

# The SCOOP

Charles County's Senior Center News



DECEMBER 2022

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

## Holiday Message

This past year has been one of reconnection, new beginnings, and getting back to the things we love most. We have been thrilled to have our Senior Centers back open and being able to offer programming again for the amazing older adults in Charles County. Thank you for joining us back in Senior Centers this year! We wish you a healthy and prosperous New Year and look forward to a New Year full of aging well. From the Senior Center Staff, Department of Community Services Aging and Senior Centers Division.

## Holiday Closures

Charles County Senior Centers are closed on the following dates in December:

- Friday, December 23 for Christmas
- Monday, December 26 for Christmas
- Friday, December 30 for New Years



## Grocery Distribution

New Hope Community Outreach Services Inc is an organization that has generously agreed to donate grocery items to each senior center location. Supplies will be limited so we must limit it to one bag per household. Please call your local senior center to register and receive this generous donation.

### **All distributions begin at 11:30 a.m.**

December 1 Waldorf Senior & Rec Center  
December 7 Clark Senior Center  
December 14 Indian Head Senior Center  
December 22 Nanjemoy Senior Center



## Annual Christmas Party

**Thursday, December 8 • 10:30 a.m. – 2 p.m.**

Charles County seniors, age 60 and older, are invited to attend this annual event sharing delicious food, fellowship, and entertainment. Entertainment will be provided throughout the event. Santa will stop in to hand out door prizes donated by senior clubs, councils, and organizations. Please bring a canned food item to share with needy families. Admission is FREE, but tickets are required & available on a very limited basis. Senior Centers will distribute tickets beginning Thursday, November 10. This event is open to Charles County Seniors Only. **Located in the Waldorf Jaycees Community Center and sponsored by the Greater Waldorf Jaycees.**

## Pinecones Needed

Do you have pinecones on your property? The Nanjemoy Senior & Community Center have some art classes coming up where pinecones are needed. If you are willing to collect pinecones, they would love to have them! Donations accepted Monday-Friday 8:30 a.m.-3:30 p.m. except on holidays.



## Caregivers Corner

### Holiday Activities

Older adults with dementia can still enjoy holiday activities with small modifications and at a slower pace. If an activity seems stressful or does not work, then move on. Find what works for you and your loved one. Have some holiday fun!

#### Here are some activity ideas to try:

- Listen to holiday music.
- Make festive crafts. If the craft has several steps, then break it down and ask your loved one to help with some of the simplest parts.
- Watch classic holiday movies.
- Bake, cook, or decorate seasonal food.
- Look at photographs from past holidays.
- Decorate the house.
- Take a winter walk.
- Take a drive to enjoy holiday lights.

Information for this article provided by The Alegre Home Care.

<https://www.alegrecare.com/single-post/2017/11/30/Holiday-Activities-That-Help-with-Dementia-Symptoms>

The next Caregivers Support Group meeting will be held in-person at the Richard R. Clark Senior Center Wednesday, December 28, 2022, at 2pm.

## Lunch Service between Christmas and New Years

If you are planning to join us for lunch at the Senior Centers on December 27, 28, or 29, you must sign up for lunch by December 20th at your local Senior Center.



## How to Manage Grief and Loneliness during the Holiday Season

You might be expecting, preparing, or dreading to experience loneliness during the holidays, and you are not alone. Here are some helpful tips from mental health experts on how to cope with loneliness during the holidays.

- Embrace Feeling Lonely – It's ok to feel lonely and to experience that emotion. All feelings give us important information. Journaling and writing out your thoughts and feelings is a great way to be present.
- Be Around People – This doesn't mean you need to be with people, but simply being around others can ease our loneliness. That could even be going to a park and enjoying your surroundings.
- Cultivate an Attitude of Gratitude – Be grateful for things you do have – you can't focus on this and the things you feel like you're lacking at the same time. Try to focus on the love, support, and connections you have.
- Phone a Friend – Very few people like to ask others for support. Yet, many people understand what it's like to feel lonely during the Holidays. Talking with a friend and letting them into your experience can help.
- Make New Traditions – Reset your expectations and memories and make new traditions. It is easy to say but hard to do, but it's worth trying.
- Focus on Yourself – Simple, everyday self-care tasks are just as important as anything else. Make sure you take time to shower, eat, and rest properly.
- Help Yourself by Helping Others - By helping others not feel as lonely during the holidays, you can placate your own loneliness as well.
- Find a New Hobby – Free time can feel very isolating. Fill that time by doing something you enjoy.

Information used from choosingtherapy.com



## Resource Corner

Looking for support during the holidays? Check out these free resources.

**Warmlines** – Warmlines are phone numbers people can call when they need someone to talk to or just be there whether they are experiencing a crisis or not. Dial 410-598-0234.

**Hours of Service:** Weekdays from 10:00 a.m. to 8:00 p.m. and weekends from 10:00 a.m. to 6:00 p.m.

**Inspire** - Inspire is a leading social network for health that connects patients and caregivers in a safe permission-based manner. Provides a place for people with similar interests to support and encourage each other 24/7 online. Can be found at [inspire.com](http://inspire.com)

**Anxiety and Depression Association of America** – ADAA works to prevent, treat, and cure anxiety disorders and depression. Can be found at [adaa.org](http://adaa.org)

**988 Suicide & Crisis Lifeline** – This lifeline offers 24/7 call, text, and chat to crisis counselors who can help people experiencing suicidal, mental health crisis, or any emotional distress. People can dial 988 if they are worried about a loved one who may need crisis support.

**Pro Bono Counseling Project** – If you are sad, grieving, stressed or want to make a change in your life Pro Bono Counseling Project may be able to get you free therapy. Reach out by contacting 410-825-1001 or their website [probonocounseling.org](http://probonocounseling.org)

**Alzheimer's Organization**. Do you have a loved one in your life with Alzheimer's and need help? Call the 24/7 hotline at 800-272-3900.

**The Friendship Line**. The Friendship Line is available 24/7 for adults aged 60+ to offer a caring ear and friendly conversation, and it also offers outreach services. Call The Friendship Line at 1-800-971-0016.

Information used from [mhanational.org](http://mhanational.org)



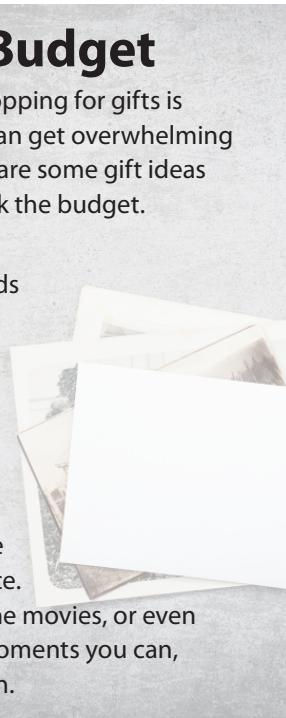
## Gift Giving on a Budget

During a typical holiday season, shopping for gifts is stressful enough. On top of that it can get overwhelming with the costs of everything. These are some gift ideas that are meaningful and won't break the budget.

