

The SCOOP

Charles County's Senior Center News



2026

Happy New Year



JANUARY 2026
www.CharlesCountyMD.gov

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Welcome to the Charles County Senior Centers!

The Charles County Senior Center Mission is to connect older adults to an inclusive community that fosters healthy aging through programs that support independence, wellbeing, and self-expression.

Meet the Team!

- Director of Community Services**, Dina Barclay
- Deputy Director of Community Services**, Laura Gustafson
- Chief of Aging**, Lisa Furlow
- Centers Administrator**, Elizabeth Phipps
- Senior Center Supervisor**, Rachel Gould
- Health Promotion and Physical Fitness Coordinator**, Deborah Shanks
- Aging & Disability Resource Center Manager**, Ruth Anderson-Cole
- Aging & Disability Resource Center Coordinator**, Desiree Hodgson Williams
- Nutritionist**, Brittney Bolin

Come Visit!

Richard R. Clark Senior Center

1210 Charles St., La Plata, MD 20646 • 301-934-5423
 Open 9 a.m. to 4 p.m., weekdays • Coordinator: Brittany Arbin
 Senior Center Plus Program Specialist: Carolyn Savoy

Indian Head Senior Center

100 Cornwallis Sq., Indian Head MD, 20640 • 301-743-2125
 Open 9 a.m. to 3 p.m., Mon./Wed./Fri • Open 9 a.m. to 4 p.m., Tues. & Thurs.
 Coordinator: Nieda Tice Palmer

Nanjemoy Senior & Community Center

4375 Port Tobacco Rd., Nanjemoy, MD 20662 • 301-246-9612
 Open 8:30 a.m. to 4:30 p.m. (Senior Room open 9 a.m. to 3 p.m. only), weekdays.
 Coordinator: Kimberly Wagner

Waldorf Senior and Recreational Center

90 Post Office Rd., Waldorf, MD 20602 • 240-448-2810, ext. 1
 Open 9 a.m. to 4 p.m., weekdays • Coordinator: Ariana Shanks

Senior Center Eligibility Requirements

In accordance with the Older Americans Act, participants must be a resident of Charles County aged 60 or over. Spouses of those aged 60 or over are eligible to participate. Participants must be able to exhibit independence and be self-sufficient in basic needs including: *Restroom use, Eating independently, Move safely and independently throughout the center, Providing and maintaining personal assistive devices and medications without assistance of Senior Center staff.* Each participant must complete an annual center registration form that provides basic information and allows the Aging and Senior Programs Division to document facility usage for funding purposes. Participants must sign in at the Senior Center during each visit and detail the activities they are participating in that day. Disruptive and inappropriate behavior will not be tolerated in the Senior Centers.

Senior Center Closures

- Thursday, Jan. 1st**
Closed for New Year's Holiday
- Friday, Jan. 2nd**
Closed for New Year's Holiday
- Monday, Jan. 19th**
Closed for MLK Jr. Day



Inclement Weather Postings

As we get into the cooler weather, be on the look out to follow our inclement weather postings. Here's a helpful guide before travel to the center:

- Schools **CLOSED** = Centers **CLOSED**
- Schools **DELAYED** = Centers **OPEN ON TIME**
- Charles County Government **DELAYED** = Centers **DELAYED**

To see if VanGo is delayed:

- Call VanGO at 301-609-7917
- Call PGM Transit Division at 301-645-0642

Inclement Weather Hotline:

- 301-934-9305
- 301-870-3388, ext. 5197

REMEMBER:

Check out our Facebook page and in the centers for any potential operational changes.



Program Surveys at the Senior Centers



Program surveys are available at each Charles County Senior Center from now until Friday, Jan. 16. If you have not had a chance to complete one, make your voice known. Share your feedback to support future programming, budgeting, and processes that impact your experience in Charles County Senior Centers.

Complete a paper survey in center and submit to staff OR online using the QR code provided:

If you have additional comments, concerns, or questions, feel free to reach out to Rachel Gould at 240-448-2815 or via email at gouldr@charlescountymd.gov.

Like us on Facebook!! How to scan this QR code:

Never scanned a QR code before? Don't worry! Follow these simple steps!

1. Open the camera app on your phone.
2. Point the camera at the QR code.
3. Tap the banner/website that appear on the phone screen.



This will open the SCOOP webpage on your phone! The SCOOP is now at your finger tips!



SCOOP Cover Contest: *Love Charles County Photo Contest*

Do you love photography? Do you take pictures when you go to festivals and events in Charles County? Do you like taking pictures of Charles County Landmarks? If you answered yes to any of these, we are talking to YOU!

We are looking for pictures from around Charles County of scenic places and events to feature on the cover of our SCOOP newsletters from July-December of 2026.

The top six will feature on the cover for the month most relevant to the theme of the photo and include a photo brief Meet the Photographer article on page 2. The article gives winners a chance to talk events leading up to the photo, their art overall, and what activities they prefer to participate in while attending Charles County Senior Centers.

To enter:

1. You must be a senior that attends Charles County Senior Centers.
2. The photo location must be within Charles County.
3. Large, photo-quality prints can be submitted in person to any of the four Charles County Senior Centers. To have your print returned to you, their will be a half-sheet entry form to complete to make sure it gets back to the right person.
4. Digital files are the preferred submission sent via email to Rachel Gould; high-resolution 8.5 x 11 at 300 DPI.

For more information contact Rachel Gould at 240-448-2815 or submit your digital photo file via email to gouldr@charlescountymd.gov.

White Bean Tomato Mushroom Soup

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, chopped
- 2 cups (¼" diced) butternut squash
- 2 celery ribs, diced
- 8 ounces cremini mushrooms, chopped
- 3 garlic cloves, minced
- 2 fresh bay leaves
- 5 fresh sage leaves, chopped
- 2 teaspoons Herbes de Provence
- ¼ cup dry white wine
- 4 cups O Organics Vegetable Broth
- 1 (14-ounce) can O Organics Diced Tomatoes
- 1 (14-ounce) can O Organics Cannellini Beans
- 6 fresh thyme sprigs (bundled and tied with string)
- 2 teaspoons balsamic vinegar
- 4 to 5 kale leaves, chopped
- OPTIONAL: pecorino cheese for serving
- OPTIONAL: toasted baguette for serving

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onion and generous pinches of salt and pepper and cook, stirring occasionally, until soft and lightly browned about 5-8 minutes.
2. Add the butternut squash and celery and stir.
3. Add the mushrooms, another pinch of salt and a few grinds of pepper, and cook until soft, about 8-10 minutes.
4. Add the garlic, bay leaves, sage and Herbes de Provence. Stir, then add the wine and stir again. Add the vegetable broth, tomatoes, beans and bundled thyme sprigs. Simmer for 30 minutes, until thickened, stirring occasionally. Remove the thyme stems and bay leaves.
5. Add the balsamic vinegar. Stir in the chopped kale and cook until wilted, about 5 minutes. Taste and adjust seasonings.
6. Serve with pecorino cheese and toasted baguette if desired.

Information from <https://www.loveandlemons.com/white-bean-tomato-mushroom-soup/>



Get your Latest SCOOP online!



