

SCOOP

The Latest

Charles County Senior Center Offerings & Opportunities



Happy Valentine's Day

*Indian Head Senior Center's
Mardi Gras Masquerade
Party! • p.8*

**In Honor of
Black History Month...**
Special events have been planned at each
Center. Check inside for details!

**Income Tax Assistance
Available to Seniors • p.2**

FEBRUARY 2009

Senior Link.....p. 2-3
Senior News & Menus.....p. 4-5 & 14-15

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Free Income Tax Preparation For Seniors & Low-Income Adults

This year's income tax preparation program will begin February 2 and continue each Monday and Friday through April 13. This is a free service for persons who meet the eligibility guidelines.

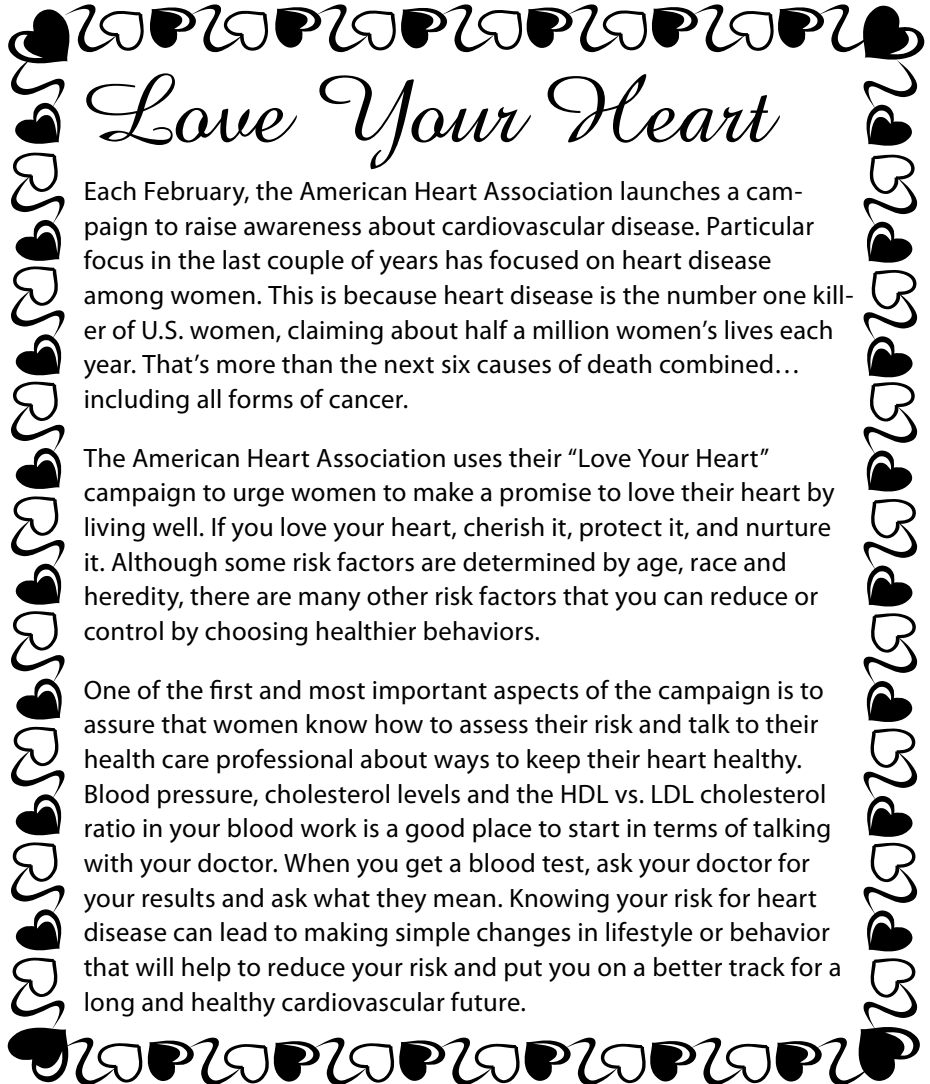
Eligibility requirements are:

- Persons age 60 and older who earned \$60,000 or less in tax year 2008 may call 301-609-5712 to schedule an appointment.
- Adults younger than age 60 who earned \$40,000 or less in tax year 2008 may schedule an appointment by calling 301-609-5704.

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

- Identification or social security card
- Prior year tax return
- 2008 tax stimulus letter
- All 1099 and W-2 forms
- 2008/2009 property tax bill
- If itemizing, bring documentation of medical, mortgage and donation expenses

This is a free service for persons who meet the eligibility guidelines.



Love Your Heart

Each February, the American Heart Association launches a campaign to raise awareness about cardiovascular disease. Particular focus in the last couple of years has focused on heart disease among women. This is because heart disease is the number one killer of U.S. women, claiming about half a million women's lives each year. That's more than the next six causes of death combined... including all forms of cancer.

The American Heart Association uses their "Love Your Heart" campaign to urge women to make a promise to love their heart by living well. If you love your heart, cherish it, protect it, and nurture it. Although some risk factors are determined by age, race and heredity, there are many other risk factors that you can reduce or control by choosing healthier behaviors.

One of the first and most important aspects of the campaign is to assure that women know how to assess their risk and talk to their health care professional about ways to keep their heart healthy. Blood pressure, cholesterol levels and the HDL vs. LDL cholesterol ratio in your blood work is a good place to start in terms of talking with your doctor. When you get a blood test, ask your doctor for your results and ask what they mean. Knowing your risk for heart disease can lead to making simple changes in lifestyle or behavior that will help to reduce your risk and put you on a better track for a long and healthy cardiovascular future.

Exercise Your Heart...Volunteer

It could be the next time you go to your doctor, she may prescribe exercise, eat a well-balanced diet, and do something nice for someone else. Studies show that there is a very real physical and emotional benefit to helping others. In fact, Dr. James House of the University of Michigan did a ten year study that demonstrated that regular volunteer work, more than anything, dramatically increased life expectancy.

Doing good for others pays great rewards. The goodwill generated blankets you with warmth that offers protection from the stress of life. Meaningful activity through volunteerism not only can add quantity to your years, but quality as well. Staying engaged and active contributes to a healthier aging.

There are countless ways to become a volunteer. What you choose to do may be a continuation of what you have done all through your life or a complete new adventure—a chance to learn a new skill.

Bob Hope once said, "If you don't have any charity in your heart, you have the worst kind of heart trouble."

So, go ahead, be selfish! Do something nice for someone else.

AARP/IRS Community Tax Day

Saturday, February 28, 9:00am-1:00pm
Richard R. Clark Senior Center in La Plata

Please join us for the Community Tax Day which is jointly sponsored by the AARP and Internal Revenue Service. This event is open to persons of any age who would like assistance with preparing their 2008 income tax forms. No appointments are necessary, but persons seeking assistance should meet the following financial eligibility guidelines:

- Age 60 or above with annual earnings of \$60,000 or less
- Persons under 59 and younger with annual earnings of \$40,000 or less

We hope you will take advantage of this wonderful service! For additional information, please call 301-609-5704.

Save the Date...

Southern Maryland Caregivers Conference

Friday • April 17

This year's event will be hosted by the Calvert County Office on Aging and will be held in Prince Frederick. Brochures will be available beginning late February.

To request a brochure by mail, please contact Ms. Cindy Olmsted, Long Term Care Coordinator, at 301-934-0128 or via e-mail olmstedc@charlescounty.org

Famous February Birthdays

If your birthday is in February, you are among interesting company...



