure to shop for one at the Kitchen Wares Market later on!

Tue, Mar 12 11:15am Fee: FREE

New Time! Senior Information & Assistance Outreach

Meet privately with Ruth Anderson-Cole, Senior I&A Program Specialist who will guide you through Medicare, health insurance, prescriptions, energy assistance, fraud prevention, and other services as needed.

Thu, Mar 21 10:00-11:00am Fee: FREE

Classes

Water Based Oils

Material list provided. Instructor: Pat Arnold.

Tue, Mar 5 & 19 11:30am Fee: \$5/class

Learn to Crochet

Learn the basics and build on them. Bring your own "J" or "K" crochet hook. Yarn will be provided by instructor, Norma Baretincic. Four-week class began in February.

Tue, Mar 12 & 26 1:00-3:00pm

Fee: \$20/4 weeks or \$5/class

New! Creative Cards, Scrapbooks, Legacy Gifts

We have been given a lot of beautiful paper and doo-dads that can be used making greeting cards and scrap book pages. Bring in your photos or mementos for a personalized legacy gift. A very helpful Trudy Stringer will guide you through the process. If interested let staff know before program date.

Wed, Mar 13 10:30-Noon Fee: FREE

Guitar Lessons

Some experience required. Bring your own guitar. Led by Therese Thiedeman. Some experience required.

Tue, Ongoing 10:00-11:00am Fee: \$5/class

Computer Class with Roseanne

Preregister. One-hour session.

Wed, Ongoing 9:00am-2:00pm

Fee: \$63/6 week class

Watercolors

Material list provided. Instructor: Pat Arnold.

Thu, Ongoing 10:00am Fee: \$30

Fitness & Dance

Restorative Yoga with Cindy Miller

Most postures are done using props such as blocks, straps, chair, and wall.

Mon, Ongoing 2:00pm Fee: Fitness Card

Total Body Conditioning with Clairisa

Strength, endurance, and flexibility.

Tue/Thu, Ongoing 9:00am Fee: Fitness Card

Line Dancing

Tue, Ongoing 10:15am Fee: Fitness Card

Hatha Yoga with Randi

Simple poses for strength and balance.

Tue, Ongoing 2:00pm Fee: Fitness Card

Flex & Stretch with Cindy

Flexibility and conditioning using weights, bands, and mats

Wed, Ongoing 9:00am Fee: Fitness Card

Pilates with Debi

Strengthens the back, abdomen, and hips.

Wed, Ongoing 2:00pm Fee: Fitness Card

AFEP

Wed-Thu, Ongoing 10:00am Fee: FREE

Line Dancing at Elite Gym

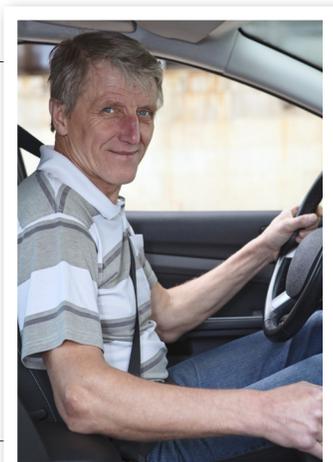
Thu, Ongoing 10:30am Fee: Fitness Card

AARP Driver Safety Course

Tune up your driving skills and update your knowledge of the rules of the road. Schedule allows for lunch and registration. Make check payable to AARP. Limit 12 students. Instructor: Bruce Kirk.

Mon, Mar 18 • 9:30am-2:30pm

Fee: \$12 AARP member, \$14 non-members



WALDORF SENIOR CENTER

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

Hours of Operation • 9:00–3:00, Mon–Thu
Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10:00am the preceding day.



St. Patrick's Day Party

Get excited for the South County Showstoppers as they perform a fantastic variety show in celebration of St. Patrick's Day. The Showstoppers are 25 talented seniors who will blow you away with their awesome talent! Indian Head Seniors will be here to party with us, too. Entertainment begins at 11:00am. Lunch will be served after the show. Stay after lunch for Pictionary provided by Indian Head Senior Center. Entertainment sponsored by Senior Services of Charles County, Inc.