- Create a family recipe book
- Make your favorite baked goods
- Share family photos
- Gift certificates to their favorite places
- Share your favorite books
- Cozy and comfortable items

The best gifts are personalized, thoughtful, and useful. A gift can be more than an item but an experience.

That could be going out to lunch, the movies, or even a walk in the park. Cherish all the moments you can, especially during this holiday season.



## DIY Christmas Luminaries

These luminaries will take you less than 5 minutes and can be used to decorate your table, mantel, or porch!

### Materials

Cedar clippings, real cranberries, water, wax votive candle, and jars.

### Instructions

- Gather your supplies and make sure your jars or vases are clear and clean.
- Place a small amount of cedar inside around the edge.
- Add a handful of cranberries.
- Fill with water, almost to the top. Make sure the greens are fully submerged to prevent any from catching fire.
- Add your floating candle – or I use the small aluminum wrapped votives you can get in bulk. Remove the aluminum outside.
- Feel free to add decorative ribbon or baker's twine around the rim but keep it away from the candle flame.

Information used from [todayscreativelife.com](http://todayscreativelife.com)



## Sweet and Salty

Christmas Pretzels are so easy to make, have a variety of designs and flavors, and they add a festive flair to your holiday dessert tables! Plus, you can package them up beautifully to use as edible gifts for your friends and family to enjoy.

### Turtle Pretzel Bites

#### Ingredients

Small unsalted pretzel bites  
Rolos candies unwrapped  
Pecan Halves



#### Instructions

1. Preheat oven to 350\*. Place a sheet of parchment paper on a cookie sheet.
2. Place pretzel twists in a single layer of parchment paper. Unwrap Rolos candies and place a candy on top of each pretzel. Carefully place cookie sheet in the oven.
3. When the Rolos have just barely softened (check often, it only takes about 2-3 minutes) carefully pull cookie sheet out of the oven. Press a pecan half on top of each softened candy,
4. Let pretzels cool and then peel them off parchment paper. Enjoy!

Recipe from <https://www.yummyhealthyeasy.com/turtle-pretzel-bites/#recipe>

## Chocolate Covered Pretzel Rods

#### Ingredients

16oz of pretzel rods  
16oz of chopped chocolate or candy melts  
Toppings (sprinkles, chopped nuts, crushed peppermint, M&Ms)

#### Instructions

1. Melt the chocolate by filling clean, tall heat safe jars with chopped chocolate or candy melts. Set them into the crock pot and carefully fill the crock pot with hot water until it's about halfway up the sides of the jars, being careful not to get any water into the jars with the chocolate at any time.
2. Set the crock pot temperature to high and let the chocolate sit for about 30 minutes without covering. Use a long-handled spoon to stir the chocolate as it melts.
3. Once the chocolate is melted, turn the temperature on the crock pot down to low or warm.
4. Dip pretzel rods into the melted chocolate, shaking off any excess chocolate before transferring them to a parchment lined baking sheet. Sprinkle with whatever toppings you desire before the chocolate has a chance to set, then let the chocolate fully harden before storing in an airtight container.

Recipe from: <https://houseofnasheats.com/chocolate-covered-pretzel-rods/>

## AARP Tax Aide Volunteers & Training



Preparation for tax season is underway and once again the Senior Information and Assistance Office is partnering with AARP to assist seniors and moderate to low-income adults with income tax preparation. This is a FREE service for those who meet eligibility guidelines.

We are currently accepting **Volunteers** to assist in Tax coordination and preparation!! Training will take place the month of January. Individuals wishing to enroll in the AARP Income Tax Training Program for 2023 should apply directly to <https://www.aarp.org/volunteer/programs/tax-aide/>

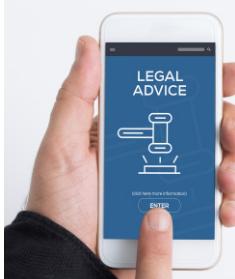
Click "Volunteer Now" then "Create Account". Once submitted, your application will be routed to the volunteer program coordinator in your jurisdiction.

For general questions contact Barbara Joy, Senior Information & Assistance Program Assistant at 301-609-5712 or JoyB@charlescountymd.gov

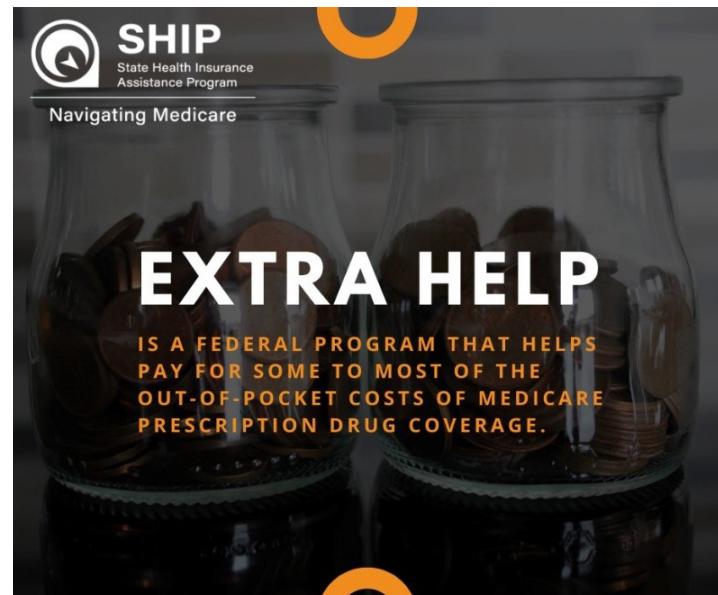
## Maryland Access Point: Connecting Seniors to Resources

Working with senior citizens, young disabled persons, caregivers, professionals, and families who have long-term care needs, the MAP staff can connect these entities with private and public resources for long-term care. The MAP also provides Options Counseling to aid consumers with developing a personalized action plan, combined with referrals and resources received to make an informed decision about meeting their long-term care needs or that of another person.

If you have questions about services and resources available to Charles County Aging and Young Disabled, please contact Maryland Access Point (MAP) at 855-843-9725 or email [mdaccesspoint@charlescountymd.gov](mailto:mdaccesspoint@charlescountymd.gov)



**Legal Aid**  
**Dec 6th & Jan 3rd**  
By appointment only at the Richard Clark Senior Center, contact 301-609-5712 to schedule.



Contact the local State Health Insurance Program (SHIP) at 301-609-5712 to find out if you qualify and/or need help to apply for the Extra Help Program.

## Veterans Assistance

Are you a veteran, caregiver of a veteran, or family member seeking information on behalf of a veteran? The SHIP program and VConnections are in the Information and Assistance area at the Richard Clark Senior Center every Thursday. You made the ultimate sacrifice for our freedoms so please give us a chance to assist you in your time of need. Appointments are encouraged. Please contact 301-609-5712 to schedule an appointment.