- | | |
|--------------------|---------------|
| Abraham Lincoln | Red Buttons |
| George Washington | Zsa Zsa Gabor |
| Rosa Parks | Ronald Reagan |
| Babe Ruth | Jack Lemmon |
| Tom Smothers | Mark Spitz |
| Fran Tarkenton | Gregory Hines |
| David Brenner | Hugh Downs |
| Charles Lindbergh | John Travolta |
| Henry "Hank" Aaron | Lana Turner |

Happy Birthday!

Smooth & Easy Smoothies

We all know how important it is to get 3-5 servings of fruit and or vegetables daily. In the winter months some people find it harder to do because many of the most popular fruits are not in season and those imported from warmer climates can be quite pricey. However, there is a quick and easy way to get your 3 to 5 servings in, even during the winter months.

Smoothies made using frozen fruit are extremely flavorful and can be a great alternative to fresh fruit. Depending on what fruit you use, smoothies can be a good source of Vitamin C, Vitamin A, Potassium, Zinc, Antioxidants, and Fiber, all of which are important to stay healthy during the flu and cold season.

If you add things like milk or yogurt to your smoothie they can be a great source of protein and calcium, too. The flavor combinations are endless and they can be used for a fast and nutritious breakfast or a healthy low fat dessert with no baking required! Here is a recipe to get you started:

Peach Raspberry Smoothie

- 1 cup unsweetened frozen raspberries
- 3/4 cup of orange juice
- 1/2 cup of low fat peach yogurt

For variety you could substitute frozen strawberries, blueberries, or other fruits and use your own favorite flavor of low fat yogurt.

February Special Events at the Centers

Valentine's Day

The Case of the Missing Lovers

Richard R. Clark Senior Center..... Feb 12, 10:30am..... p.7

Valentine Games & Card Exchange

Indian Head Senior Center..... Feb 13, 1:00pm..... p.8

My Valentine...

Nanjemoy Senior Center..... Feb 12, 10:00am..... p.10

Music is for Lovers Valentine's Concert & Bingo

Waldorf Senior Center..... Feb 12, 10:00am..... p.12

Mardi Gras

Mardi Gras Masquerade Party

Indian Head Senior Center..... Feb 24, 10:30am..... p.9

Mardi Gras with Greg "Snakeman" Troiano

Waldorf Senior Center..... Feb 26, 10:00am..... p.12

Black History Month

African American Celebration

Richard R. Clark Senior Center..... Feb 19, 10:00am..... p.6

Gospel CD Preview & Sing-A-Long

Indian Head Senior Center..... Feb 10, 11:00am..... p.8

Black History Presentation

Nanjemoy Senior Center..... Feb 10, 11:00am..... p.10

Fighting for Freedom:

Black Women's Army Corps During World War II

Waldorf Senior Center..... Feb 19, 10:30am..... p.12

Senior Center Plus Hours

The Senior Center Plus program offers a supervised setting, complete with a nutritious lunch, and specialized activities for frail, older adults. The program is an affordable care option for family caregivers.

Richard Clark Senior Center Tuesday-Friday • 9:00am-2:00pm

Waldorf Senior Center Tuesday-Thursday • 9:00am-2:00pm

Nanjemoy Senior Center Tuesday-Thursday • 9:00am-2:00pm

Indian Head Senior Center Monday-Friday • 9:00am-2:00pm

For more information please contact Ms. Maria Brewer, Senior Center Plus Program Manager, at 301-609-5710.



The Clark Senior Center Council Cookie Bake Sale is the second and fourth Tuesday of each month. Choose from any of the following varieties:

Sugar Free – Lemon

Regular – Cranberry Blueberry, Sugar, Chocolate Chip, Macadamia, Oatmeal Cranberry, Chocolate Reeses Pieces, and Turtle

The cost is three for \$1 or \$4 for a dozen. Orders are taken Tuesday mornings.

Senior Center Holiday Closings

During the month of February, all Senior Centers will be closed as follows:



**February 16
Presidents
Day**

Thank you...To all who attended the United Senior Rally in Annapolis. We greatly appreciate your interest and support!

Aquatic Programs for Seniors at Lackey Pool

Arthritis Foundation Aquatic Class

You don't need to be a swimmer to take advantage of the benefits of warm water exercise. Class focuses on gentle movement.

Fee: \$40

Lackey

Tue/Thu, thru Mar 30 10:30am

North Point

Mon/Wed, Mar 2-Apr 22 10:30am

Aqua Aerobics

Come on in, the water's fine! This high energy class will have you feeling great. Easy on the joints, and fun for the soul!

Fee: \$40

Lackey

Mon/Wed, thru Mar 30 10:30am

North Point

Tue/Thu, Mar 3-Apr 23 10:30am

Register at any Senior Center!

**Need to exercise?
Can't get to your class?**

**Get Fit
In Charles County**

**Program airs on County
Cable Channel 95 Each Day.**
(time varies)

Join Physical Fitness Coordinator, Debi Shanks, and some of her friends as they take you through a gentle, arthritis-based half hour class.



Buffet Bingo!

The Greater Waldorf Jaycees in partnership with the Charles County Department of Community Services, has planned their annual Buffet Luncheon and Bingo for the senior citizens of Charles County at the Jaycees Community Center in Waldorf. Included will be a delicious cold buffet luncheon, bingo, and prizes.

The event is free and open to all Charles County senior citizens, age 60 and older. Please make your own transportation arrangements. Tickets are required and may be picked up at any Senior Center.

Tue, Mar 10 11:00am-2:00pm
Tickets Available Beginning: Feb 11



Friday, March 13
5:45-9:00pm

Tickets Available: February 10
Jaycees Community Center, Waldorf

The Charles County Association of Student Councils students from McDonough, La Plata, Lackey, Westlake, North Point, and Thomas Stone have worked together to plan this year's Prom. There will be big band music, escorts, dancing, door prizes, and more.

The highlight of the evening will be the crowning of the Prom King and Queen from a court. Enjoy dancing, entertainment, and a light buffet catered by the Greater Waldorf Jaycees.

This event is free to all Charles County Senior Citizens. Tickets will be available at all Senior Centers, and are required to attend.

Sponsored by the Greater Waldorf Jaycees.

CLARK SENIOR CENTER

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

Special Events, Classes, and Ongoing Programs Planned Especially for You

Activities

Hand & Foot Canasta

Players meet the first and fourth Friday.

Fri, Feb 6 & 27 10:00am

Notary Services

Notary services are available free of charge.

Fri, Feb 6 1:00-2:00pm

Valentine's Day Line Dance Party

Celebrate this day of love with special dances from the heart! Beginners WELCOME!

Tue, Feb 10 1:00pm

Fee: Fitness Card

Coin Appraisal

John Hankla will appraise your U.S. coins.

Wed, Feb 11 9:00am FREE

Genealogy

Trace your family history with the group. New members are always welcome.

Wed, Feb 11 10:00am

HealthScope/Visit the Nurse

Free, bi-monthly service provided by the Charles County Health Dept. who gives blood pressure screening and some consultation.

Wed, Feb 11 & 25 10:00am-Noon

Hearing Screening

Hearing Professionals will administer free hearing tests and fine tune hearing aids. They also have batteries available for purchase.

Thu, Feb 12 10:00am-Noon

Massage by Appointment

Appointments are available for a lay down or seated massage given by licensed certified massage therapist, Diane Kelly. Sign up required.