Stay Safe as You Drive in Winter Weather

Winter weather can take a toll on your vehicle. Check out these safety precautions to help avoid a breakdown:

- Test your battery, battery power drops as the temperature drops.
- Make sure the cooling system is in good working order.
- Have winter tires with a deeper, more flexible tread put on your car.
- If using all-season tires, check the tread and replace if less than 2/32 of an inch.
- Check the tire pressure, which drops as the temperature drops.
- Check your wiper blades and replace if needed.
- Add wiper fluid rated for -30 degrees Fahrenheit.
- Keep your gas tank at least half full to avoid gas line freeze.

It is important to inspect your vehicle before you head out. Before you leave:

- Clean your car's external camera lenses and side mirrors.
- Remove dirt, ice and snow from sensors to allow the assistive-driving features, like automatic emergency braking, to work.
- In frigid weather, you may want to warm up the car before you drive.
- To prevent carbon monoxide poisoning, never leave a vehicle running in your garage – even with the garage door up.
- If the forecast looks iffy, wait out the storm; if you must travel, share your travel plans and route with someone before you leave.

Information from <https://www.nsc.org/community-safety/safety-topics/seasonal-safety/winter-safety/driving?srltid=AfmBOoriWzrVxXuB9RZEQKCLoeMnk3ayvCkEv1gy9i-4zf2MH98IR8D8>



Caregiver's Corner: Tips for Home Safety for People with Dementia

As a caregiver or family member to a person with Alzheimer's or related dementias, you can take steps to make the home a safer place. Removing hazards and adding safety features around the home can help give the person more freedom to move around independently and safely. Try these tips:

- If you have stairs, make sure there is at least one hand-rail. Put carpet or safety grip strips on stairs or mark the edges of steps with brightly colored tape so they are more visible.
- Insert safety plugs into unused electrical outlets and consider safety latches on cabinet doors.
- Clear away unused items and remove small rugs, electrical cords, and other items the person may trip over.
- Make sure all rooms and outdoor areas the person visits have good lighting.
- Remove curtains and rugs with busy patterns that may confuse the person.
- Remove or lock up cleaning and household products, such as paint thinner and matches.

Information from <https://www.alzheimers.gov/life-with-dementia/tips-caregivers>

Legal Aid

Legal Aid: Jan 5th & Feb 2nd
By appointment **only** at the Richard Clark Senior Center, contact **301-609-5712** to schedule.

AARP Tax-Aide Income Tax Preparation

Preparation for tax season is underway and once again the Senior Information and Assistance Office is partnering with AARP Tax-Aide to assist seniors and moderate to low-income adults with income tax preparation. This service is FREE through the AARP Tax Aide Foundation.

To schedule a Tax Preparation Appointment:

Call 301-246-2271 and leave a message.

A staff member will call you back to schedule your appointment.

Tax-Aide volunteers will begin scheduling appointments on January 20th for the Income Tax Preparation Program.

After scheduling your appointment, please remember to pick up a Tax-Aide Intake/Interview packet, available at your local Senior Center. The documents must be completed before you can be seen by a tax preparer.



Medicare Enrollment Periods

General Enrollment Period -Jan. 1 to Mar. 31, 2026 – If you did not sign up for Medicare Parts A and/or B during your Initial Enrollment Period and do not qualify for a Special Enrollment Period, you may sign up during this time.

Medicare Advantage Open Enrollment Period – Jan. 1 to Mar. 31, 2026 – If you are currently enrolled in a Medicare Part C Advantage Plan, you may switch Advantage plans or drop your Advantage plan and return to Original Medicare (Parts A & B).

If your Medicare Advantage (MA) plan did not renew for 2026, there is still time to enroll through a **Special Enrollment Period (SEP)**. This SEP lasts through February 28. If you have questions regarding the current enrollment period, missed your enrollment period, or are unsure if you qualify for a Special Enrollment Period. Contact the SHIP program at 301-609-5712 or 240-448-2816.



Maryland Access Point (MAP)

New Number: 301-934-0103

MAP has a new phone number: 301-934-0103. Only the number has changed. MAP continues to provide the same high-quality services and support. Our professional team is available Monday through Friday and will return your call within 24 hours. Please note that MAP is not an emergency service.

MAP helps individuals, families, caregivers, and professionals connect with resources for long-term care and support. We assist people in finding and accessing both public and private programs related to health care, transportation, financial aid, nutrition and meal services, pharmacy assistance, and housing options such as independent living, assisted living, and nursing homes.

MAP also offers Level 1 Screens and Options Counseling for those seeking publicly funded long-term care. Our trained, person-centered Options Counselors work with individuals to identify needs and preferences, create personalized action plans, connect them to community resources, and plan for both current and future care. Options Counseling is available statewide at 20 local MAP sites. For those outside Charles County, call 1-844-MAP-LINK (1-844-627-5465) to reach a 211 Maryland specialist who can connect you with your local MAP.

Please update your records with our new number, 301-934-0103, your gateway to long-term care services and support in Charles County, Maryland

Energy Assistance

The Office of Home Energy Programs (OHEP) offers grants through MEAP and EUSP to help eligible Maryland residents with utility bills and energy costs.

For info, application, or help, call:

Waldorf: 240-448-2816 or La Plata: 301-609-5712

Indian Head/Nanjemoy: 301-934-6737



CLARK SENIOR CENTER

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

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Program Highlights

Memorial Plaques

Enshrine the name of your family and friends on a Sunset Memorial Plaque located in the library at the Richard R. Clark Senior Center. Plaques are available for purchase in two sizes, 3-1/2 x 1 inches, up to 3 lines, 30 characters per line for \$25 and 3-1/2 x 2 inches, up to 4 lines, 30 characters per line for \$30. To learn more about the Sunset Memorial Plaques, please visit the Clark Senior Center and complete a Sunset Memorial Plaque form located in the library.

Beginner-Stained Glass Workshop

This beginner, stained glass workshop will be 16 weeks long and provide a foundation for stained glass using the copper foil method. The workshop will offer a safety overview, introduction to tools, and the opportunity to cut, grind, foil, and solder to make a finished work of art.

Thursdays, Jan 8, 15, 22, & 29, 10 a.m.- 12 p.m.
Fee: \$20

Council Bingo

Richard R. Clark Senior Center Council Bingo, hosted in the multipurpose room. Doors open at 9 a.m. Last call to purchase bingo card (s) is at 9:30 a.m. One winner per game. No bills over \$10. Interested in lunch? Call the Senior Center before 10 a.m. two days prior to bingo to reserve your lunch.

Fridays, Jan. 9 & 23, 9:30 a.m.
Fee: \$4= 3 face cards; \$8= 6 face cards

Gospel Sing

Enjoy a musical performance from the Gospel Choirs of the Senior Centers as they honor Martin Luther King Jr. Light refreshments offered. Please sign up.

Wednesday, Jan. 21, 10:30 a.m.-12 p.m. Fee: FREE

Acrylic Painting with Olga

Sponsored by the Charles County Arts Alliance and the Maryland State Art Council. Join Olga Herrera as she guides you through a one-of-a-kind design using acrylic paints. All supplies provided. Class size limited. Sign up and payment required.

Thursday, Jan. 22, 10 a.m. Fee: \$10

CaptionCall Presentation

Learn about CaptionCall, a no cost service and caption phone. Please sign up.