## Attention Medicaid Beneficiaries

**Important Changes coming...** Do you or a family member currently have health coverage through Medicaid? If so, you may soon need to take steps to find out if you can continue your coverage. Soon states will resume Medicaid eligibility reviews. This means some people with Medicaid could be disenrolled from those programs. Make sure your address is up to date. The state of Maryland will mail you a letter to let you know if you need to complete a renewal form to see if you still qualify for Medicaid. If you get a renewal form, fill it out and return it to your state right away. This may help to avoid a gap in your coverage.

# CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

## Community

### Christmas at Our House

Let's get into the Christmas Spirit! We'll start the morning decorating the tree, while listening to holiday music and sipping on egg nog.

Thursday, December 1, 10 a.m. Fee: FREE

### Book Club

Led by Christine England, Charles County Public Library. Wish You Were Here, by Jodi Picoult.

Thursday, December 1, 1 p.m. Fee: FREE

### Grocery Bag Distribution

New Hope Community Outreach Organization, and Area Council on Aging will provide a bag of groceries to those who sign up. One bag per household. Limited supply, sign up early by calling the Clark Center.

Wednesday, December 7, 11:30 a.m. Fee: FREE

### Widow to Widow Support Group

Women's group focusing on grief. Facilitated by Fran Bryner.

Monday, December 12, 1 p.m. Fee: FREE

### Hot Cocoa & A Christmas Movie

Join us for a piping hot cup of cocoa and enjoy the comedy movie "Elf" Please sign up.

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

### Charles County Mobile Library

Visit the Charles County Mobile Library, located in our center parking lot.

Tuesday, December 13, 10 a.m.- Noon

Fee: FREE

### Poetry Group

This group is for those who wish to share their poetry in a group setting, and those who would like to write poetry for the first time. Held the last Tuesday each month. Please sign up.

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

### Knit & Crochet Group

This is an open session for you to come together and work on your own projects. If you are new, we can teach you.

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

### Mah Jong

Mah Jong is a tile-based game that was developed in the 19th century in China. All experience levels welcome!

Wednesdays, 10 a.m. Fee: FREE

### Gospel Choir Group

Wednesdays, 2 p.m. Fee: FREE

## Reflections

Join us for this non-denominational Bible study.

Thursdays, 1 p.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

## Open Paint Session

Open to artists to paint in the medium of their choice. Artists provide their own supplies.

Fridays, 10 a.m. Fee: FREE

## Classes

### Computer Class

Charles County Public Library staff will teach you about social media & online shopping. Class size limited, sign up required. Stay tuned for additional classes.

Tuesday, December 6, 10 a.m. Fee: FREE

### Camera Club

Sue & Bill Cassidy will show you tips & tricks about how to use your camera, and how to preserve those precious photographs.

Tuesday, December 6 & 20, 10 a.m. Fee: FREE

### Jewelry Club Class

You will make beautiful pieces of jewelry in this class. All supplies will be provided. Sign up required in the program office.

Wednesday December 7 & 21, 10 a.m.

Fee: FREE

### Holiday Wreath Decorating

We will provide the wreath and some supplies to create your own festive wreath. You may bring some of your own decorations if you wish. Class size limited to 8, sign up & pay in the program office.

Monday, December 19, 10 a.m. Fee: \$2

## 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 in the program office.



Wednesday, December 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, 9:30 a.m.

Fee: FREE

## Senior Fitness

### Clark Center Fitness Room Orientation

Mandatory before first use of fitness room. Sign up required. Limited to 6.

Wednesday, December 7, 14 & 21, 10 a.m.

Fee: \$5

### Basic Fitness Training

Basic exercises designed for functional workout to assist with strengthening the whole body. Easy to follow, Seated/Standing exercises to get you up and moving.

Wednesdays, 9 a.m.

Fee: Fitness Card

### Circuit Training

Participants move through a series of stations with specific exercises at each station.

Fridays, 1 p.m.

Fee: Fitness Card

### Total Body Conditioning

A Cardiovascular System workout to target all muscle groups, using bands, weights, and stretching for a well-rounded workout.

Mondays, 9 a.m.

Fee: Fitness Card

Fridays, 10:15 a.m.

Fee: Fitness Card

## A Country Christmas

Enjoy a delicious holiday luncheon with music provided by True Blue Country for your dancing pleasure. Please sign up and pay in the program office by December 6. Sponsored in part by Charles County Arts Alliance.

Thursday, December 15, 10 a.m.

Fee: \$6/60 & over, plus a generous donation for lunch. \$8/59 & younger.



# CLARK SENIOR CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards ..... 9:30 Sewing Room OPEN ..... 9:30 Coloring & Puzzles ..... 9:30 2N1 Social Club ..... 10:00 Duplicate Bridge ..... 10:00 Pokeno ..... 11:00 <b>Fitness</b> Total Body Conditioning ..... 9:00 Gentle Yoga ..... 10:00 Chair Dance Aerobics ..... 11:00 Drums Alive ..... 1:00 Barre Fitness ..... 2:00	Billiards ..... 9:30 Stained Glass ..... 9:30 Quilting Class ..... 9:30 Coloring & Puzzles ..... 9:30 Guitar ..... 10:00 Cards & Games ..... 10:00 <b>Fitness</b> Spiritual Enrichment ..... 12:00 Lunch ..... 12:00 <b>Fitness</b> Strength Training ..... 9:00 Flex & Stretch ..... 10:00 Zumba ..... 11:30 Line Dance ..... 1:00 Tap Dance ..... 2:00	Billiards ..... 9:30 Sewing Room OPEN ..... 9:30 Crochet/Knitting ..... 9:30 Coloring & Puzzles ..... 9:30 Mah Jong ..... 10:00 Pokeno ..... 11:00 <b>Fitness</b> Lunch ..... 12:00 Powder Puff Billiards ..... 1:00 Gospel Choir ..... 2:00 <b>Fitness</b> Basic Fitness Training ..... 9:00 Breathe Easy ..... 10:00 Yoga ..... 10:30 Chair Yoga ..... 11:30 AFEP ..... 1:00	Billiards ..... 9:30 Sewing Room OPEN ..... 9:30 Coloring & Puzzles ..... 9:30 Lunch ..... 12:00 Reflections ..... 1:00 <b>Fitness</b> Strength Training ..... 9:00 Step Plus ..... 10:00 Zumba ..... 11:30 Flex & Stretch ..... 1:00 Beginner Ballet ..... 2:00	Billiards ..... 9:30 Project Linus ..... 9:30 Coloring & Puzzles ..... 9:30 Open Paint Session ..... 10:00 Guitar ..... 10:00 Lunch ..... 12:00 <b>Fitness</b> Core & More ..... 9:15 Total Body Conditioning ..... 10:15 AFEP ..... 11:30 Gentle Stretch ..... 12:00 Circuit Training ..... 1:00 Line Dance ..... 2:00