Fri, Feb 13 Appts: 10:00am-2:00pm

Fee: 50¢ per minute

Poetry Corner

Program that features the reading and discussion of favorite poems.

Fri, Feb 13 & 27 1:30pm

Celebrate Czechoslovakia

Continuing with our armchair travel, we will visit a fairyland of medieval castles and architectural treasures.

Tue, Feb 17 11:00am

Annual African-American Celebration

Enjoy a soul stirring experience with the *Soul In Motion Dancers and Drummers* as they perform authentic African dances. Afterwards, join us for our *Food for the Soul* luncheon. Monetary donations, plates, napkins, cups and commercially prepared foods requested. Sponsored in part by Nannie Rainey and the Clark Center Council.

Thu, Feb 19 10:00am FREE

Sixty Singles

Meet new friends, go on outings, and have loads of fun!

Fri, Feb 20 11:00am

I Remember...

Tape your memories on a disc you will keep.

Fri, Feb 20 1:30pm

Sisters At Heart

This breast cancer survivors support group, led by Roberta Kieliger. This is an opportunity to give and receive love and support once your diagnosis is made.

Mon, Feb 23 11:30am

Fat Tuesday Pancake Breakfast

Feast at our yummy breakfast of eggs, sausage, pancakes, and more.

Tue, Feb 24 9:00-10:00am Fee:\$5

Caregivers Support Group

Information and support for those caring for older adults. Open to the public. Facilitator: Cindy Olmsted, Long Term Coordinator.

Wed, Feb 25 2:00pm

Social Security

Update your social security information. Available to everyone, regardless of age.

Tue, Feb 26 9:30am-1:00pm

Twelve O'clock Pizza

Your choice...pepperoni, cheese, veggie. Catered by Pizza Hotline.

Thu, Feb 26 Noon Fee: \$1.50/slice

Special Presentations

Stretching Your Food Dollar

Learn ways to make your food allowance go further from Donna Bailey, Maryland Cooperative Extension.

Tue, Feb 3 11:00am

Book Club

February's book discussion is *All the Pretty Horses* by Cormac McCarthy. March's selection will be *To Kill a Mockingbird* by Harper Lee.

Thu, Feb 5 1:00pm

Antique Postcards

Antique and history lovers, this program is for you! Jo Anne Chapman will share her extensive collection of Valentine and assorted postcards.

Tue, Feb 10 11:00am

Down Home Cookin'

Learn to make another delicious southern treat! Facilitator: Bobbie Reysn.

Wed, Feb 18 10:00am

Caregiving Tips

This group, led by Maria Brewer, is geared towards helping caregivers take care of disabled adults and themselves.

Wed, Feb 18 10:00am

Classes

Fitness Orientation

Be on your way to better health. Learn how to use the equipment properly and develop your own exercise program. Sign up required.

Tue, Feb 3 3:30pm

Wed, Feb 11 & 25 1:00pm

One Time Fee: \$2

New! Horizon in the Management of Vascular Disease

Dr. Gary S. Grover, Specialist in Vascular Disease, will discuss Diabetes, swollen legs, healing ulcers, and more. Learn about early detection of Peripheral Vascular Disease and its treatment. This event leads into a FREE PVR Testing Thursday, February 19. Please call for an appointment after this program.

Thu, Feb 5 11:00am

Free Pulse Volume Recording (PVR) Testing

This PVR will be given here at no cost to you by Surgical Associates. Please call for an appointment after the February 5 program. Results will be mailed to you.

Thu, Feb 19 9:00am-2:00pm

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



Valentine's Day Party

The Case of the Missing Lovers

Join our super sleuth **Gonna B. Alright**, as he solves this perplexing multi-faceted mystery. The Primetimers will once again perform in this brand new original play which features love, drama, rejection, and fulfillment. What more could you possibly ask for Valentine's Day? Enjoy a delicious luncheon with your friends, and then play Dollar Store Bingo for fabulous prizes.

Thu, Feb 12 10:30am-2:00pm

Fee: \$7 includes meal; \$3 bring bag lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards Drop In 9:00-4:00 Spanish 10:00-11:30 Duplicate Bridge 10:00-2:00 Ceramics 10:00-2:00 2-N-1 Club 10:15-11:00 Bridge 10:00-1:30 Primetimers 11:30-1:00 Square Dancing 1:00-3:00 Pinochle 1:00-3:00 Circuit Training 2:30-3:30	Flex & Stretch 8:30-9:30 Billiards Drop In 9:00-4:00 Sewing 9:30-12:30 Gentle Yoga 10:00-11:00 Fine Arts 10:00-2:00 AFEP 10:30-11:00 Bridge 10:00-3:15 Easy Craft 1:00-1:45 Checkmate Chess 1:00-2:00 So. Md. Pitch 1:00-4:00 Line Dancing 1:00-2:00 Weekly Workout 5:30-6:45	Billiards Drop In 9:00-4:00 Strength Training 9:15-10:15 Quilting, Etc 9:30-12:00 Crochet Club 10:00-11:00 Bingo 10:30-1:50 Clogging 10:30 Bridge 10:00-3:15 Tap Dancing 11:30 Pinochle 12:30-3:00 Powder Puff Billiards 1:00-4:00	Flex & Stretch 8:30-9:30 Billiards Drop In 9:00-4:00 Investment Club 10:00-11:30 Stained Glass 10:00-12:00 AFEP 10:30-11:00 Canasta 12:30-3:00 Reflections 1:00-1:30	Veteran's Assist 9:00-12:00 Project Linus 9:00-2:00 Billiards Drop In 9:00-4:00 Strength Training 9:15-10:15 Oil Painting/Acrylics 10:00-2:00 Bingo 10:30-2:30 Wii Friday 11:00-12:00 Gentle Yoga 11:00-12:00 Handbells 11:30-12:30 Pinochle 12:30-3:00 Silvertones 12:30-1:30
FEBRUARY				
2 Greenback Investment 10:00	3 Stretching Your Food Dollar 11:00 Fitness Orientation 3:30 Hi Steppers Resume	4 RRCSC Council Meeting 9:30 Clogging Resumes 10:30 Tap Dancing Resumes 11:30 Powder Puff Billiards 1:00	5 Management of Vascular Disease 11:00 Book Club 1:00	6 Hand & Foot Canasta 10:00 Silvertones Resume 11:30 Handbells Resume 12:30 Notary Services 1:00
9 Greenback Investment 10:00 Square Dancing 1:00	10 Council Cookie Sales 9:00 Antique Postcards 11:00 Valentine Day Line Dance Party 1:00	11 Coin Appraisal 9:00 HealthScope/Visit the Nurse .. 10:00 Genealogy 10:00 Fitness Orientation 1:00	12 Hearing Screening 10:00 Valentine Party • The Case of the Missing Lovers 10:30 History Club 1:30 NO Line Dance Class Today	13 Massage by Appt 10:00-2:00* Poetry Corner 1:30
16 Presidents Day Senior Center Closed	17 Celebrate Czechoslovakia .. 11:00	18 Caregiving Tips 10:00 Down Home Cookin' 10:00	19 African-American Celebration 10:00 Free PVR Testing 9:00	20 Sixty Singles 11:00 I Remember 1:30
23 Sisters At Heart Meeting 11:30	24 Cookie Sales 9:00 Fat Tuesday Pancake Breakfast 9:00	25 HealthScope/Visit the Nurse .. 10:00 Fitness Orientation 1:00 Caregiver Support Group ... 2:00	26 Social Security 9:30 Twelve O'clock Pizza 12:00 Birthday Celebration 12:30	27 Newcomers Coffee 10:00 Hand & Foot Canasta 10:00 Poetry Corner 1:30

INDIAN HEAD SENIOR CENTER

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

Special Events, Classes, and Ongoing Programs Planned Especially for You

Special Activities

Hugs & Kisses to Your Valentine

Write a Valentine Card and make someone's day! The Center will provide the cards. We will have a mailbox to put them in, and on February 13 we'll play games and exchange cards.