Tuesday, Jan. 27, 10 a.m. Fee: FREE

Pre-Super Bowl Party

Sponsored by the Richard R. Clark Senior Center Council. Wear your football jersey and team gear. Prize given to best football gear/spirit. Enjoy football stadium themed food and music.

Friday, Jan. 30, 10:30 a.m. Fee: \$6

Ongoing Programs

Book Club

Book Club will resume in February. Happy New Year!

Widow to Widow Support Group

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

Tuesday, Jan. 13, 1 p.m. Fee: FREE

Free Lunchtime Music with Will

Join us at lunchtime to listen to the acoustic guitar tunes provided by Will Yeckley!

Wednesday, Jan. 14, 11:30 a.m. Fee: FREE

Charles County Mobile Library

Visit the Charles County Mobile Library, located inside our building.

Tuesday, Jan. 20, 10 a.m. Fee: FREE

Health Checks

Start off the New Year with knowing your health numbers! Come out and see Khenae Pearson, Nursing Assistant, and get your blood pressure, glucose and/or weight checked. Please sign up.

Wednesday, Jan. 21, 10 a.m. Fee: FREE

Greeting Card Making Class

Join Teresa Wearmouth to learn to make your own beautiful greeting cards. Each participant will make 2 complete cards in this class. Sign up and payment required.

Wednesday, Jan. 28, 10 a.m. Fee: \$5/PP

Learn to Quilt

Quilting is a great way to unwind. Join Gale Cavella to learn new quilting techniques. Must provide your own supplies.

Tuesdays, 9 a.m. Fee: FREE

Guitar Workshop

Join us for a fun, casual guitar jam! Whether you want to play tunes or learn new skills, this is the place to jam without the pressure of forming a band.

Tuesdays & Fridays, 10 a.m. Fee: FREE

Stained Glass

The Stained Glass class is currently full. If you have previous experience in stained glass and would like to join this class, please see the Front Desk to be added to our waitlist.

Tuesdays, 12 p.m.

Knitting & Crocheting Family

Join Doreen & Peggy, along with a group of volunteers, come together to create and collect projects to provide for those in need. If you are new, they can teach you! This is also an open session for you to come work on your own projects.

Wednesdays, 9 a.m. Fee: FREE

Tech Group

Schedule a 30-minute appointment with staff to navigate through your latest tech questions. Space is limited, appointment required.

Wednesdays, 10 a.m. Fee: FREE

Project Linus

Karen Huffman & Gail Cavella, along with a group of volunteer members, come together to create and collect blankets to provide to children in their time of need.

Fridays, 9:30 a.m. Fee: FREE

FITNESS
Health & Fitness

Clark Center Fitness Room Orientation

Mandatory before first use of fitness room. Sign up and payment required in the program office. Limited to 6.

Wednesday, Jan. 7 & 21, 10 a.m. Fee: \$5

Preventive & Holistic Wellness for Healthy Aging

Join Debi Shanks in this workshop which will focus on the body, mind, and spirit, while exploring information on trends in health and fitness.

Wednesday, Jan. 14, 1:30 p.m. Fee: FREE

Peanut Butter & Jelly Day

Join staff in the multipurpose room to make your own PB&J. Please sign up.

Monday, Jan. 12, 12 p.m.

Fee: Donation



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., 2 days prior.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....9:30 Sewing Room OPEN9:30 Coloring & Puzzles9:30 2N1 Social Club10:00 Duplicate Bridge10:00 <p style="text-align: center;">Fitness</p> Total Body Conditioning.....9:00 Pilates.....10:00 Chair Yoga11:00 Drums Alive1:00	Quilting Class.....9:00 Billiards.....9:30 Coloring & Puzzles9:30 Guitar10:00 Cards & Games10:00 Stained Glass12:00 Lunch12:00 Musicians Club.....1:00 Spiritual Enrichment.....1:00 <p style="text-align: center;">Fitness</p> Strength Training.....9:00 Flex & Stretch.....10:00 Zumba11:30 Line Dance1:00 Yoga Flow.....2:00	Crochet/Knitting.....9:00 Billiards.....9:30 Coloring & Puzzles9:30 Sewing Room OPEN9:30 Cards & Games10:00 Mah Jong10:00 Tech Support10:00 Pokeno11:00 Lunch12:00 Powder Puff Billiards.....1:00 Gospel Choir.....2:00 <p style="text-align: center;">Fitness</p> Basic Fitness Training9:00 Dance Aerobics11:00 Yoga Flow.....12:00 AFEP1:00	Billiards.....9:30 Coloring & Puzzles9:30 Sewing Room OPEN9:30 Musicians Club.....10:00 Lunch12:00 <p style="text-align: center;">Fitness</p> Strength Training.....9:00 Step Plus.....10:00 Zumba11:30 Pilates.....12:30 Cardio Fitness1:30	Billiards.....9:30 Coloring & Puzzles9:30 Project Linus9:30 Guitar10:00 Lunch12:00 Open Art Studio.....1:00 <p style="text-align: center;">Fitness</p> Total Body Conditioning.....9:00 Chair One Plus10:00 AFEP11:15 Chair Yoga12:00 Line Dance2:00

JANUARY

1 All Charles County Senior Centers are Closed for New Year's Holiday 	2 All Charles County Senior Centers are Closed for New Year's Holiday 
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5	6	7	8	9
Legal Aid1:00	Hand & Foot Canasta10:00	Fitness Orientation10:00 Jewelry Club10:00 QiGong/Shibashi10:00	Beginner-Stained Glass Class10:00	Senior Council Bingo9:30
12	13	14	15	16
Peanut Butter & Jelly Day....12:00	Easy Listening10:30 Widow to Widow1:00	QiGong/Shibashi10:00 Lunchtime Music with Will ..11:30 Council Meeting1:00 Beginner Line Dance.....1:30 Preventive & Holistic Wellness.....1:30	Beginner-Stained Glass Class10:00 Karaoke.....10:30	Project Linus Meeting.....9:30
19	20	21	22	23
All Charles County Senior Centers are Closed for MLK Jr. Day 	Mobile Library.....10:00	Fitness Orientation.....10:00 Health Checks10:00 Jewelry Club10:00 QiGong/Shibashi10:00 Gospel Sing10:30	Beginner-Stained Glass Class.10:00 Acrylic Painting with Olga10:00 Lunchtime Poetry with Charlotte12:15	Senior Council Bingo9:30 Hand & Foot Canasta10:00
26	27	28	29	30
Sisters @ Heart Meeting.....11:00	Caption Call Presentation10:00	Greeting Card Class.....10:00 QiGong/Shibashi.....10:00 Caregiver Support2:00	Beginner-Stained Glass Class10:00	Hand & Foot Canasta10:00 Pre-Super Bowl Party...10:30

Save the Date: Black History Month African Attire Fashion Show on Wednesday, Feb. 18 & Taco Tuesday on Tuesday, Feb. 24.

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Center Clean-up

Help us put Christmas 2025 away and make the center sparkle for the New Year! Beverages provided.

Friday, Jan 9, 1 p.m. Fee: FREE

Winter Games w/Mary

Join Mary for games throughout the month of January. Games include Guess Who?, Cup Challenge, Balloon Challenge, and Winter Bingo!