		<b>1</b> <b>Christmas at Our House</b> .10:00 Book Club ..... 1:00	<b>2</b> Hand & Foot Canasta ..... 10:00
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<b>5</b> Chair Dance Aerobics ..... 11:00	<b>6</b> <b>Computer Class</b> ..... 10:00 Camera Club ..... 10:00	<b>7</b> Fitness Orientation ..... 10:00 Jewelry Club Class ..... 10:00 <b>Grocery Distribution</b> ....11:30	<b>8</b> <b>JC's Christmas Party</b>  <b>All Centers Closed</b>	<b>9</b> Project Linus Blanket Day....9:30
<b>12</b> <b>Widow to Widow</b> .....1:00	<b>13</b> <b>Cocoa &amp; A Movie</b> .....10:00 Mobile Library .....10:00 Bunko .....10:00	<b>14</b> Fitness Orientation .....10:00	<b>15</b> <b>A Country Christmas Party</b> .....10:00	<b>16</b> Project Linus Meeting.....10:00  <b>Senior Centers are closing at 12 p.m. today.</b>
<b>19</b> Wreath Decorating .....10:00	<b>20</b> Camera Club .....10:00	<b>21</b> Fitness Orientation .....10:00 Jewelry Club Class .....10:00	<b>22</b> Strength Training.....9:00	<b>23</b> <b>Christmas Holiday</b>  <b>All Centers Closed</b>
<b>26</b> <b>Christmas Holiday</b>  <b>All Centers Closed</b>	<b>27</b> Poetry Group .....1:00	<b>28</b> <b>Greeting Card Class</b> ....10:00 Caregivers Support .....2:00	<b>29</b> Zumba .....11:30	<b>30</b> <b>New Year's Holiday</b>  <b>All Centers Closed</b>

# INDIAN HEAD SENIOR CENTER

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

Get your Latest *SCOOP* online!

## Program Locations for Outside Activities

### Indian Head Village Green –

100 Walter Thomas Rd, Indian Head, MD

\*Outdoor programs will be canceled in cases of inclement weather or if the feel like temperature is 40 degrees or lower.

## Special Programs

### Holiday Spirit Month

Review the calendar to enjoy Holiday fun.

### Deck the Halls

Join Staff and Council as we decorate the center.

Thursday, Friday & Monday, December 1 & 2, 10:30 a.m.

Fee: FREE

### Dance Fit Demo

Learn a variety of movements and techniques with this fun energetic class with Instructor Sha'Meca Oliver. Great for all levels of fitness. Perfect way to strengthen your body, mind, and SPIRIT through dance!

Monday, December 5, 10:15 a.m. Fee: FREE

### Create a Budget

Part III - What's a flexible expense? How does that affect my budget? (Sources from AARP.org and Purdue Extension Services)

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

### Winter Bingo

Fun interactive Bingo about staying safe during the Winter. Lead by Staff.

Wednesday, December 21, 11 a.m.

Fee: First Card Free, 2nd card \$1

### Crazy Gifts Game

Lots of belly laughing before the Christmas Break. Join the Indian Head Senior Center Council for crazy gifts. Rules apply.

Thursday, December 22, 10:15 a.m. Fee: FREE

## Health & Fitness Programs

### Tai Chi for Health Beginner's Class

This tai chi class teaches Tai Chi for Arthritis using Sun style Tai Chi. This class will focus on muscle control, stability, balance, and flexibility.

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

### Jinjer & Total Body Conditioning

Join Jinjer as she incorporates dance steps for a body conditioning workout.

Tuesdays & Thursdays, 9:15 a.m.

Fee: Fitness Card

### Fitness w/Nate

Exercises to promote strength with Certified Fitness Specialist, Nate Schultz.

Wednesdays, 10:15 a.m. Fee: Fitness Card

### Fitness w/Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

### Seated Yoga

Alessandra is a 200-hour yoga instructor, a yoga restorative instructor, a Reiki, and Thai foot massage practitioner. This class is limited to nine participants.

Fridays, 9 a.m. Fee: \$5 per class

### Fitness Orientation

Schedule time with staff to learn how to use Fitness machines and equipment.

Tuesday, December 27, 1 p.m. Fee: \$2

## Ongoing Programs

### Bingo

The first & third Mondays and some Wednesdays for a nickel.

Mondays, December 5 & 19.

Wednesdays, December 14 & 28, 9:30 a.m.

Fee: Nickel/card

### Crafter's Corner – Art for Wellness

Mary will be available to help you craft a personalized Christmas ornament to keep or give away. Must pay by December 5.

Wednesday, December 7, 9:30 a.m. Fee: \$2

### 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 calling 301-934-6737 to make an appointment.

Friday, December 9 & Tuesday, December 20, 10 a.m. Fee: FREE

### Project Linus/Sewing 101

Make a difference in a child's life. Project Linus blankets are be taken to the Howard University Medical Center pediatric ward. We support the Project Linus Chapter at Clark. No sewing experience is necessary, just an attitude of sharing and caring.

Monday, December 12, 9:30 a.m. Fee: FREE

### Pastor Chris and Friends

Join Pastor Chris for a devotional and familiar hymns.

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

### Green Thumb Club

Pick lettuce and spinach before the frost.

Help plan the Spring Garden.

Friday, December 16, 10:30 a.m. Fee: FREE

### Baking w/Sydney

Decorating Holiday sugar cookies.

Monday, December 19, 12:45 p.m.

Fee: Donation

### Senior Tech

Budget APPs and more.

Wednesday, December 21, 1 p.m. Fee: FREE

### Book Club

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

## Outdoor Programs

### Tai Chi for Health

This hour-long class is held around Indian Head's Village Green fountain. This evidence-based Tai chi class is for students who practice the 41 movements.

Mondays & Wednesdays, 9 a.m. Fee: FREE

### Outdoor Games on the Green

Bundle up and enjoy the weather before it gets really cold. Parachute fun.

Wednesday, December 7, 1 p.m. Fee: FREE

## Upcoming Programs

### Well-come to Wellness 2023

The Indian Head Senior Center Staff, the Health Department, University of Maryland Charles Regional Medical Center, local businesses, and the Indian Head Senior Center Council are committed to bring wellness to our community in 2023. Let's be proactive in restoring ourselves from the effects of COVID-19 mind, body, and soul. Learn more and tell us how we can help you into wellness during the kick-off.



Sponsored by the Council and Santa. Shop for a unique gift.

**Tuesday, December 6, 10 a.m.**

**Fee: Your Purchase**

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

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<b>HELLO DECEMBER</b>				
<b>5</b> Bingo .....9:30 DanceFit Demo .....10:15	<b>6</b> <b>Wear Your Favorite Holiday Hat</b> .....9:30 Santa's Workshop .....10:00	<b>7</b> Crafter's Corner .....9:30 Mobile Food Market .....11:00 Outdoor Games.....1:00	<b>8</b> <b>JC's Christmas Party</b>  <b>All Centers Closed</b>	<b>9</b> Pokeno .....10:00 Information & Assistance w/Julie .....10:00  <b>No Yoga Today</b>
<b>12</b> Project Linus/Sewing 101 ....9:30	<b>13</b> Create a Budget.....10:30 Pastor Chris .....1:00	<b>14</b> Bingo .....9:30 Grocery Distribution .....11:30 Herb Workshop.....1:00	<b>15</b> 12 Days of Christmas.....10:45  <b>No AFEP Today</b>	<b>16</b> Dress like the Grinch or in Green.....9:30 Green Thumb Club .....10:30 <b>Senior Centers are closing at 12 p.m. today.</b>
<b>19</b> Bingo .....9:30 <b>Wear Your Favorite Holiday PJs</b> .....9:30 Baking w/Sydney .....12:45	<b>20</b> Information & Assistance w/Julie .....10:00 <b>Holiday Music Spotlight</b> ..1:00	<b>21</b> Winter Bingo .....11:00 Senior Tech.....1:00	<b>22</b> <b>Wear your Favorite Holiday Shirt</b> .....9:30 <b>Crazy Gifts</b> .....10:15  <b>No AFEP Today</b>	<b>23</b> <b>Christmas Holiday</b>  <b>All Center Closed</b>
<b>26</b> <b>Christmas Holiday</b>  <b>All Center Closed</b>	<b>27</b> Fitness Orientation .....1:00	<b>28</b> Bingo .....9:30 Book Club.....1:00	<b>29</b> Well-come to Wellness 2023 .....11:00	<b>30</b> <b>New Year's Holiday</b>  <b>All Center Closed</b>