Mon/Tue, Feb 2-3 1:00pm Free

Scrabble Tournament

Competition is heating up – so reserve your spot early for the tournament.

Wed, Feb 4 11:00am

Fri, Feb 27 11:00am

Seated Massage

Let a certified massage therapist work out the kinks for you. Offered by Catherine Payne, C.M.T.

Fri, Feb 6 9:30am-Noon

Fee: 50¢ per minute

Gentle Yoga

Gentle yoga is a wonderful way to help to create a healthy body while teaching how to alleviate stress in a relaxed environment. Instructor: Trudy Carlson

Fri, Feb 6 10:00am

Fri, Feb 27 10:00am

Valentine Line Dance Party with Debi

Celebrate this day of LOVE with special dances from the heart. Beginners welcome! Join the fun and win prizes as you line dance and exercise.

Thu, Feb 12 1:00 pm Free

Valentine Games & Card Exchange

Win a beautiful stuffed animal for your Valentine. Ms. Cupid will deliver your Valentine's with a shuffle. We will also share Valentine poems and jokes with each other.

Fri, Feb 13 1:00pm Free

Write It Down

You can't deal with anger, resentment or guilt until you are aware of what you are feeling. No matter where you are in your life, reflective writing can improve mental, physical, emotional and spiritual health. So it's time to be honest and get out those pens. You will receive a personalized journal to start your journey to express your emotions without fear or criticism.

Fri, Feb 20 1:00pm

Book Club with Lena

Join Ms. Lena Cox of the Potomac Branch Library, as she leads an informal review and discussion for the book of the month. This is a great opportunity to read many bestsellers and have fun discussing them with others.

Wed, Feb 25 11:00am

Wednesdays Wii Workout

Workout on Wednesdays with the Nintendo Wii. A video-based game where one can play active games like bowling, baseball, boxing, and tennis. This is a great opportunity to get some exercise while playing a game.

Wed, Ongoing 1:00pm

Special Presentations

Home Safety Presentation

Don't miss this important safety overview from Cpl. Lee Potter. He will include home safety tips and provide helpful information on how you can keep your home safe.

Tue, Feb 3 11:00am

Senior Information & Assistance Outreach

Get information regarding programs, services, and various benefits. Beth Fiske, Senior I&A Program Specialist.

Tue, Feb 10 10:00am-Noon

Gospel CD Preview and Sing-Along

Join Selina as she provides an overview about the Senior Women's United in Christ Ministries gospel group and leads in a gospel sing-along from their new CD. Also featuring artists, Otis Redding and Billie Holiday.

Tue, Feb 10 11:00am

Drink to Your Health Smoothie

A smoothie is a drink resembling a milkshake, with a thick consistency, made from blended natural ingredients, usually with frozen fruits or fresh fruits with ice. Natural flavors are added for taste and health reasons. Lisa Furlow will demonstrate how to make a healthy smoothie and provide samples and recipes.

Wed, Feb 11 11:00am

History Club

Everyone is welcome to join our lively discussion.

Thu, Feb 12 1:30pm

Stretch to Relieve Pain

Dr. Ronda Sharmon will provide easy techniques and stretches to help you relieve joint pain. Don't miss this one!

Tue, Feb 17 11:00am

Classes

Mardi Gras Masquerade Mask

Let's bring the Mardi Gras Party to Indian Head. Join the fun as we create a Mardi Gras party mask for the upcoming Masquerade Party.

Fri, Feb 6 1:00pm Fee: \$1/mask

Thu, Feb 19 1:00pm Fee: \$1/mask

Card Factory

Create and design your own personal Valentine Card, or any occasion card. All supplies included, plus ideas for quotes, poems and sentiments.

Wed, Feb 11 11:30am Fee: 50¢/card

Intro to Computers

If you need to learn computer basics, then come in and let us give you a hand. We'll help you get started with logging on, password requirements, searching the web, and basic computer questions. Please sign up early and let us know what area(s) you need help with.

Wed, Feb 25 11:00am Free

Arthritis Foundation Exercise Program

Designed to help those who have joint and/or muscle problems achieve improved mobility, strength and endurance in order to improve the performance of your daily activities.

Tue/Wed/Thu, Ongoing 10:30am
Free (no class Feb 24)

Fitness Training

Each Mon (with Sally) 9:15am

Each Wed (with Clarissa) 9:15am

Fee: Fitness Card

Flex & Stretch-Video Class

Each Fri 9:15am

Oil Painting

Instructor: Award-winning artist, Sara Francis.

Each Wed 10:00am Fee: \$7/class

Line Dancing

Led by Geneva Johnson (see special line-dance class on February 12).

Thu, Ongoing 11:00am 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.
 Calendar items marked by an * require reservation/appointment



Mardi Gras Masquerade

Grab your party mask and dancin' shoes and join in the Zydeco and Jazz of the **Big Easy**. Sample some of the best Cajun and Creole dishes and experience the essence of Lafayette culture. A prize awaits for the wildest Mardi Gras mask.

Tue, Feb 24 10:30am Fee: \$7.50/includes lunch; \$3/bring lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY				
2 Billiards/Cards 9:00 Fitness Training 9:15 Bingo 10:00 Westside Cloggers 10:30 Beginning Clogging 11:30 Hula 12:30 Hugs & Kisses Valentine 1:00	3 Billiards/Cards 9:00 Stitchin' Chicks & Crafts 9:00 AFEP 10:30 Home Safety Presentation 11:00 Hugs & Kisses Valentine 1:00	4 Billiards/Cards 9:00 Fitness Training 9:15 Oil Painting 10:00 AFEP 10:30 Scrabble Tournament 11:00 Wii Workout 1:00	5 Billiards/Cards 9:00 AFEP 10:30 Line Dancing 11:00 Visit the Nurse—Blood Pressure Screening 10:30 BUNKO 12:45	6 Billiards/Cards 9:00 Flex & Stretch—Video 9:15 Seated Massage 9:30-Noon Gentle Yoga 10:00 Ceramics 10:00 Canasta & Bid Whist 10:00 Mardi Gras Mask 1:00
9 Billiards/Cards 9:00 Fitness Training 9:15 Bingo 10:00 Westside Cloggers 10:30 Beginning Clogging 11:30 Hula 12:30 Gospel Singing 1:00	10 Billiards/Cards 9:00 Stitchin' Chicks & Crafts 9:00 AFEP 10:30 Senior I&A Outreach 10:00-Noon Gospel CD Preview & Sing-Along 11:00 Fall Prevention Presentation 1:00	11 Billiards/Cards 9:00 Fitness Training 9:15 Oil Painting 10:00 AFEP 10:30 Drink to Your Health Smoothie 11:00 Card Factory 11:30 Wii Workout 1:00	12 Billiards/Cards 9:00 AFEP 10:30 Presidential Trivia 11:00 Valentine Line Dance Party with Debi 1:00 History Club 10:30	13 Billiards/Cards 9:00 Flex & Stretch—Video 9:15 Ceramics 10:00 Canasta & Bid Whist 10:00 Scrabble Tournament 11:00 Valentine Games & Card Exchange 1:00
16 Presidents Day Senior Center Closed	17 Billiards/Cards 9:00 Stitchin' Chicks & Crafts 9:00 AFEP 10:30 Stretch to Relieve Pain 11:00 Reflections 1:00	18 Billiards/Cards 9:00 Fitness Training 9:15 Oil Painting 10:00 AFEP 10:30 Visit the Nurse—Blood Pressure Screening 10:30 Scrabble Tournament 11:00 Wii Workout 1:00	19 Billiards/Cards 9:00 AFEP 10:30 Line Dancing 11:00 Mardi Gras Mask 1:00	20 Billiards/Cards 9:00 Flex & Stretch—Video 9:15 Canasta & Bid Whist 10:00 Ceramics 10:00 Scrabble Tournament 11:00 Write It Down 1:00
23 Billiards/Cards 9:00 Fitness Training 9:15 Bingo 10:00 Westside Cloggers 10:30 Beginning Clogging 11:30 Hula 12:30 Gospel Singing 1:00	24 Billiards/Cards 9:00 Stitchin' Chicks & Crafts 9:00 Mardi Gras Masquerade Party 10:30	25 Billiards/Cards 9:00 Fitness Training 9:15 Oil Painting 10:00 AFEP 10:30 Book Club w/ Lena 11:00 Intro to Computers 11:00 Wii Workout 1:00	26 Billiards/Cards 9:00 AFEP 10:30 Line Dancing 11:00 BUNKO 12:45	27 Billiards/Cards 9:00 Flex & Stretch—Video 9:15 Ceramics 10:00 Gentle Yoga 10:00 Canasta & Bid Whist 10:00 Scrabble Tournament 11:00