Jan. 12, 15 & 26, 1 p.m. Fee: FREE

Ask Doyle – Special Edition

The topic of this Special Edition of Ask Doyle will be a 2026 Social Security presentation and Q & A.

Tuesday, Jan 20, 1 p.m. Fee: FREE

Tea Club – Special Edition

Come and share the health benefits of teas with special guest, Mark from Sweet Corazon.

Tuesday, Jan 27, 1 p.m. Fee: FREE

Beat the Winter Blues: Loving Winter

Do you dislike Winter? Miss the sun? Feel tired, or pressured to DO more? Take the time to slow down and listen to Winter. It sends very clear signals to rest and restore your inner reserves. Join us for tea & cocoa, gentle movement, and a new perspective. This is Part 1 of 2, but you are welcome to attend just one session.

Fridays, Jan. 30 & Feb. 6, 1 p.m. Fee: FREE

Ongoing Programs

Nickel Bingo

You must use cards provided by the center.

Monday, Jan. 5 & Tuesday, Jan. 20, 9:30 a.m.

Fee: 5¢ per card, other fees for special games

Choir Group

Love to sing, this is the group for you.

Monday, Jan. 5, 1 p.m. Fee: FREE

Crafting w/Mary

This monthly offering has 2 sessions in January!

Jan. 6 & 22, 1 p.m. Fee: FREE

Line Dancing

Join Gwen to learn the basics of line dancing. Wednesdays, Jan. 7, 14, & 21, 11 a.m.

Fee: Fitness Card

Project Linus/ Sewing 101

Make a difference in a child's life. No sewing experience necessary.

Mondays, Jan. 12 & 26, 9:30 a.m. Fee: FREE

Information & Assistance w/Julie

Come out to hear current Medicare topics and local resources for Seniors in Charles County. Meet privately with Aging & Disability Resource Specialist, Julie Hammonds for additional assistance, by making an appointment by calling 301 934-6737.

Tuesday, Jan. 13, 10:30 a.m. Fee: FREE

Pastor Chris & Friends

Join Pastor Chris to share God's Love through the Word and through song.

Tuesday, Jan. 13, 1 p.m. Fee: FREE

Widow to Widow Support Group

Focuses on facing grief after the loss of a partner. Facilitated by Brenda DuBose.

Wednesday, Jan. 14, 10 a.m. Fee: FREE

Lunchtime Music with Ken

Join us at lunchtime to listen to the acoustic guitar tunes by Ken Schofield.

Wednesday, Jan. 14, 12 p.m. Fee: FREE

Green Thumb Club

Plan and prepare for spring gardening.

Thursday, Jan. 15, 10:30 a.m. Fee: FREE

Walk Through the Bible

This monthly Bible study program focuses on gaining a deeper understanding of the Word of God. Look for this program on the 3rd Friday of each month.

Friday, Jan. 16, 1 p.m. Fee: FREE

Monthly Book Club

Join a representative from the Charles County Public Library to discuss the monthly book. January's book will be "Horse" by Geraldine Brooks.

Wednesday, Jan. 28, 1 p.m. Fee: FREE

FITNESS

Health & Fitness Programs

Fitness w/Natonya: Dance Fit/Drums Alive!

Dance your way into weight loss, strong bones, better posture, balance, and de stress! Each week alternate between Dance Fit and Drums Alive!

Mondays, 10:30 a.m. Fee: Fitness Card

Mobility Flow

Flow with Sonja in this gentle, yoga-based fitness class!

Tuesdays, 9:30 a.m. Fee: Fitness Card

AFEP (Arthritis Foundation Exercise Program)

Low-impact exercise program focuses on range of motion while reducing stiffness.

Tuesdays & Thursdays, 11:15 a.m. Fee: FREE

Fitness Orientation

Required before using fitness equipment.

Wednesday, 2 p.m. Fee: \$5

Mobility & Balance w/Nieda

Join Nieda as she incorporates functional movement for every-body.

Thursdays, 9:30 a.m. Fee: Fitness Card

Fitness w/Lamont

Cardio, circuit, and strength training. Two sessions to choose from!

Thursdays, 1 p.m. or 2 p.m. Fee: Fitness Card

Chair Yoga

This gentle yoga class is accessible and appropriate for all levels of experience. Focus is on mobility, strength, and breathing practices that support nervous system regulation. Every movement can be adapted to meet individual needs. Preregistration is requested. Call or visit Indian Head Senior Center to register. Please arrive no later than 9:00.

Fridays, 9 a.m. Fee: Fitness Card

Cardio Fitness

Join Helen for an upbeat dance class! Participation can be standing, or seated in a chair, depending on your needs for the day. Wear athletic shoes and bring your water!

Fridays, 10:15 a.m. Fee: Fitness card

Preventative and Holistic Wellness for Healthy Aging

This workshop will focus on body, mind and spirit with information on trends in health and fitness.

Facilitated by Debi Shanks.

See p. 14 for details.

Tuesday, Jan 6, 10:30 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., Mon./Wed./Fri
9 a.m. to 4 p.m., Tues. & Thurs.

Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m., 2 days prior.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Dance Fit/Drums ALive! 10:30	Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Mobility Flow.....9:30 AFEP 11:15	Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Fitness w/ Veronica.....10:00 Fitness Orientation2:00	Fitness Room.....9:00 Billiards.....9:00 Card/Games.....9:00 Fitness Mobility & Balance9:30 AFEP 11:15 Fitness w/Lamont.....1:00 Fitness w/Lamont.....2:00	Cards/Games.....9:00 Fitness Room.....10:15 Billiards.....10:15 Fitness Chair Yoga9:00 Cardio Fitness10:15
<h1>JANUARY</h1>			1 All Charles County Senior Centers are Closed for New Year's Holiday 	2 All Charles County Senior Centers are Closed for New Year's Holiday 
5 Bingo9:30 Choir Group1:00	6 Council Meeting9:30 Wellness w/Debi.....10:30 Crafting w/Mary1:00	7 Line Dancing11:00 Ask Doyle1:00	8 Fitness w/LaMont..... 1 & 2:00	9 Center Clean-up.....1:00
12 Project Linus/Sewing 1019:30 Games w/Mary1:00	13 Information & Assistance w/ Julie.....10:30 Pastor Chris1:00	14 Widow & Widower Support .10:00 Line Dancing11:00 Music w/Ken12:00	15 Green Thumb Club10:30 Games w/Mary1:00	16 Walk Through the Bible1:00
19 All Charles County Senior Centers are Closed for MLK Jr. Day 	20 Bingo9:30 Ask Doyle SSA1:00	21 Line Dancing11:00	22 Crafting w/Mary1:00	23 Chair Yoga9:00
26 Project Linus/Sewing 1019:30 Games w/Mary1:00	27 Tea Club1:00	28 Book Club.....1:00	29 Fitness w/LaMont..... 1 & 2:00	30 Winter Blues1:00

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

Bingocize

Bingocize is back! Join us for a fun filled 10 weeks consisting of exercises designed to improve all functional fitness including range of motion, balance, muscle strength, and cardio-respiratory endurance.

Tuesdays & Thursdays, 10:30 a.m. Fee: FREE

Preventative and Holistic Wellness for Healthy Aging

In this workshop we will focus on body, mind and spirit for information on trends, in health and fitness.