Thursday, March 14 • 10:30am

Fee:\$2, plus lunch donation

Registration Deadline: March 7



Mark Your Calendar for Upcoming April Programs

Charlotte Hall Veteran's Home
 Outreach Coordinator, Carol Lewis, and Nora Bachelder, MD Veterans Affairs Benefits Specialists will be here on Tuesday, April 2, 10:30am.

ROAD TRIP: 7th Annual Maryland Senior Idol Program
 Bus leaves for the Bowie Center for Performing Arts at 10:30am. We will stop for lunch on your own. Return at approx. 4:00pm.
 Wed, Apr 3
 10:30am-4:00pm
 Fee: \$20/admission and transportation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Double Deck Pinochle Noon Restorative Yoga 2:00	Total Body Conditioning 9:00 Guitar Lessons 10:00 Line Dancing 10:15 Dominos/Rummikub. 10:30 Inspirations 12:30 Hatha Yoga. 2:00	Flex & Stretch. 9:00 Computer Class . 9:00am-2:00pm AFEP 10:00 Bingo. 10:30 Dominos/Rummikub. 10:30 Pilates. 2:00	Total Body Conditioning 9:00 Watercolors 10:00 AFEP 10:00 Bingo. 10:30 Line Dancing at Elite Gym. . 10:30 Dominos/Rummikub. 10:30 Double Deck Pinochle Noon
MARCH			
4 St. Charles Senior Club 10:00	5 Visit the Nurse 10:00 College Getting There 11:15 Water Based Oils 11:30	6 Afternoon Book Club: A Place In The Country 1:00	7 Sequence 10:30
11 St. Charles Senior Club 10:00	12 Smoothies 11:15 Learn to Crochet 1:00	13 NEW! Creative Cards, Scrapbooks, Legacy Gifts 10:30-Noon	14 St. Patrick's Day Party with South County Showstoppers! 10:30
18 Senior Center Council 9:30 AARP Driver Safety Class . . . 9:30 St. Charles Senior Club 10:00	19 Water Based Oils 11:30	20 CASH BINGO for Senior Services of Charles County. 10:00	21 Sequence 10:30 New Time: Senior I&A 10:00-11:00
25 St. Charles Senior Club 10:00	26 Buffet Bingo. 11:00-2:00 Learn to Crochet 1:00	27 Visit the Nurse 10:00 Kitchen Wares Market 10:00-Noon	28 Kitchen Wares Market 10:00-Noon

Senior Center Plus Hours

Senior Center Plus is a special program designed to meet the varied needs of the frail senior citizen, age 60 or older, who may not be able to participate independently within a senior center setting.

Senior Center Plus is a social program which enables older persons to socialize and enjoy a meal with friends and participate in a variety of Senior Center activities.

The program is an affordable care option for family caregivers.

- Richard R. Clark Senior Center Tue-Fri, 9:00am-2:00pm
- Waldorf Senior Center Tue-Thu, 9:00am-2:00pm
- Indian Head Senior Center Mon-Fri, 9:00am-2:00pm
- Nanjemoy Senior Center Tue-Thu, 9:00am-2:00pm

Nutrition Quiz

1. True or False: As you become older and less active, you need fewer nutrients.

False: As you grow older, you may need fewer calories, particularly if you are less active than when you were younger, but you still need nutrients for good health sometimes needing more of a certain nutrients

2. True or False: Getting enough fluid can be a problem as you grow older because you may not be able to tell as easily when you're thirsty.

True: Some of your sense of thirst may be lost with age. If you're drinking enough fluids, your urine will be pale yellow. If it's bright or dark yellow, that means you need to drink more liquids.

3. True or False: Only women need calcium and vitamin D to protect bone strength.

False: Older men might experience problems with bone strength. Exercise, calcium, and vitamin D can protect bone strength.

4. True or False: Your sense of taste and smell can change with age.

True: Foods often taste different as we age because aging can affect the sense of taste and smell. Medicines can also change the way foods taste. This can both change your appetite and make it more difficult to tell when food is spoiled. Be extra careful about how your food is prepared and stored to protect your health.

5. True or False: You should let hot foods cool before putting them in the refrigerator.

False: Putting hot foods into your refrigerator as soon as possible keeps bacteria from growing in food.