NANJEMOY SENIOR CENTER

4375 Port Tobacco Rd • Nanjemoy, MD 20662 • 301-246-9612 or 301-609-7639

Special Events, Classes, and Ongoing Programs Planned Especially for You

Special Events

Black History Presentation

Janice Wilson, 1st Vice President of the Charles County branch of NAACP will discuss the lives of some important Charles County residents and how they are remembered.

Tue, Feb 10 11:00am

Pancake Tuesday! Breakfast

Join us for a pancake breakfast. Participate in trivia to win Mardi Gras beads. Person with the most beads wins a prize!

Tue, Feb 24 9:00-10:30am

Registration Deadline: Feb 17

Fee: Seniors and age 12 & younger: \$3;
All others: \$5

Activities

Valentine's Day Cards

We'll create beautiful Valentine's Day cards to exchange at our Valentine's Day party.

Mon, Feb 2 10:00am FREE

Foxy Red Hatters

Newcomers welcome! Come join the fun with the Foxy Red Hatters for the New Year.

Wed, Feb 18 10:00am

Matinée

Join us for a Thursday Matinée. Enjoy the show on our very own movie theater, complete with projector. Popcorn will be served.

Thu, Feb 26 10:00am-Noon

NCC Fitness Challenge

The challenge is simple, participate in our various fitness classes or workout in the Fitness Center and earn points. Individual with the most points receives a special prize.

Each Mon, thru Mar 31 Center Hours

Daily News

Tune into NBC 4 news at 11:00am. Afterward, we'll discuss the topics important to you.

Tue, Ongoing 11:00am

Wednesday Wii Workouts

Drop-in Wii Workouts on Wednesday. A video game where you play active games like bowling, baseball, boxing and tennis. No experience necessary. Join the Wii craze!

Wed, Ongoing 9:00am



Thursdays at the Center

Are you watching your grandkids, nieces, nephews or any kids during the winter months? Bring them to the Center and participate in great activities like crafts, movies, games and more. Fee is for one adult and one child and includes all supplies.

Thu, Ongoing 10:00-11:30am
Fee: \$8; \$3 each additional child

Presentations

Fitness Orientation

Sign up to learn proper techniques on the fitness equipment and tips on how to exercise.

Wed, Feb 4 or 11 10:30am

Reflections

Non-denominational discussion on biblical themes. Facilitator: Rudolph Datcher.

Wed, Ongoing 12:45pm

Senior Information & Assistance Outreach

Facilitator: Beth Fiske, Senior I&A Program Specialist.

Tue, Feb 24 10:00am

Classes

Yoga for Heart Health

Increase flexibility, strength, and heart health. Instructor: Sally Rudd

Thu, Ongoing 10:15-11:15am Free

Ceramics

Instructor: Margaret Dunlap

Tue, Ongoing 9:00am-1:00pm
Fee: \$1/class (plus supplies)

Strength Training

No class February 16.

Each Mon (with Sally) 11:00am

Each Wed (with Clarissa) 11:00am

Fee: Fitness Card

AFEP (Arthritis Foundation Exercise Program)

Tue/Thu, Ongoing 9:45am

Beginners Line Dancing

Instructor: Anita Butler.

Tue, Ongoing 1:00pm Fee: Fitness Card

Basic Acrylic Painting

Instructor: Nancy Knudsen

Wed, Jan 28-Mar 4 10:00-11:00am Fee: \$25

Matthew Henson Presentation

Did you know that this year...2009...marks the 100th anniversary of the discovery of the North Pole? Join us for a presentation brought to you by the African American Heritage Society. A nephew of Matthew Henson will speak on the historical and adventurous life of his uncle.

Fri, Feb 6 10:00am



My Valentine

Join the Nanjemoy Community Center and Senior Center, along with Head Start for a Valentine's Day Party. We'll play games, have treats and of course exchange cards. Joe Dungan, of Southern Maryland's Square Dance Club will provide line and square dancing instruction.

Thu, Feb 12 10:00am
Fee: \$7.50/includes lunch; \$3/bring lunch



NANJEMOY SENIOR CENTER

4375 Port Tobacco Rd • Nanjemoy, MD 20662 • 301-246-9612 or 301-609-7639

Hours of Operation • 9:00–2:00, Mon–Thu
 Luncheon at Noon—Reservation/Registration Required
 Reserve lunch by 10:00am the preceding day.
 Calendar items marked by an * require reservation/appointment

Heart Health Series

February is Heart Month. We will be offering a Heart Health series with informative presentations. Plan to attend and learn more about how to stay healthy.

Heart Health Nutrition

Presented by Lisa Furlow, Nutritionist.

Tue, Feb 3
10:30pm

Cholesterol Screening and Lecture

Provided by the NIH Heart Center at Suburban Hospital.

Thu, Feb 5
10:30am-1:00pm

Stroke Awareness

By Civista Health Stroke Team.

Mon, Feb 9
10:00am

Exercising the Heart

Presented by Debi Shanks, Physical Fitness Coordinator.

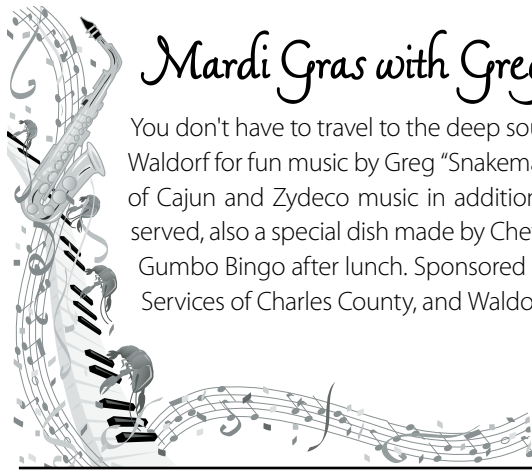
Tue, Feb 17
10:00am

Heart Healthy Chocolate

Offered by Center staff.