## The TWELVE DAYS OF CHRISTMAS

On the first day of Christmas...Join in on the fun as we compete against each of the twelve tables that represent the carol. The table that does the best at singing their portion of this popular Christmas carol wins. Ruth Ann Ferrell will be accompanying us on the piano with the "Twelve Days of Christmas" and other favorite Christmas carols. Bring you loudest singing voice (hopefully on key). Prize for the winning table. 50/50 available sponsored by the Indian Head Senior Center Council.

Thursday, December 15, 10:45 a.m.  
Fee: Generous Lunch Donation



# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

## Community Programs

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

### Billiard/Game Room

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

### Computer Lab

Print, copy, fax services available 10¢ per side. Monday-Friday, 8:30 a.m.-4:30 p.m. Fee: FREE

### Fitness Room

The fitness room is open to those who have already completed the Fitness Room Orientation.

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

### Narcotics Anonymous

Tuesdays, 3 p.m. – 4 p.m.

### Shop the Rack – Community Closet

New clothes have arrived. Shop our free closet and supplement your wardrobe!

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

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

### Annual Christmas Tree Lighting

Come join us for a Christmas concert with light refreshments. Music will be provided by students of Mt. Hope Elementary and Lackey High School. Free ornaments for kids to decorate.

Monday, December 5, 6 - 7:30 p.m. Fee: Free

### Digital Literacy – Computer Help

Provided by the Charles County Public Library by appointment only. Sign up at Community Center.

Tuesday, December 6 & 27, 11 a.m. - 12 p.m.

Fee: FREE

### The Grinch's Painting Workshop

It's an early dismissal day! Spend the afternoon in Christmas PJs after the word afternoon painting the Grinch and watching How the Grinch Stole Christmas. Open to all ages! Snacks provided. Limited availability. Prior registration with payment is required.

Wednesday, December 7, 2:30 p.m. Fee: \$3

### Vaccine Clinic

Flu and COVID vaccine clinic open to the public. Walk-ins welcome! Appointments can be made at <https://charlescountycovid.org/vaccine-registration/>.

Wednesday, December 14, 9 a.m. - 2 p.m.

Fee: FREE

### Maryland Food Bank

Fresh produce and shelf stable food boxes available for free pick up. Open to the public. First come, first serve. No prior registration.

Wednesday, December 14, 10 - 2 p.m.

Fee: FREE

### Mobile Library

Borrow books, movies, tech every three weeks. Tuesday, December 6 & 27, 10:30 a.m.-12 p.m.

Fee: FREE

## Tai Chi for Kidz

Developed by educators and physicians, this class is a fun way to introduce the principles of tai chi to youth ages 5+. Students will learn the Yan and Sun style set as instructed by the Tai Chi for Health Institute as well as mindfulness practices to encourage emotion regulation, focus, empathy, and more.

Tuesday, December 27, 11 a.m.- 12 p.m.

Fee: FREE

## Department of Social Services Appointments

Open to the public! The Department of Social Services is taking appointments at the Nanjemoy Community Center. No prior experience with DSS required. To get on the list for an appointment, please contact center staff. Staff will ask for a name and phone number for reminder calls only.

Wednesday, December 28, 10 a.m. Fee: FREE

## Cozy Winter Fairy House

Intergenerational craft! Make a fairy house complete with flameless candle decorated with winter embellishments using recycled crafting materials. Low temp glue guns are used in this craft and should be handled with care. Limited availability. Prior registration with payment is required.

Wednesday, December 28, 1 p.m. Fee: \$3

## Pinecones Needed

Donations accepted Monday-Friday 8:30 a.m.-3:30 p.m. except on holidays.

## Recreation Programs

Register for Recreation Programming online at: <https://charlescountymd.myrec.com/info/facilities/details.aspx?FacilityID=14733>

## Grandparent & Me – Nature Escape

Work together with your grandchild on nature-based crafts and activities, such as, planting, story sharing, and more. Fee includes one (1) adult and one (1) child. All supplies are included.

Thursday December 8, 5-6:30 p.m.

Fee: \$30 county resident, \$35 non-resident

## Move and Groove

Wednesday, December 14, 10- 10:45 a.m.

Fee: FREE

## Storytime

Wednesday, December 14, 11-11:45 a.m.

Fee: FREE

## Senior Center Programs

### Artistic Aesthetics

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

Mondays, 1 p.m.

## Bottle Cap Christmas Trees

Fee: FREE

## Pinecone Centerpiece

Fee: FREE

## Coffee Creamer Bottle Christmas Characters

December 19,

Fee: FREE

## Holiday Brunch

Enjoy a holiday brunch with your friends and family. Menu features two pieces of French toast, three pieces of bacon, and fresh fruit. Beverage options include coffee bar with flavored syrups and mocktail mimosas.

Participants must sign up by Tuesday, December 20th. Limited seating available.

Thursday, December 22, 10:30 a.m. Fee: \$3

## New Hope Community Grocery Giveaway

New Hope Community is providing an outreach event. Available first come, first serve. No prior registration.

Thursday, December 22, 11:30 a.m. Fee: FREE

## Senior Fitness

### Tai Chi for Arthritis

Mondays, 11 a.m.

Fee: FREE

### Flex & Stretch

Total body workout focusing on body movement, balance, stretching and mobility.

Tuesdays, 10 a.m.

Fee: FREE

### Fitness 15

Focuses on core work, muscle work, and flexibility. Routines for strengthening via hand weights are set to music, as are routines for core strengthening through moves focused on strengthening abdominals and increasing flexibility.

Tuesdays, 11:15 a.m.

Fee: Fitness Pass

### Arthritis Foundation Exercise - AFEP

Use of gentle movements to help increase joint flexibility, range of motion, and muscle strength developed by the Arthritis Foundation.

Wednesdays & Fridays, 11 a.m.

Fee: FREE

### Walking Club

Enjoy the great outdoors and walk with friends!

Wednesdays, 1 p.m.

Fee: FREE

### Total Body Conditioning

Standing and chair exercises for a whole-body workout to increase cardiovascular conditioning and flexibility.