March is National Nutrition Month

The theme for 2013 is "Eat Right, Your Way, Every Day," which encourages personalized healthy eating styles and recognizes that food preferences, lifestyle, cultural traditions, and health concerns all impact individual food choices. To help you learn ways to fit healthy eating into your lifestyle and improve your overall health, plan to attend the following FREE nutrition programs by Lisa Furlow:

Learning Carbohydrate Counting

- Nanjemoy Senior Center Tue, Mar 5, 10:30am
- Clark Senior Center Thu, Mar 7, 11:00am
- Indian Head Senior Center Thu, Mar 21, 11:15am

Healthy Smoothies

- Waldorf Senior Center Tue, Mar 12, 11:00am

Senior I&A Staff to Discuss SNAP!

SNAP (formerly known as the Food Stamp Program) is a federal nutrition program intended to help improve the health and well-being of low-income households and individuals by providing the means to meet their nutritional needs.

Contrary to popular belief, SNAP benefits are not meant to meet all of the food needs of a household or an individual, but to supplement their nutritional needs. People do not need to be destitute to qualify for SNAP benefits. You will learn who qualifies, what can be purchased with SNAP dollars, and how to apply. Presenter: Ruth Anderson-Cole, Senior I&A Program Specialist.

Join us at any of the following locations:

- Indian Head Senior Center Tue, Mar 19, 10:00-11:00am
- Waldorf Senior Center Thu, Mar 21, 10:00-11:00am
- Nanjemoy Senior Center Thu, Mar 28, 10:00-11:00am

Senior Nutrition Program News

For several years now we have partnered with the Charles County Board of Education to provide lunches for the senior centers and Meals on Wheels for our homebound seniors. We have always tried to provide the highest quality meals on our tight budget.

Due to increased labor costs, effective on December 1, 2012, the price of our meals went up by 10 cents to \$5.60 a meal. With the help of donations collected from participants and limited Federal, State, and County funds we are going to be able to provide the majority of the meals for a voluntary donation for those ages 60 and older (full pay meals will be noted).

Without donations, we would not be able to provide the almost 55,000 meals we serve each year. Please join us at one of our meals, we would love to have you; and consider making a donation, since it helps provide meals to those who are unable to afford them.

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 Included With All Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1 style="background-color: black; color: white; padding: 10px; border-radius: 15px; display: inline-block;">MARCH</h1>				1 Apple Juice Fish Sandwich Carrots Sweet Peas Citrus Salad
4 Pineapple Juice Sloppy Joe Sandwich Green Beans Carrot Sticks with dip Pears	5 Soup of the Day Fruit Blend Juice Swedish Meatballs Fluffy Rice Collard Greens Biscuit Fruity Slaw	6 Apple Juice Honey Lemon Chicken Parsley Potatoes Asian Blend Vegetables Onion Roll Honeydew	7 Cranberry Juice Hot Dogs with Bun Baked Beans Coleslaw Peaches	8 Grape Juice Tuna Salad Sandwich Cranberry Salsa Salad Pasta Salad Deluxe Fruit Salad
11 Fruit Blend Juice Tuna Noodle Casserole California Blend Vegetables Three Bean Salad Biscuit Fruit Cocktail	12 Cranberry Juice Stuffed Cabbage Mashed Sweet Potatoes Squash Whole Wheat Bread (2) Seedless Grapes	13 Soup of the Day Orange Juice BBQ Pork Sandwich Seasoned Corn Carrot Raisin Salad Tropical Fruit Salad	14 St. Patrick's Day Celebration Grape Juice Hot Corned Beef Cabbage and Carrots Parsley Boiled Potatoes Sourdough Bread Green Grapes Dessert	15 Pineapple Juice Vegetable Lasagna Broccoli Pineapple Bean Salad Dinner Roll Banana
18 Orange Juice Open Faced Turkey Sandwich with Gravy California Blend Vegetables Citrus Salad	19 Apple Juice Oven Fried Chicken Company Potatoes Sweet Peas Cornbread Apricots	20 Grape Juice Chicken Cacciatore Cheesy Mashed Potatoes Fiesta Bean Salad Whole Wheat Bread (2) Applesauce	21 Cranberry Juice Meat Lasagna Green Beans Garden Salad with Dressing Dinner Roll Cantaloupe	22 Orange Juice Mac & Cheese (1 cup) Malibu Blend Vegetables Bobby Bean Salad Peaches
25 Fruit Blend Juice Pork Chop Sauerkraut AuGratin Potatoes Cornbread Pineapple Chunks	26 Soup of the Day Orange Juice Beef Tamale Pie Broccoli Cucumber Onion Vinaigrette Pears	27 LS Tomato Juice Liver and Onions Baby Roasted Potatoes Collard Greens Whole Wheat Bread (2) Seedless Grapes	28 Birthday Celebration Pineapple Juice Beef Stew with Stew Vegetables Spinach Salad Biscuit Fruited Jell-O Birthday Cake	29 Good Friday No Meal Service