Thu, Feb 19
1:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FEBRUARY			
<i>Mark Your Calendar... Fri, Feb 6, 10:00am Black History Presentation: Matthew Henson</i>			
2 Fitness Room 9:00 Billiards 9:00 Walking Club 9:15 Crochet Club 9:30 Board Games 9:30 Valentine's Day Cards 10:00 Strength Training 11:00 Bingo 12:44	3 Fitness Room 9:00 Billiards 9:00 Ceramics 9:00 Walking Club 9:15 Board Games 9:30 Card Games 9:30 AFEP 9:45 Heart Health: Heart Health Nutrition 10:30 The Daily News 11:00 Beginners Line Dance 1:00	4 Fitness Room 9:00 Billiards 9:00 Wednesday Wii Workouts 9:00 Walking Club 9:15 Bunco 9:30 Basic Acrylic Painting 10:00 Fitness Orientation 10:30 Strength Training 11:00 Reflections 12:45 Council Meeting 1:00	5 Fitness Room 9:00 Billiards 9:00 Walking Club 9:15 Board Games 9:30 Card Games 9:30 AFEP 9:45 Thursdays at the Center 10:00 Yoga for Heart Health 10:15 Heart Health: Cholesterol Screening 10:30-12:30 Cholesterol Lecture 1:00
9 Fitness Room 9:00 Billiards 9:00 Walking Club 9:15 Crochet Club 9:30 Board Games 9:30 Heart Health: Stroke Prevention 10:00 Strength Training 11:00 Bingo 12:45	10 Fitness Room 9:00 Billiards 9:00 Ceramics 9:00 Walking Club 9:15 Board Games 9:30 Card Games 9:30 AFEP 9:45 Healthscope/Visit the Nurse .. 10:15 Black History Presentation 11:00 The Daily News 11:00 Beginners Line Dance 1:00	11 Fitness Room 9:00 Billiards 9:00 Wednesday Wii Workouts 9:00 Walking Club 9:15 Bunco 9:30 Basic Acrylic Painting 10:00 Fitness Orientation 10:30 Strength Training 11:00 Reflections 12:45	12 Fitness Room 9:00 Billiards 9:00 Walking Club 9:15 Board Games 9:30 Card Games 9:30 AFEP 9:45 Thursdays at the Center 10:00 My Valentine 10:00-1:45 Yoga for Heart Health 10:15
16 Presidents Day Senior Center Closed	17 Fitness Room 9:00 Billiards 9:00 Ceramics 9:00 Walking Club 9:15 Board Games 9:30 Card Games 9:30 AFEP 9:45 Heart Health: Exercising the Heart 10:00 The Daily News 11:00 Beginners Line Dance 1:00	18 Fitness Room 9:00 Billiards 9:00 Wednesday Wii Workouts 9:00 Walking Club 9:15 Bunco 9:30 Foxy Red Hatters 10:00 Basic Acrylic Painting 10:00 Strength Training 11:00 Reflections 12:45	19 Fitness Room 9:00 Billiards 9:00 Walking Club 9:15 Board Games 9:30 Card Games 9:30 AFEP 9:45 Thursdays at the Center 10:00 Yoga for Heart Health 10:15 Heart Health: Heart Healthy Chocolate 1:00
23 Fitness Room 9:00 Billiards 9:00 Walking Club 9:15 Crochet Club 9:30 Board Games 9:30 Strength Training 11:00 Bingo 12:45	24 Fitness Room 9:00 Billiards 9:00 Ceramics 9:00 Pancake Breakfast .. 9:00-10:30 Walking Club 9:15 Board Games 9:30 Card Games 9:30 AFEP 9:45 Senior I&A Outreach 10:00 Daily News 11:00 Beginners Line Dance 1:00	25 Fitness Room 9:00 Billiards 9:00 Wednesday Wii Workouts 9:00 Walking Club 9:15 Bunco 9:30 Basic Acrylic Painting 10:00 Healthscope/Visit the Nurse .. 10:15 Strength Training 11:00 Reflections 12:45	26 Fitness Room 9:00 Billiards 9:00 Walking Club 9:15 Board Games 9:30 Card Games 9:30 AFEP 9:45 Matinée 10:00 Thursdays at the Center 10:00 Yoga for Heart Health 10:15 Domino Tournament 1:00



Mardi Gras with Greg "Snakeman" Troiano!

You don't have to travel to the deep south for a Louisiana good time. Come to Waldorf for fun music by Greg "Snakeman" Troiano, who brings a unique blend of Cajun and Zydeco music in addition to oldies but goodies. Lunch will be served, also a special dish made by Chef Bruce to accompany our regular meal. Gumbo Bingo after lunch. Sponsored by Charles County Arts Alliance, Senior Services of Charles County, and Waldorf Senior Center Council.

Thu, Feb 26 • 10:00am-1:00pm
 Fee: \$7.50/includes lunch;
 \$3/bring lunch

Special Events & Activities

Bowling Tournament

Tue, Feb 10 & 24 11:00am

Music is for Lovers Valentine's Concert & Bingo

Begin the day with a local high school jazz band concert, then BINGO for everyone! Special heartfelt prizes included.

Thu, Feb 12 10:00am
 Lunch RSVP By: Feb 5
 Fee: \$6.50/includes lunch; \$3/bring lunch

Pancake Breakfast

Pancakes, sausage, eggs, orange juice, coffee. All for a very low price. Sponsored and prepared by the Waldorf Senior Center Council.

Thu, Feb 19 9:30am Fee: \$2

BINGO

If you are looking for a local weekday bingo, come to the Center! Special games.

Wed/Thu, Ongoing 10:30am

PINOCHLE

Tue, Ongoing 11:00am

Special Presentations

Walk Away the Pounds

Video-based walking program. Three miles in 45 minutes is a real multi-muscle, mega calorie burn. Fun music that's paced perfectly to keep you walking at just the right fat burning speed! You'll condition the legs, flatten the tummy, and tone the arms. Some of the walkers use weights; some just WALK, WALK, WALK! End this energetic workout with a relaxing stretch for legs, back, and core!

Tue, Feb 3 & 17 11:00am

Senior Information & Assistance Outreach

Program provides access to information on programs, services, and various benefits. Beth Fiske, Senior I&A Program Specialist.

Wed, Feb 18 10:00am-Noon

Balancing Hormones Naturally A Holistic, Non-Drug Approach to Women's Hormone-Related Health Concerns

Learn to control hot flashes, mood swings, fatigue, night sweats, headaches, sleeping trouble, cramps, and depression. Presenter: The Doctors Speakers Bureau, Dr. Charles Judge, D.C.

Tue, Feb 24 11:00am-Noon

Conversation Starters

Join this upbeat get-together to discuss a variety of topics. Led by Kathy Donigan.

Thu, Ongoing 11:00am

Classes

Candy Kiss Roses

Make long stem roses to give away. All supplies included. Instructor: Julie Brasher

Wed, Feb 4 10:00am
 Fee: 50¢ for one rose or \$5/dozen

Gourmet Candy Covered Apples

You've seen them on QVC, they are a fortune, but oh so yummy! We will make these sinfully delicious apples and NOT feel guilty about it. Use caramel, chocolate, crushed oreos, candy bars, sprinkles, nuts, you name it. All supplies included. Excellent for gifts.