Facilitator: Debi Shanks See pg. 14 for details
Wednesday, Jan. 7, 11 a.m. Fee: FREE

Let's Take a Trip

This month let's learn about Aruba including historical, geographical, and other interesting facts. We will also sample some Aruban cuisine. Prior signup is required.

Tuesday, Jan. 20, 1 p.m. Fee: FREE

Friday Films

Join us for snacks and the classic An Affair to Remember. The story follows two strangers who fall in love on a cruise and agree to meet six months later at the top of the Empire State Building, but a tragic accident prevents the reunion.

Friday, Jan. 30, 11 a.m. Fee: FREE

Ongoing Programs

Artistic Aesthetics

Weekly project to express your creativity. Fee due at registration. Prior signup is required. Limited space availability.

Mondays, 1 p.m.
Casual Crafting, Jan. 5 Fee: FREE
Cookie Cutter Birdfeeder, Jan. 12 Fee: FREE
Cutting Board Stand, Jan. 26 Fee: \$5

I&A Services

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds. See Staff or call 301-934-6737 for an appointment
Thursday, Jan. 22, 9:30 a.m.

Nickel Bingo

Join us for bingo every week!

Thursdays, 12:45 p.m. Fee: 5¢ per card

Health & Fitness Programs

Core Fitness

Core work, muscle work, and flexibility.

Mondays, 9 a.m. Fee: Fitness Pass

Arthritis Foundation Exercise Program (AFEP)

Evidence-based exercise program. Gentle all go with cardio and strength training exercises. Designed to get a full body workout with consideration given to those with mobility impairments. Video may be used as needed.

Mondays & Fridays, 10 a.m. Fee: FREE

Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m. Fee: FREE

Total Body Conditioning

Whole-body workout, standing and sitting, using free weights.

Thursdays, 9 a.m. Fee: FREE

Chair Yoga

Chair Yoga is a gentle form of yoga that is practiced while sitting on a chair or using a chair for support. It is designed to improve flexibility, balance, strength, and relaxation without the need to get down on the floor. Chair Yoga is ideal for older adults, individuals with limited mobility, or anyone looking for an accessible yoga experience.

Thursdays, 10 a.m. Fee: Fitness Pass

Community Programs

Age restrictions for drop-in use of Community Rooms are 13-17 with adults 18+ independent use. Like us on Facebook!!

Mobile Library

Borrow books, movies, tech every three weeks.
Tuesday, Jan. 13 10:30 a.m. Fee: FREE

WIC Services

Fridays, Jan. 16 & 30 a.m.-4 p.m. Fee: FREE

Mobile Food Market

Maryland Food Bank is giving away free fresh and shelf-stable food distribution. Open to the public.

Wednesday, Jan. 21, 12-2 p.m. Fee: FREE

Billiard/Game Room

Monday-Friday, 8:30 a.m.-4:30 p.m.

Fee: FREE

Computer Lab

Print, copy, fax services available.

Monday-Friday, 8:30 a.m.-4:30 p.m.

Fee: 10¢ per side.

Fitness Room

Open to those who have already completed the Fitness Room Orientation.

Monday-Friday, 8:30 a.m.-4:30 p.m.

Fee: FREE

Shop the Rack - Community Closet

New and gently use clothing items for free.

Tuesdays, 1-4:30 p.m. &

Fridays, 8:30 a.m.-4:30 p.m. Fee: FREE

Recreation

Sign up for Recreation programs online using the QR code below:

Move & Groove

Let your kids run, jump, and play to the sound of music. We will play short, exciting games to get your little one moving and grooving.

Ages 2-5 yrs. **Adult participation is required.

Friday, Jan. 16, 11 a.m. Fee: FREE

Storytime

Reading aloud creates memories and encourages critical thinking. Come join us for a fun, interactive story, and an activity to follow.

Ages 2-5 yrs. *Adult participation is required.

Friday, Jan. 16, 12 p.m. Fee: FREE



Cocoa and Conversation

Curious about what everyone's New Year's resolution is for 2026? Join us to celebrate National Hot Chocolate Day for hot cocoa and conversation to share thoughts.

Wednesday, Jan. 28, 11 a.m.
Fee: FREE



NANJEMOY SENIOR/COMMUNITY CENTER




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

Senior Center Hours: 9 a.m.–3 p.m., Mon–Friday
Luncheon at Noon–Reservation/Registration Required

Reserve lunch by 10 a.m., 2 days prior.

Community Center Hours:

8:30 a.m.–4:30 p.m., Mon–Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards 8:30 Computer Lab 8:30 Fitness Room 8:30 Senior Tech Appts 8:30 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Fitness Core Fitness 9:00	Billiards 8:30 Causal Crafting 8:30 Computer Lab 8:30 Fitness Room 8:30 Senior Tech Appts 8:30 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Shop the Rack 1:00 Fitness Flex & Stretch 10:00	Billiards 8:30 Causal Crafting 8:30 Computer Lab 8:30 Fitness Room 8:30 Senior Tech Appts 8:30 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Fitness Walking Club 1:00	Billiards 8:30 Computer Lab 8:30 Fitness Room 8:30 Senior Tech Appts 8:30 Lunch 12:00 Nickel Bingo 12:45 Fitness Total Body Conditioning 9:00 Chair Yoga 10:00	Billiards 8:30 Causal Crafting 8:30 Computer Lab 8:30 Fitness Room 8:30 Shop the Rack 8:30 Senior Tech Appts 8:30 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Fitness AFEP 10:00 Walking Club 11:00
<h1>JANUARY</h1>			1 All Charles County Senior Centers are Closed for New Year's Holiday 	2 All Charles County Senior Centers are Closed for New Year's Holiday 
5 Senior Council Meeting 10:00 Fitness Beats 12:00 Artistic Aesthetics: Casual Crafting 1:00	6 Computer Lab 8:30 Bingocize 10:30 Dominos 1:00	7 Wellness w/Debi 11:00	8 Chair Yoga 10:00 Bingocize 10:30 Bingo 12:45	9 Senior Tech Appts 8:30
12 Artistic Aesthetics: Cookie Cutter Birdfeeder 1:00	13 Bingocize 10:30 Games/Puzzles 1:00 <u>Community Program</u> Mobile Library 10:30	14 Games/Puzzles 10:00	15 Total Body Conditioning 9:00 Bingocize 10:30 Bingo 12:45	16 AFEP 10:00 <u>Community Program</u> WIC Services 9:00 <u>Recreation Program</u> Move & Groove 11:00 Storytime 12:00
19 All Charles County Senior Centers are Closed  r. Day	20 Bingocize 10:30 Let's Take a Trip 1:00	21 Casual Crafting 8:30 <u>Community Program</u> Mobile Food Market 12:00	22 I & A Services 9:30 Bingocize 10:30 Bingo 12:45	23 AFEP 10:00 Pizza & Painting 12:30
26 Fitness Beats 12:00 Artistic Aesthetics: Cutting Board Stand 1:00	27 Computer Lab 8:30 Bingocize 10:30	28 Fitness Room 8:30 Cocoa and Conversation 11:00	29 Billiards 8:30 Bingocize 10:30 Bingo 12:45	30 AFEP 10:00 Friday Films 11:00 <u>Community Program</u> WIC Services 9:00

WALDORF SENIOR & RECREATIONAL CENTER

90 Post Office Road • Waldorf, MD 20602 • 240-448-2810

Get your Latest SCOOP online!