Thursdays, 11 a.m.

Fee: FREE

### Fitness Room Friends

Are you interested in using the workout room but don't like exercising alone? We've got you covered! Come exercise during this time and use the fitness room with your current pals or meet new friends!

Fridays, 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. the preceding day.

Community Center Hours:

8:30 a.m.–4:30 p.m., Mon–Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30 Casual 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	Billiards.....8:30 Casual 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 Narcotics Anonymous.....3:00	Billiards.....8:30 Casual 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	Billiards.....8:30 Casual 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	Billiards.....8:30 Casual 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
December			<b>1</b>	<b>2</b>
			Total Body Condition.....11:00 Nickel Bingo.....12:45	AFEP.....11:00 Fitness Room Friends.....11:00
<b>5</b> Senior Council Meeting.....10:00 Tai Chi.....11:00 Artistic Aesthetics: Bottle Cap Christmas Tree.....1:00 <u>Community Program</u> <b>Christmas Tree Lighting</b> .....6:00	<b>6</b> Coloring Group.....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 <u>Community Program</u> Mobile Library.....10:30 Digital Literacy.....11:00	<b>7</b> Make a Change for Life – Diabetes Class.....10:00 AFEP.....11:00 Walking Club.....1:00 <u>Community Program</u> The Grinch's Painting Workshop.....2:30	<b>8</b> <b>Christmas Party @ Jaycee's Hall Center Closed for Daily Activities between 8:30 a.m.–4:30 p.m.</b> Recreation Program Grandparent & Me Nature Escape.....5–6:30 p.m.	<b>9</b> AFEP.....11:00 Fitness Room Friends.....11:00
<b>12</b> Tai Chi.....11:00 Artistic Aesthetics: Pinecone Centerpiece.....1:00	<b>13</b> Coloring Group.....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15	<b>14</b> AFEP.....11:00 Walking Club.....1:00 <u>Community Programs</u> <b>Vaccine Clinic</b> .....9 – 2:00 <b>Maryland Food Bank</b> .....10 - 12:00 Recreation Program Move & Groove .....10:00 Storytime .....11:00	<b>15</b> Total Body Condition.....11:00 <b>Christmas Lunch</b> .....12:00 Nickel Bingo.....12:45	<b>16</b> AFEP.....11:00 Fitness Room Friends.....11:00 <b>Senior Centers are closing at 12 p.m. today.</b>
<b>19</b> Tai Chi.....11:00 Artistic Aesthetics: Coffee Creamer Bottle Christmas Characters.....1:00	<b>20</b> Coloring Group.....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15	<b>21</b> AFEP.....11:00 Walking Club.....1:00	<b>22</b> <b>Holiday Brunch</b> .....10:30 Total Body Condition.....11:00 <b>New Hope Food Distribution</b> .....11:30 Nickel Bingo.....12:45	<b>23</b> <b>Christmas Holiday</b>  <b>All Centers Closed</b>
<b>26</b> <b>Christmas Holiday</b>  <b>All Centers Closed</b>	<b>27</b> Coloring Group.....9:00 Flex & Stretch.....10:00 Fitness Fifteen.....11:15 <u>Community Program</u> Mobile Library.....10:30 Tai Chi for Kidz.....11:00	<b>28</b> AFEP.....11:00 Walking Club.....1:00 <u>Community Program</u> Dept of Social Services Appointments.....10:00 Cozy Winter Fairy House.....1:00	<b>29</b> Total Body Condition.....11:00 Nickel Bingo.....12:45	<b>30</b> <b>New Year's Holiday</b>  <b>All Centers Closed</b>

# WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest **SCOOP** online!

## Special Programs

### Holiday Poetry

Join us as we deck the halls and listen to or read to the group holiday inspired poetry.

Friday, December 2, 11 a.m. Fee: Free

### Diabetes Prevention Program

Cut your Type II Diabetes in half. This Program is for: Senior Center members who are overweight, have prediabetes, have borderline diabetes, have a family history of diabetes, or had gestational diabetes.

Pre-Registration is required.

Contact 301-609-6885 to register.

Began Monday, October 3, 9:30-10:30 a.m. Class schedule provided once registered.

Fee: FREE

### Fresh Conversations

This month's topic is about the sunshine vitamin and the connection with depression. Please pre-register.

Wednesday, December 7, 10 a.m. Fee: FREE

### Christmas Party at Jaycees

See pg. 2 for details.

Thursday, December 8, 10:30 a.m. – 2 p.m.

Fee: FREE; ticket required

### Gift Wrapping

Need help wrapping gifts for the holidays? Bring no more than two gifts into the center and we will help you wrap it with holiday themed wrapping paper. Supplies provided.

Friday, December 9, 1 p.m. Fee: Donation

## Intergenerational

### 2023 Vision Board

The new year is upon us! Bring your grandchild to the center and work on a 2023 vision board.

Thursday, December 29, 1 p.m. Fee: FREE

## Community

### Personal Care Supplies Distribution

Upward Thrive will be distributing a bag of personal care products to those who sign up. One bag per senior. Limited supplies, first come first serve

Thursday, December 1, 11:30 a.m. Fee: FREE

### Coffee & Conversation

Curious about the Waldorf Senior Center? Join us for a cup of coffee, conversation, center tour and overview of programs.

Monday, December 5, 9:30 a.m. Fee: FREE

### Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, December 19, 9:30 a.m. Fee: FREE

### Bible Study

Facilitated by Minister Yvonnde' Wilson. All are welcome!

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

## Senior Fitness

### Total Body Conditioning

This exercise uses a combination of chair exercises, bands, weight, and stretching for a well-rounded workout.

Tuesdays and Thursdays, 9:30 a.m.

Fee: Fitness Card

### Beginner Ballet

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

### Basketball

Come shoot around and meet other players while getting a cardio workout in!

Wednesdays, 10 a.m.

Fee: FREE

### Arthritis Foundation Exercise Program (AFEP)

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

Wednesdays, 10:30 a.m. and Fridays, 11:30 a.m.

Fee: FREE



### Intro to Pickleball

Interested in playing pickleball but need to learn the ropes first? Join us for a fun game of pickleball while we teach you how to play!

Thursday, December 1 & 22, 2:30 p.m.

Fee: FREE

### Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Wednesday, December 7 & 21, 1 p.m.

Tuesday, December 13, 10 a.m.

Friday, December 16, 12 p.m.

Fee: \$5

## Arts & Music

### 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.

Wednesday, December 14, 10 a.m. Fee: \$3/pp

### Basic Sewing

Join instructor, Melon Spriggs, and learn basic sewing techniques. Limited to 6. Must pre-register.

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

### WALDORF BINGO THURSDAYS:

**How It Works** Players must purchase sheets daily and only be used on date of purchase. There are 25 games to play, winnings determined by number of purchased players. Bingo card sales run from 9:30 a.m.- 10:15 a.m. **Bingo cards will not be sold after 10:15am.**

**10:15am.** Bills used to purchase bingo cards must be \$10 or less. Bingo play begins at 10:30 a.m. unless otherwise noted in the SCOOP.