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 \$5.60 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 \$5.60. 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.....Tue-Fri
Indian Head Senior Center.....Mon-Fri

Nanjemoy Senior Center.....Mon-Thu
Waldorf Senior Center.....Mon-Thu

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

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.

Senior Services Trips

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

Eastern Caribbean

Royal Caribbean Cruise Lines, Allure of the Seas

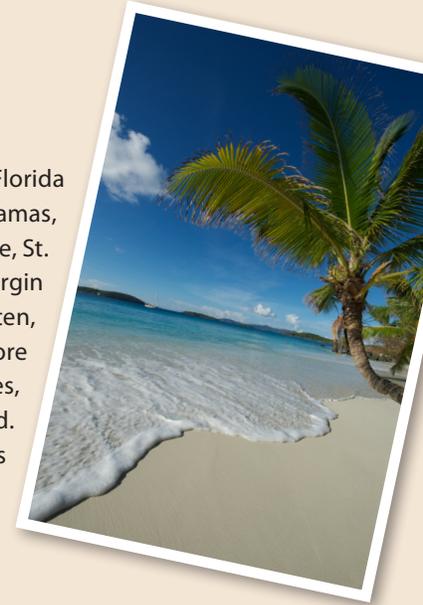
8 Days/7 Nights

We'll fly out of Baltimore headed to Fort Lauderdale, Florida to board the Allure and prepare to visit Nassau, Bahamas, followed by a day of cruising, then to Charlotte Amalie, St. Thomas, principal town and the capital of the U.S. Virgin Islands. Day five takes you to Philipsburg, St. Maarten, then relaxing on the ship at sea for two days before heading back. Airfare from Baltimore, port charges, taxes, fuel service, fees, and government fees included. Those who book early get the best cabin locations and preferred dining times.

Trip Date: August 4-11

Cabin Range: \$2,115–\$2,535 pp/dbl

\$350 pp/dbl or \$700/pp initial deposit, balance due Apr 21



Community Services Senior Trips

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

Online registration is available at www.CharlesCountyParks.com

Noah

Sight & Sound Theater in Strasburg, PA

A completely immersive experience, Jonah promises to move you to laughter and tears. From the enormous whale swimming over your head to the thunderous effects of the powerful storm, and a mighty 30-foot-tall ship that breaks apart right before your eyes, the story of Jonah will astound and captivate the young and young-at-heart alike. Buffett lunch at Hershey Farm Restaurant is included in the fee. Dinner on your own at Cracker Barrel.

203118-TR Wed May 29 Trip Fee: \$127 Registration Deadline: Apr.10

Departure: Clark Senior Center 7:10am, Waldorf Jaycees 7:30am

Est. Return: 8:00pm

Always...Patsy Cline

Infinity Theatre & Lunch in Annapolis, MD

The show is based on the true story of Patsy's friendship with a Houston fan named Louise Seger, who befriended the star in a Texas honky-tonk in 1961, and with whom Patsy started a long-term correspondence until the singer's tragic death at thirty years old. The musical play, complete with down-home country humor, touching real-life moments, and even audience participation, includes many of Patsy's unforgettable hits, such as "Crazy," "Sweet Dreams," and "Walking After Midnight"...27 songs in all! Lunch at the Broadneck grill is included in the fee.

303120-TR Thu, Jun 20 Trip Fee: \$82 Registration Deadline: May 15

Departure: Clark Center 10:40 am, Waldorf Jaycees 11:00 am

Est. Return: 5:30 pm