Program Highlights

New Year Vision Board

Kick off 2026 with creativity and purpose! You will create vision boards to reflect your hopes, goals, and joys for the new year; whether it's health, hobbies, or meaningful moments. A fun, uplifting way to start fresh and connect with others!

Wednesday, Jan. 7, 10:30 a.m. Fee: \$2

Diabetes Prevention Program

This 22-session program offers a supportive environment for participants to stay active, meet new people, and focus on their well-being. Whether you're looking to improve your fitness, maintain healthy habits, or enjoy a sense of community, this program provides the perfect opportunity.

Register today by calling 301-609-6780 or emailing arnold.landiers@maryland.gov

Wednesday, Jan. 7, 10:30 a.m. Fee: FREE

Cocoa & Conversations

Warm up with a cup of hot chocolate and enjoy relaxed, friendly chats with staff about anything on your mind, big or small. It's all about connection, comfort, and good company.

Friday, Jan. 9, 9:30 a.m. Fee: Donation

New Year, Better Me

This fun, interactive session will explore simple ways to eat well, boost energy, and support overall wellness through balanced meals and smart food choices. Participants will learn practical tips for meal planning, portion control, and making nutritious swaps that fit their lifestyle. Start 2026 feeling your best—healthy eating can be enjoyable, affordable, and easy at any age!

Wednesday, Jan. 21, 10:30 a.m. Fee: FREE

Concert with Waldorf Guitar Club

Sit back, relax, and enjoy the soothing sounds of live music brought to you by our talented Guitar Club! From classic tunes to heartfelt melodies, it's a feel-good time to tap your toes, hum along, or simply soak in the music and good vibes.

Friday, Jan. 30, 12:30 p.m. Fee: FREE

Ongoing Programs

Prayer Group

We are praying at the Center! All are invited to join our new Prayer Group. We will be meeting every first and second Tuesday of the month.

Tuesday, Jan. 6 & 13, 10 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Jan. 12 & 26, 9:30 a.m. Fee: FREE

Jewelry Club

You will make beautiful pieces of jewelry in this class. All supplies will be provided. Sign up and payment required at front desk. Please pre-register.

Wednesday, Jan. 14, 10 a.m. Fee: \$3

Book Club

This month's book is "Faithful Place" by Tana French. Please come prepared with your thoughts on this book and join in the discussions.

Thursday, Jan. 15, 1 p.m. Fee: FREE

Jazz Appreciation

Join fellow jazz enthusiasts in our multi-purpose room to listen to some amazing Jazz. This will take place every third Friday of the month.

Friday, Jan. 16, 1 p.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Jan. 20, 11 a.m. Fee: FREE

Poetry Club

Join the Poetry Club at the Waldorf Senior Center! Local poets come together to share their beautiful pieces of work with others. We will meet every third Tuesday of the month.

Tuesday, Jan. 20, 12:30 p.m. Fee: FREE

Better Breather's Club

Helping you cope with lung conditions while offering compassionate support. Led by trained facilitators, these in-person meetings will give you the tools you need to stay active, healthy, and living your best life. For more information, please contact 301-609-4391.

Takes place the last Thursday of each month.

Tuesday, Jan. 27, 1 p.m. Fee: FREE

Basic Sewing

Join instructor, Melon Spriggs, and learn basic sewing techniques. Please bring your own sewing supplies (fabrics, thread, etc.)

Mondays & Wednesdays, 1 p.m. Fee: FREE

Guitar Club

Bring your guitar/instrument to the center and play some tunes while learning new skills from peers.

Mondays, 11 a.m. & Thursdays, 1 p.m.

Fee: FREE

Leather Crafting

Please bring your own materials, including a piece of leather suitable for your project and some general leather crafting tools. Any materials needed moving forward will be discussed during your first class.

Tuesdays, 12 p.m. Fee: FREE

Gospel Choir

Sing or listen, all are welcome.

Thursdays, 9:30 a.m. Fee: FREE

BINGO

How it Works: Players must purchase sheets the day of and can only be used on date of purchase. There are 25 games to play, winnings are determined by number of purchased players. Bingo card sales run from 9:30 a.m. to 10:15 a.m. **Bingo cards will not be sold after 10:15 a.m.** Bills used to purchase bingo cards must be \$10 or less. Bingo play begins at 10:30 a.m. on Thursdays unless otherwise noted in the SCOOP.

Thursdays, 10:30 a.m. Fee: Your Purchase

Crochet Club

Join Vicki Eichhorn and learn about basic crochet techniques while working on projects.

Fridays, 10 a.m. Fee: FREE

Paper Crafting

Fellow paper crafter, Julia Bengel, will be onsite to offer ideas to get you started in paper crafting. All paper crafting supplies will be provided, but feel free to bring your own.

Fridays, 1 p.m. Fee: FREE

Health & Fitness

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Monday, Jan. 5, 11:30 a.m. Fee: \$5

Wednesdays, Jan. 14 & 28, 12:30 p.m. Fee: \$5

Preventative & Holistic Wellness for Healthy Aging

In this workshop we will focus on body, mind, and spirit with information on trends in health and fitness. See pg. 14 for more details.

Tuesday, Jan. 13, 10 a.m. Fee: FREE

Intro to Pickleball

Join Nate Schultz as he teaches you all the fundamentals of Pickleball throughout this course. Equipment will be provided. *You can only take this class once per calendar year. Must pre-register.

Tuesdays, 11 a.m. Fee: FREE

Skills & Drills

Join Nate Schultz to improve your pickleball skills as he runs you through different skills and drills.

Pre-registration is required, opens Monday before. Participants can only sign up a max of 2 people at a time (yourself and a friend). See or call front desk to register.