Wed, Feb 11 10:00am Fee: \$2/apple

Computer Class

Instructor: Roseanne Windley

Wed, Ongoing 9:00am-Noon
 Fee: \$60/6 weeks, plus \$3 supply fee

Water Based Oils

Tue, Ongoing Noon Fee: \$6/class

Ceramics

Tue, Ongoing 10:00am Fee: \$1

Watercolors

Thu, Ongoing 10:00am Fee: \$6/class

Pilates

Instructor: Debi Shanks.

Mon, Ongoing 2:00pm Fee: Fitness card

Hatha Yoga

Instructor: Trudy Carlson.

Tue, Ongoing 1:30pm Fee: Fitness card

Reflections

Non-denominational discussion on biblical themes. Facilitator: Janice Tibbs or Pastor Chris Ogne.

Tue, Ongoing 12:30pm

Strength Training

Wed, Ongoing 2:00pm
 Fee: Fitness Card

Total Body Conditioning

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

Line Dance at Elite Gymnastics

Thu, Ongoing 10:30am
 Fee: Fitness card or Special Elite Card

NEW!

Beginner Middle Eastern Belly Dance

Classic shimmies, hip work, veil work (optional), and arm technique are emphasized. Easy choreography is taught along with combinations to strengthen transitional movements and self expression. This class can be for those who simply want exercise, but it is also a great introduction to the world of performing arts. Instructor: Kay Cotton.

Each Tue, Feb 3-Mar 24 10:00am
 Fee: Fitness Card

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.
 Calendar items marked by an * require reservation/appointment



Fighting for Freedom

Black Women's Army Corps During World War II

For the first time during World War II, African-American women were allowed to enter the military. The first contingent trained in Fort Des Moines, Iowa, where they were housed in segregated barracks, ate at separate dining tables, and used segregated recreational facilities. Despite the hardships and discrimination, the women persevered and thirty-six of the original group graduated and were assigned to Officers Candidate School, Cooks and Bakers School, the Transportation Pool, or the Clerical School. Presented by Janet Sims-Wood, former Assistant Chief Librarian in the Reference/Reader Services Department at the Moorland-Spingarn Research Center at Howard University. Sponsored by the Maryland Humanities Council.

**Thu, Feb 19
10:30am**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FEBRUARY			
<p>2 St. Charles Senior Club 10:00 Bridge 10:00 CSM-Metal Clay Workshop 10:00am-1:00pm Pilates 2:00</p>	<p>3 Total Body Conditioning 9:00 Ceramics 10:00 New! Beginners Middle Eastern Belly Dance 10:00 Visit the Nurse-Blood Pressure Screening 10:00 Walk Away the Pounds 11:00 Pinochle 11:00 Water Based Oils Noon Reflections 12:30 Hatha Yoga 1:30</p>	<p>4 Computer Class 9:00-Noon AFEP 10:00 Candy Kiss Roses 10:00 Bingo 10:30 Lunchtime Trivia 12:30 Pictionary 1:00 Strength Training 2:00</p>	<p>5 Total Body Conditioning 9:00 AFEP 10:00 Line Dance at Elite Gym 10:30 Watercolors 10:00 Bingo 10:30 Conversation Starters 11:00</p>
<p>9 Senior Council Meeting 9:30 St. Charles Senior Club 10:00 Bridge 10:00 CSM-Metal Clay Workshop ... 10:00am-1:00pm Pilates 2:00</p>	<p>10 Total Body Conditioning 9:00 New! Beginners Middle Eastern Belly Dance 10:00 Ceramics 10:00 Bowling Tournament 11:00 Pinochle 11:00 Water Based Oils Noon Reflections 12:30 Hatha Yoga 1:30</p>	<p>11 Computer Class 9:00-Noon Gourmet Candy Coated Dipped Apples 10:00 AFEP 10:00 Bingo 10:30 Lunchtime Trivia 12:30 Cards & Games 1:00 Strength Training 2:00</p>	<p>12 Total Body Conditioning 9:00 Line Dance at Elite Gym 10:30 Watercolors 10:00 Music is for Lovers Valentine's Concert and Bingo 10:00 Conversation Starters 11:00</p>
<p>16 Presidents Day Senior Center Closed</p>	<p>17 Total Body Conditioning 9:00 New! Beginners Middle Eastern Belly Dance 10:00 Ceramics 10:00 Walk Away the Pounds 11:00 Pinochle 11:00 Water Based Oils Noon Reflections 12:30 Hatha Yoga 1:30</p>	<p>18 Computer Class 9:00-Noon AFEP 10:00 Senior I&A Outreach 10:00-Noon Bingo 10:30 Lunchtime Trivia 12:30 Pictionary 1:00 Strength Training 2:00</p>	<p>19 Total Body Conditioning 9:00 Pancake Breakfast 9:30 AFEP 10:00 Line Dance at Elite Gym 10:30 Watercolors 10:00 Bingo 10:30 Fighting for Freedom: Black Women's Army Corps During World War II 10:30am Conversation Starters 11:00</p>
<p>23 Council Meeting 9:30 St. Charles Senior Club 10:00 Bridge 10:00 Pilates 2:00</p>	<p>24 Total Body Conditioning 9:00 New! Beginners Middle Eastern Belly Dance 10:00 Ceramics 10:00 Bowling Tournament 11:00 Pinochle 11:00 Balancing Hormones Naturally 11:00 Water Based Oils Noon Reflection 12:30 Hatha Yoga 1:30</p>	<p>25 Computer Class 9:00-Noon AFEP 10:00 Visit the Nurse-Blood Pressure Screening 10:00 Bingo 10:30 Lunchtime Trivia 12:30 Word Games 1:00 Strength Training 2:00</p>	<p>26 Total Body Conditioning 9:00 Line Dance at Elite Gym 10:30 Watercolors 10:00 Mardi Gras with Greg T. ... 10:00 Gumbo Bingo 1:00 Conversation Starters 11:00</p>



Senior Humor!

AAADD • Age Activated Attention Deficit Disorder

Thank goodness there's a name for this disorder. Somehow I feel better, even though I have it!

This is how AAADD manifests...

I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide it needs washing. As I start toward the driveway, I notice mail on the porch table that I brought up from the mail box earlier.

I decide to go through the mail before I wash the car. I lay my car keys on the table, put the junk mail in the garbage can under the table, and notice that the can is full. So, I decide to put the bills back on the table and take out the garbage first. But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first.

I take my check book off the table, and see that there is only one check left. My extra checks are in my desk in the study, so I go inside the house to my desk where I find the can of Coke I'd been drinking. I'm going to look for my checks, but first I need to push the Coke aside so that I don't accidentally knock it over.

The Coke is getting warm, and I decide to put it in the refrigerator to keep it cold. As I head toward the kitchen with the Coke, a vase of flowers on the counter catches my eye--they need water. I put the Coke on the counter and discover my reading glasses that I've been searching for all morning.

I decide I better put them back on my desk, but first I'm going to water the flowers. I set the glasses back down on the counter, fill a container with water and suddenly spot the TV remote. Someone left it on the kitchen table.

I realize that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers. I pour some water in the flowers, but quite a bit of it spills on the floor.

So, I set the remote back on the table, get some towels and wipe up the spill. Then, I head down the hall trying to remember what I was planning to do.

At the end of the day: the car isn't washed, the bills aren't paid, there is a warm can of Coke sitting on the counter, the flowers don't have enough water, there is still only one check in my check book, I can't find the remote, I can't find my glasses, and I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day, and I'm really tired.

I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail...