## Deck the Halls

It is time to get into the holiday spirit! Join us while we decorate the center's Christmas tree! We will be decorating ornaments for the tree, while enjoying fresh baked chocolate chip cookies.

**Friday, December 2, 11 a.m.**

**Fee: Donation**



# 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. the preceding day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room ..... 9:00 Racquetball ..... 9:00 Cards & Games ..... 10:30 Pinochle ..... 11:00 Lunch ..... 12:00 <b>Fitness</b> Chair Dance Aerobics ..... 9:30 Chair Yoga ..... 10:30 Yoga ..... 11:30 Enhance Fitness ..... 1:00	Fitness Room ..... 9:00 Racquetball ..... 9:00 Open Studio Art ..... 10:00 Cards & Games ..... 10:30 Chess ..... 11:00 <b>Fitness</b> Table Tennis ..... 2:30 Total Body Conditioning ..... 9:30 Gentle Stretching ..... 10:30 Line Dancing ..... 11:30 Tai Chi ..... 1:00	Fitness Room ..... 9:00 Racquetball ..... 9:00 Bridge Club ..... 10:00 Cards & Games ..... 10:30 Jacks ..... 11:30 <b>Fitness</b> Lunch ..... 12:00 Beginner Ballet ..... 9:30 AFEP ..... 10:30 Basic Fitness Training ..... 11:30 Enhance Fitness ..... 1:00 Dance Aerobics ..... 2:00	Fitness Room ..... 9:00 Racquetball ..... 9:00 Cards & Games ..... 10:30 Watercolors ..... 10:30 Jacks ..... 11:00 <b>Fitness</b> Lunch ..... 12:00 Total Body Conditioning ..... 9:30 Line Dancing ..... 11:30 Tai Chi ..... 1:00	Fitness Room ..... 9:00 Racquetball ..... 9:00 Cards & Games ..... 10:30 Lunch ..... 12:00 <b>Fitness</b> Core & More ..... 10:30 AFEP ..... 11:30 Circuit Training ..... 2:30



<b>5</b> Diabetes Prevention ..... 9:30 Coffee & Convos ..... 9:30 Basic Sewing ..... 1:00	<b>6</b> Tech Time ..... 10:30	<b>7</b> Fresh Convos ..... 10:00 Basketball ..... 10:00 Pastor Chris & Friends ..... 10:30 <b>Fitness Orientation</b> ..... 1:00 Basic Sewing ..... 1:00	<b>8</b> <b>JC's Christmas Party</b>  <b>All Centers Closed</b>	<b>2</b> Bingo ..... 10:30 <b>Grocery Distribution</b> ..... 11:30 <b>Personal Care Supplies Distribution</b> ..... 11:30 Intro to Pickleball ..... 2:30
<b>12</b> Diabetes Prevention ..... 9:30 Basic Sewing ..... 1:00	<b>13</b> <b>Fitness Orientation</b> ..... 10:00 Tech Time ..... 10:30	<b>14</b> Basketball ..... 10:00 <b>Jewelry Club</b> ..... 10:00 Basic Sewing ..... 1:00	<b>15</b> Bingo ..... 10:30 Intro to Pickleball ..... 2:30 <b>Christmas Lunch at Noon</b>	<b>16</b> <b>Fitness Orientation</b> ..... 12:00 Senior Centers are closing at 12 p.m. today.
<b>19</b> WSC Council Meeting ..... 9:30 Widow and Widower Support Group ..... 9:30 <b>Diabetes Prevention</b> ..... 9:30 Basic Sewing ..... 1:00	<b>20</b> <b>Mobile Library</b> ..... 9:00 Tech Time ..... 10:30 <b>Bible Study</b> ..... 11:00  <b>No Open Art Studio Today</b>	<b>21</b> Basketball ..... 10:00 <b>Fitness Orientation</b> ..... 1:00 Basic Sewing ..... 1:00	<b>22</b> <b>Fitness Orientation</b> ..... 1:00 <b>No Bingo Today</b>	<b>23</b> <b>Christmas Holiday</b>  <b>All Centers Closed</b>
<b>26</b> <b>Christmas Holiday</b>  <b>All Centers Closed</b>	<b>27</b> Tech Time ..... 10:30	<b>28</b> Basketball ..... 10:00 Basic Sewing ..... 1:00	<b>29</b> 2023 Vision Board ..... 1:00  <b>No Bingo Today</b>	<b>30</b> <b>New Year's Holiday</b>  <b>All Centers Closed</b>

## Merry Fitness

**What a year!! With all the challenges we have had these past few years it is SO good to have everyone back.**

**We danced, drummed, stretched, lifted, and laughed—a lot! We also brought back all our classes! Thank you for a great year and the fitness staff/instructors wish you a healthy 2023.**



# WELCOME ABOARD!

## Welcome

**Jennifer Crispell:**

Waldorf & Clark Senior Centers teaching Circuit Training

**Veronica Coates:**

Clark Senior Center teaching Strength Training

These two ladies come with a wealth of knowledge and are excited to have you try their classes. Check them out!

## 12 Days of Fitness Challenge

**Don't let the holidays keep you from getting exercise in!**

Pick up an exercise sheet from your center and do the exercises listed for 12 days in December.

All exercise sheets turned in will be entered in a drawing for some fun Christmas prizes!



## Holiday Blues

For many, the holidays can be a sad and depressing time. Often older adults are alone or have lost family or friends. We are here for you and NOW is the time to be engaged. Please reach out to center staff for a chat or a hug if you find you're not feeling up to par. Get moving. Exercise is a natural mood booster, and we would love to see you in our classes. Self-care and proper nutrition will also make you feel better. And we can't forget sleep. Getting good rest is critical in healing. No matter what you're healing from.

## Circuit Training

In this class the instructor sets up stations and at each station, is an exercise to be completed in a certain time frame. Instructor guides you through each station until the whole circuit is complete.

**Richard R Clark Senior Center**

**Fridays @ 1 p.m.**

**Waldorf Senior & Rec Center**

**Fridays @ 2:30 p.m.**

**Fee: Fitness Card**

**Instructor: Jennifer Crispell**



## Matter of Balance Coach Training

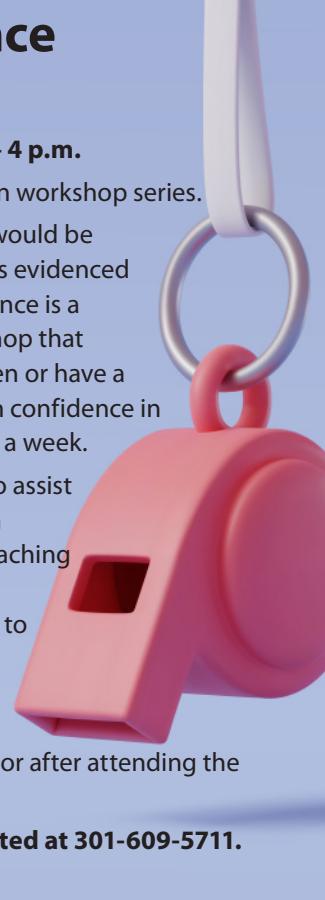
**Monday, January 23rd 8 a.m. – 4 p.m.**

Matter of Balance: Fall prevention workshop series.