Thursdays, 11 a.m. Fee: FREE

WALDORF SENIOR & RECREATIONAL CENTER

90 Post Office Road • Waldorf, MD 20602 • 240-448-2810

Hours: 9 a.m.–4 p.m., Monday–Friday
Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m., 2 days prior.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room9:00 Racquetball9:00 Guitar Club11:00 Pinochle11:00 Lunch12:00 Basic Sewing1:00 Table Tennis2:30 Fitness Chair Dance Aerobics9:30 Core & More10:30 Cardio Fitness11:30 Kettlebell Fitness12:30	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Pokeno10:30 Tech Time10:30 Leather Crafting12:00 Lunch12:00 Walking Club12:30 Basketball1:00 Fitness Total Body Conditioning9:30 Gentle Stretching10:30 Line Dancing11:30 Tai Chi for Health1:00	Fitness Room9:00 Racquetball9:00 Basketball10:00 Bridge Club10:00 Lunch12:00 Basic Sewing1:00 Fitness Chair Dance Aerobics9:30 AFEP10:30 Basic Fitness Training11:30	Fitness Room9:00 Racquetball9:00 Gospel Choir9:30 Watercolors10:30 Pinochle11:00 Lunch12:00 Walking Club12:30 Mah Jong1:00 Basketball1:00 Guitar Club1:00 Table Tennis2:30 Fitness Total Body Conditioning9:30 Drums Alive10:30 Line Dancing11:30 Tai Chi for Health1:00	Fitness Room9:00 Racquetball9:00 Crochet Club10:00 Lunch12:00 Paper Crafting1:00 Fitness Chair Dance Aerobics9:30 Gentle Stretching10:30 AFEP11:30 Core and More12:30 Yoga Flow1:30
<h1>JANUARY</h1>			1 All Charles County Senior Centers are Closed for New Year's Holiday 	2 All Charles County Senior Centers are Closed for New Year's Holiday 
5 Fitness Room Orientation... 11:30	6 Prayer Group10:00 Intro to Pickleball11:00 Ticket Sales11:30	7 New Year Vision Board.. 10:30 Diabetes Prevention Program10:30	8 Ticket Sales9:30 Bingo10:30 Skills & Drills11:00	9 Cocoa & Conversations... 9:30
12 Widow & Widower Support Group9:30	13 Prayer Group10:00 Preventative & Holistic Wellness for Healthy Aging10:00 Intro to Pickleball11:00 Ticket Sales11:30	14 Jewelry Club10:00 Diabetes Prevention Program10:30 Fitness Orientation12:30	15 Ticket Sales9:30 Bingo10:30 Skills & Drills11:00 Book Club..... 1:00	16 Diabetes Prevention10:30 Jazz Appreciation1:00
19 All Charles County Senior Centers are Closed for MLK Jr. Day 	20 Bible Study11:00 Intro to Pickleball11:00 Poetry Club12:30	21 Diabetes Prevention Program 10:30 New Year, Better Me... 10:30	22 Bingo10:30 Skills & Drills11:00	23 Crochet Club10:00
26 Council Meeting9:30 Widow & Widower Support Group9:30	27 Intro to Pickleball11:00 Better Breathers..... 1:00	28 Diabetes Prevention Program10:30 Fitness Orientation12:30	29 Bingo10:30 Skills & Drills11:00 Beginner Tai Chi Demo1:00	30 Guitar Club Concert 12:30

Save the Date: African American History Luncheon – Tuesday, Feb. 10
 Brought to you by the Waldorf Senior Center Council. Enjoy three storytellers, musical guest, and A Taste of Southern Cuisine catered lunch by Kreative Kreations. Tickets will be sold by council members in January as indicated below.
 Ticket Sales: Mondays, Jan. 6 & 13, 11:30 a.m., Thursdays, Jan. 8 & 15, 9:30 a.m. • Fee: \$15



2026
HAPPY NEW YEAR
Happy, Healthy New Year!
The benefits of regular physical activity is so much more positive than the effects of inactivity. If you have chosen to make your health a priority, well done! At any age, we will do our part in providing a variety of opportunities for all fitness levels. If you would like to begin the year with moving more, contact us for a plan.
Deborah Shanks: 301-934-5423 x5711
Nate Schultz: 240-448-2810 x 4817

Diabetes Prevention Program

This 22-session program offers a supportive environment for participants to stay active, meet new people, and focus on their well-being. Whether you're looking to improve your fitness, maintain healthy habits, or enjoy a sense of community, this program provides the perfect opportunity.

Register today by calling 301-609-6780 or emailing arnold.landiers@maryland.gov

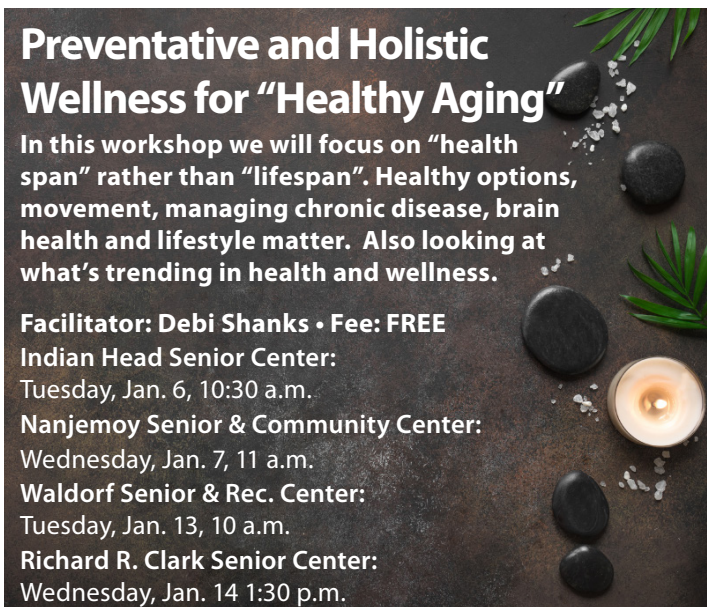
Wednesday, Jan. 7, 10:30 a.m. • Fee: FREE

Beginner Line Dance

Learn basic terminology, steps and how steps are put together in this basic lesson of popular dances!

We will have you dancing and ready for your next holiday party or picnic!

Richard R. Clark Senior Center **Instructor:** Carrie
Wednesday, Jan. 14, 1:30 p.m. Fee: FREE



Preventative and Holistic Wellness for "Healthy Aging"
In this workshop we will focus on "health span" rather than "lifespan". Healthy options, movement, managing chronic disease, brain health and lifestyle matter. Also looking at what's trending in health and wellness.
Facilitator: Debi Shanks • Fee: FREE
Indian Head Senior Center:
Tuesday, Jan. 6, 10:30 a.m.
Nanjemoy Senior & Community Center:
Wednesday, Jan. 7, 11 a.m.
Waldorf Senior & Rec. Center:
Tuesday, Jan. 13, 10 a.m.
Richard R. Clark Senior Center:
Wednesday, Jan. 14 1:30 p.m.

Qi Gong/Shibashi

Mild movement and great for balance and muscle control. For over 1,000 years this form of exercise has been extremely popular.

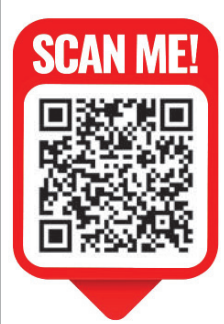
This class will take you through a series of slow, easy-flowing mindful movements to calm the nervous system, focus on breath, balance and coordination.

Richard R. Clark Senior Center • Instructor: Charles Cavella
Wednesdays, 10 a.m. • Fee: FREE

Catch us on CCGTV

Good Health with Debi airs regularly on the Charles County Government TV channel. Don't let the cold keep you from moving! Want to keep up your exercise routine even when the centers are closed? Good Health with Debi has you covered! Scan the below QR code to visit CCGTV's Fitness channel with Debi Shanks for videos on fitness, wellness, and fun.

How to scan this QR code:
Never scanned a QR code before? Don't worry! Follow these simple steps!
Open the camera app on your phone.
Point the camera lens at the QR code.
Tap the banner/website that appears on the phone screen to open the link.
This will take you to CCGTV's Fitness channel where you can




ATTENTION PLEASE

Attention Seniors

Fitness cards are required to participate in classes at our centers.

They need to be presented and punched prior to taking your class. Unless otherwise noted.

You can get a fitness card from any of the Program Assistants.

We have 2 types of cards for purchase:

\$20 for 10 classes • \$60 for 40 classes

Thank you for your continued dedication to improving your health and fitness.