Senior Council News Items

Clark Senior Center

- Cookie sales continue the second and fourth Tuesdays
- Co-sponsored Valentine Party and African-American Celebration

Indian Head Senior Center

- Sponsored Mardi Gras Masquerade Party and Drink to your Health Smoothies

Nanjemoy Senior Center

- Provided prizes for the Domino Tournament
- Provided materials for the Valentine's Day Party and the Valentine's Day Cards

Waldorf Senior Center

- Sponsored: Music is for Lovers Valentine's Concert & Bingo, Mardi Gras with Greg T., and the Pancake Breakfast

Red Hat Corner

- Red Hat Mama's meet the third Monday of each month.
- Foxy Red Hatters meet the second Tuesday of each month.
- Victorian Red Hatters meet the fourth Wednesday of each month.
- Fancy Free Red Hatters meet the first Wednesday of each month.
- Red Hat Sophistikatz meet the second Thursday of each month.
- Sassy Red Hatters meet the third Friday of each month.

Advertise your chapter here!
Call 301-609-5701

SENIOR MENU

All meals include 1% Milk

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
FEBRUARY				
2 Cranberry Juice Fish Sandwich Hawaiian Baked Beans Zucchini Blend Peaches	3 LS Tomato Juice Beef Brisket Honey Mustard Potato Salad Cranberry Salsa Salad Dinner Roll Honeydew	4 Soup of the Day Chef Salad with Ham, Turkey, Egg, and Cheese Dressing Macaroni Salad Carrot Raisin Salad Whole Wheat Bread Fruited Jello	5 Pineapple Juice Meat Chili with Beans Fluffy Rice Creamy Cucumber Salad Cornbread Fresh Apple Slices	6 Apple Juice Stuffed Peppers Asian Blend Vegetables Buttered Noodles Whole Wheat Bread Citrus Salad
9 Apple Juice Turkey Divan Scalloped Potatoes Baked Beans Biscuit Seedless Grapes	10 Grape Juice Oven Fried Chicken AuGratin Potatoes Collard Greens Wheat Bread Cantaloupe	11 Fruit Blend Juice Sloppy Joe on Roll Chuckwagon Vegetables Tomato & Mozzarella Salad Pears	12 • VALENTINE'S Apple Juice Stuffed Chicken with Sweet Cranberry Stuffing Mashed Potatoes & Gravy Mediterranean Blend Vegetables Strawberry Shortcake Warm Apple Cider	13 Fruit Blend Juice Beef Stew with Stew Vegetables Spinach Salad Rice Pudding Whole Wheat Bread Seedless Grapes
16 Presidents Day Senior Center Closed	17 Apple Juice Green Pepper Steak Fluffy Rice Mixed Vegetables Dinner Roll Orange Slices	18 Apple Juice Liver & Onions Mashed Potatoes Cucumber Onion Vinaigrette Cornbread Cantaloupe	19 Soup of the Day Tuna Salad Sandwich on Whole Wheat Bread Lettuce, Tomato Three Bean Salad (1 cup) Creamy Cucumber Salad Peaches	20 Cranberry Juice Spaghetti with Meatballs Brussels Sprouts Pacific Blend Vegetables Bread stick Applesauce
23 Orange Juice Brunch for Lunch Turkey Sausage Egg Omllette Stewed Tomatoes Hash Brown Potatoes Muffin Pink Grapefruit Sections	24 Soup of the Day Swedish Meatballs Buttered Noodles Orange Glazed Carrots Whole Wheat Bread Citrus Salad	25 • ASH WEDNESDAY Cranberry Juice Vegetable Lasagna Green Beans Garden Salad with Dressing Whole Wheat Bread Banana	26 • BIRTHDAY Apple Juice Creole Chicken Fluffy Rice Steamed Collard Greens Cornbread Apple Crisp Deluxe Fruit Salad Birthday Cake	27 Pineapple Juice Bean Burrito Spanish Rice Broccoli Apricots

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 is available at all Senior Centers for those participating in the CACFP program.

The Charles County Luncheon Program

Available at Noon • Days Vary By Center

The program is available to any Charles County resident, age 60 or older, for a donation. The cost of the lunch is \$5.50. The suggested donation for your meal is \$3. All donations are used to provide meals for seniors in Charles County. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.50. Lunch reservations must be made by 10:00am the preceding day. We greatly appreciate your assistance in keeping our costs down. Party and special event meals are full priced at \$5.50, plus a small fee.

Indian Head Senior Center . . . Mon-Fri
Nanjemoy Senior Center Mon-Thu

Clark Senior CenterTue-Fri
Waldorf Senior CenterMon-Fri

The Charles County Department of Community Services is pleased to offer this edition of The Latest SCOOP, a monthly publication listing events and programs from your local-area Senior Centers. We invite you to participate in the many programs and special events offered. Suggestions and comments concerning the programs and services offered by Charles County's Senior Centers are welcomed and encouraged.

Charles County Commissioners

Wayne Cooper, President

Edith J. Patterson, Ed.D., Vice President (Dist. 2)

Reuben B. Collins, II (Dist. 3)

Samuel N. Graves, Jr. (Dist. 1) • Gary V. Hodge (Dist. 4)



Equal Opportunity County • Say No To Drugs



Department of Community Services

Karen Lehman Cieplak
Director

8190 Port Tobacco Road • Port Tobacco, MD
301-934-9305 • 301-932-6004 • 301-870-3388
MD Relay: 711 • Relay TDD: 1-800-735-2258

Visit us at www.charlescounty.org/cs

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.

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.

Community Services Trips

For information, call 301-934-9305 or 301-870-3388 ext 5151.

Spirit of Washington Cruise

Washington D.C.



This beautiful cruise ship on the Potomac River is the perfect destination for seniors looking for something fun and different to do. The indoor decks are completely climate-controlled for comfort in any season, and each one is surrounded by huge panoramic windows for spectacular sightseeing. The Spirit also boasts the largest outdoor deck in Washington complete with patio-style seating. The two-hour lunch cruise is the perfect afternoon getaway. A stop will be made after the cruise at the Vietnam Memorial.

Tue, Mar 31 4031.101
Registration Deadline: Feb 28
Departure: Clark Senior Center 10:00am, Waldorf Jaycees 10:20am
Est. Return: 5:00pm
Trip Fee: \$80

Tue, Mar 31 4031.101
Registration Deadline: Feb 28
Departure: Clark Senior Center 10:00am, Waldorf Jaycees 10:20am
Est. Return: 5:00pm
Trip Fee: \$80

Senior Services Trips

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

National Park Highlights

Grand American Tours & Cruises
8 Days, 7 Nights

Tour the fabulous city of Las Vegas, visit Grand Canyon National Park and overnight in the park. Drive across famous Route 66, the Kaibab National Forest, the Painted Desert and overnight at an historic lodge. Jeep tour to Monument Valley, Lake Powell, cruise Antelope Canyon. Visit Bryce Canyon National Park. Trip includes round-trip airfare from Baltimore, seven breakfasts, seven night's lodging, motorcoach, tour director, taxes, admission fees, baggage handling.

Trip Date: Apr 20-27, 2009
\$2,100/person, dbl occupancy
\$400 deposit at sign up, balance due Feb 13



Inclement Weather Policy for Senior Centers

The Charles County Department of Community Services, Aging & Community Centers Division, adheres to the following policy: when Charles County Public Schools are closed due to inclement weather, the 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. The Department of 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.

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.

Department of Community Services
8190 Port Tobacco Road
Port Tobacco, MD 20677