Debi & Nate

SENIOR CENTER MENU

1% or skim Milk is offered with all meals
All Juice is 100% Juice

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<h1 style="font-size: 4em; color: #00a09a;">JANUARY</h1>			1 Happy New Year  Center Closed	2 Happy New Year  Center Closed	
5 Cranberry Juice Beef Cheeseburger on WW Bun Fiesta Corn Tater Tots Pineapple Tidbits	6 Grape Juice BBQ Chicken Leg Green Beans Cole Slaw Mac & Cheese Fresh Grapes Vanilla Cake	7 Fruit Punch Cheese Ravioli in Alfredo Sauce Garden Salad WW Garlic Toast Pears Chocolate Cake	8 Apple Juice Curried Chicken Sauteed Peppers & Onions Winter Veggie Blend Seasoned Rice Fruited Jello	9 Orange Juice Baked Herbed Chicken Mashed Potatoes & Gravy Garden Salad Corn Bread Cherry Cobbler	
12 Fruit Punch Chicken w/ Mushroom Sauce WW Spaghetti noodles Garden Salad Fruit Cocktail	13 Cranberry Juice Salisbury Steak Mashed Potatoes & Gravy Zucchini Medley Fresh Grapes Vanilla Pudding	14 Fruit Punch Vegetarian Thai Spring Rolls Veggie Stir Fry Veggie Fried Rice Peaches Sugar Cookie	15 Apple Juice Smothered Pork Chop Green Beans Garlic Butter Spinach Buttered Egg Noodles Orange Slices Blueberry Muffin	16 Grape Juice Grilled Cheese Heart Tomato Soup Garden Salad Baked Apples	
19 Martin Luther King, Jr. Day  Centers Closed	20 Cranberry Juice Vegetarian Quiche w onions, peppers & spinach Roasted Brussel Sprouts Fresh Grapes Chocolate Pudding	21 Fruit Punch Chicken Enchiladas Mexican Corn Black Beans Pears Coconut Cake	22 Fruit Punch Italian Sausage on Roll Sauteed Onions & Peppers Italian Mixed Veggies Orange Slices	23 Grape Juice Turkey Pot Pie Mixed Veggies Garden Salad Peach Cobbler	
26 Cranberry Juice Turkey Cheeseburger Sweet Potato Tots Tomato & Cucumber Salad Pineapple Tidbits	27 Apple Juice Shrimp Alfredo w Rotini Pasta Garden Salad Fruited Jello	28 Grape Juice Liver & Onions Mashed Potatoes Lima Beans Garlic Toast Peaches Carrot Cake	29 Orange Juice Tuna Salad on Bun Broccoli Cheddar Soup Fresh Garden Salad Orange Slices Muffins	30 Cranberry Juice BBQ Chicken Sandwich Corn on the Cob Cole Slaw Fresh Fruit Salad	
Charles County Luncheon Program Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$6.00 actual cost is \$10.39 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 \$10.39. Lunch reservations must be made by 10 a.m. TWO days prior. We appreciate your assistance in keeping costs down. Party & special event meal prices may vary. Clark Senior Center Tuesday–Friday Indian Head Senior Center Monday–Friday				Available at Noon • Days Vary By Center Nanjemoy Senior Center Monday–Friday Waldorf Senior Center Monday–Friday	For those days where potatoes, corn, beans, and/or peas are used for the starch component of the meal, an additional starch such as bread, crackers, or muffins will be available for those participating in the CACFP program.

The SCOOP

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



www.CharlesCountyMD.gov



Department of Community Services

8190 Port Tobacco Road, Port Tobacco, MD
301-934-9305 • MD Relay: 711 (Relay TDD: 1-800-735-2258)

About Charles County Government

The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace. Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

It is the policy of Charles County to provide equal employment opportunity to all persons regardless of race, color, sex, age, national origin, religious or political affiliation or opinion, disability, marital status, sexual orientation, genetic information, gender identity or expression, or any other status protected by law.

AMERICANS WITH DISABILITIES – The Department of Community Services welcomes the participation of individuals with disabilities. As with all County Government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

Publication Changes & Cancellations

Programs and activities have been confirmed at the time this publication goes to press. However, changes or cancellations can occur. For information, check with the Senior Center that has scheduled the program.

Senior Center Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, Charles County's Senior Centers will also be closed. Senior Centers do not necessarily open late or close early as with Charles County Public Schools. Please tune your radio to 1560AM or 98.3FM for closing announcements. Community Services will also provide closing information as soon as possible through the Inclement Weather Hotline and Charles County Senior Center Facebook Page. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

Travel Leaders/Action Travel Tours

3290 Old Washington Rd. Waldorf, MD 20602

Call for detailed itineraries and pricing: 301-645-1770

April 19, 2026: **Monticello, Gardens and Winery Tour**

May 7, 2026: **Treat your Mother to Tea at Hillwood Estate and Gardens (Limited Space)**

June 8-12, 2026: **39th Annual Mystery Trip**

Senior Council Programs & Fundraisers

Richard R. Clark Senior Council

SAVE THE DATE:

Black History Month African Attire Fashion Show on Wednesday, Feb. 18 & Taco Tuesday on Tuesday, Feb. 24.

Memorial Plaques

Enshrine the name of your family and friends on a Sunset Memorial Plaque located in the library at the Richard R. Clark Senior Center. Plaques are available for purchase in two sizes, 3-1/2 x 1 inches, up to 3 lines, 30 characters per line for \$25 and 3-1/2 x 2 inches, up to 4 lines, 30 characters per line for \$30. To learn more about the Sunset Memorial Plaques, please visit the Clark Senior Center and complete a Sunset Memorial Plaque form located in the library.

Council Bingo

Richard R. Clark Senior Center Council Bingo, hosted in the multipurpose room. Doors open at 9 a.m. Last call to purchase bingo card (s) is at 9:30 a.m. One winner per game. No bills over \$10. Interested in lunch? Call the Senior Center before 10 a.m. two days prior to bingo to reserve your lunch.

Fridays, Jan. 9 & 23, 9 a.m. • Fee: \$4= 3 face cards; \$8= 6 face cards.

Waldorf Senior Council

SAVE THE DATE:

African American History Luncheon – Tuesday, Feb. 10

Brought to you by the Waldorf Senior Center Council. Enjoy three storytellers, musical guest, and A Taste of Southern Cuisine catered lunch by Kreative Kreations. Tickets will be sold by council members in January as indicated below.

Ticket Sales:

Mondays, Jan. 6 & 13, 11:30 a.m.

Thursdays, Jan. 8 & 15, 9:30 a.m. • Fee: \$15

BINGO

Players must purchase sheets the day of and can only be used on date of purchase. There are 25 games to play, winnings are determined by number of purchased players. Bingo card sales run from 9:30 a.m. to 10:15 a.m. **Bingo cards will not be sold after 10:15 a.m.** Bills used to purchase bingo cards must be \$10 or less. Bingo play begins at 10:30 a.m. on Thursdays unless otherwise noted in the SCOOP.

Thursdays, 10:30 a.m. • Fee: Your Purchase



Council News for January Sponsored/Hosted Activities & Events

Clark Senior Center

Sunset Memorial,
Council Bingo
Gospel Sing

Indian Head Senior Center

All Clubs

Nanjemoy Senior & Community Center

Waldorf Senior & Rec. Center

Bingo, Pokeno,
Ticket Sales