We are looking for seniors who would be interested in assisting to lead this evidenced based class series. Matter of Balance is a 6-week classroom-based workshop that helps older adults who have fallen or have a fear of falling overcome and gain confidence in daily activities. Class meets once a week.

As a coach, the commitment is to assist with at least one, 6-week session within the year. You would be teaching alongside another coach. As we would like to make this available to all centers, travel to other senior centers in Charles County recommended but not required. You would be a certified instructor after attending the one-day training course.

**Contact Debi Shanks if interested at 301-609-5711.**



## IMPORTANT INFO

**Our classes, unless otherwise noted require payment in the form of a fitness card. These cards can be purchased at your local senior center. They give you 10 fitness classes for \$20. They need to be punched upon entering our 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
				
<b>5</b> Ginger Lime Chicken Mashed Sweet Potato Broccoli Dinner Roll Mandarin Oranges Apple Juice	<b>6</b> Chicken Marsala Parsley Potatoes Roasted Carrots Whole Wheat Bread Apricots Apple Juice	<b>7</b> Lemon Pepper Tilapia Lemon Parsley Rice Green Beans w/ Tomatoes Breadstick Peaches Fruit Punch Juice	<b>1</b> BBQ Baked Chicken Party Harty Beans Roasted Squash Dinner Rolls Raisins Grape Juice	<b>2</b> Salmon w/ Lemon Dill Sauce White Rice Broccoli Wheat Dinner Roll Grapes Pineapple Juice
<b>12</b> Ground Turkey Meat Sauce Whole Wheat Spaghetti & Mozzarella Cali. Blend Vegetables Breadstick Raisins Grape Juice	<b>13</b> ¼ Herb Roasted Chicken Parsley Mashed Potatoes Roasted Carrots Whole Wheat Roll Cantaloupe Fruit Punch Juice	<b>14</b> Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli Cornbread Fruit Salad Pineapple Juice	<b>8</b> <b>Waldorf Jaycees Christmas Party</b>  <b>No meals service at Senior Centers</b>	<b>9</b> Baked Tuna Fish Cuban Black Beans White Rice Tomato Salad Whole Wheat Roll Applesauce Pineapple Juice
<b>19</b> Chicken Mushroom & Brown Rice Malibu Blend Vegetables Whole Wheat Dinner Roll Diced Mangos Orange Juice	<b>20</b> Unstuffed Cabbage w/ Ground Turkey Roasted Sweet Potatoes California Blend Veggies Whole Wheat Dinner Roll Pineapple Chunks Pineapple Juice	<b>21</b> Sloppy Joe on Whole Wheat Bun 5 Blend Veggies Roasted Potatoes Raisins Grape Juice	<b>15</b> <b>Senior Center Christmas</b> Prime Rib Au Jus White Rice Green Beans w/ Roasted Red Bell Peppers Dinner Roll Cooked Apples Chocolate Cake Grape Juice	<b>16</b> Turkey w/ Cheese Box Lunch  <b>Sign up for this lunch due by December 2.</b>
<b>26</b> <b>Christmas Holiday</b>  <b>No Meal Service</b>	<b>27</b> Turkey and Swiss Box Lunch  <b>Sign up for this lunch due by December 20.</b>	<b>28</b> Herbed Chicken Box Lunch  <b>Sign up for this lunch due by December 20.</b>	<b>29</b> Ham, Turkey, Roast Beef Box Lunch  <b>Sign up for this lunch due by December 20.</b>	<b>30</b> <b>New Year's Holiday</b>  <b>No Meal Service</b>
<b>Charles County Luncheon Program</b>				<i>Available at Noon • Days Vary By Center</i>
Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.75 per person. All donations are used to provide meals for Charles County seniors. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.75. Lunch reservations must be made by 10 a.m. the preceding day. We appreciate your assistance in keeping costs down. Party & special event meal prices may vary.				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.
Clark Senior Center.....Tuesday-Friday Indian Head Senior Center.....Monday-Friday		Nanjemoy Senior Center ..... Monday-Friday Waldorf Senior Center ..... Monday-Friday		

# 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](http://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.

## The Gift of a lifetime - Travel & Exploration

### Trips sponsored by Action Travel Tours 301-645-1770

*Time flies when you are having fun and we always have fun on Action Travel Tours' trips. We had a ton of fun in 2022 and 2023 is looking even better. 2023 is just around the corner and so are some great trips.*

*If a trip is cancelled by Action Travel or the vendor, a refund or future credit will always be issued. Trip cancellations usually happen 60-45 days prior to travel based on the number of people signed up. Please call to make your reservation sooner than later. The below listed trips were all scheduled with availability at the time this list was sent for publication. All tours are on a first come basis. Please call to verify trip dates and stated details. Safe travels are upon us.*

### \*\* 2N1 Sponsored Trips

**February 27 - March 3, 2023: San Diego Getaway.** Looking for some warm sunshine in February? Spend 4 glorious nights in San Diego's Old Town District. Visit the world-famous San Diego Zoo, tour San Diego's Gaslamp Quarter, La Jolla, and the historic Hotel del Coronado and a spend a full day in sunny Palm Springs.



### March 5, 2023: The Philadelphia Flower Show.

Come with us and enjoy the 2023 theme, "The Garden Electric". Your day will include admission to the show, Butterfly Live! and a delicious dinner before leaving PA.

### April 27, 2023: Ladew Gardens and Manor Home.

Join us for a beautiful Spring daytrip to the famous Ladew Topiary Gardens and Manor home. The Butterfly House and lunch in the café will all be included.

### June 12 – 16, 2023: The 36th Annual Mystery Trip.

Call to reserve your spot to destinations and experiences unknown. For our 35th Annual trip in 2022, we spent 5 amazing days exploring Savannah, GA and Beaufort, SC. Join the fun and experience the "Original Mystery Trip" for yourself.

### \*\*July 21-29, 2023: Highlights of the Canadian Rockies with Mayflower Tours.

Visit the most breathtaking scenery you will ever experience while touring Calgary, Edmonton, Jasper, and Banff. Amazing sights of Maligne Lake, Columbia Icefields, Chateau Lake Louise, Sulphur Mountain, Calgary Tower, Royal Tyrrell Museum and West Edmonton Mall. Call for flyer and pricing.

### \*\*September 28 – October 9, 2023: Colorful Canyons and Beautiful Balloons.

This 12-day holiday is the perfect blend of the beauty of the Balloon Fiesta in Albuquerque and the amazing National Parks in the Southwest. Explore six National Parks on this incredible journey, enjoy a float trip on the Colorado River, and take a scenic cruise on Lake Powell. You will fly into Albuquerque and home from Salt Lake City.

### October 11-21, 2023: Portugal and the Douro River Cruise with Mayflower and Emerald Waterways.

Visit Portugal and Spain in this exceptional tour and river cruise. Spend 2 nights in Lisbon and visit Fatima on your way to Porto where you board your cruise of the UNESCO World Heritage Sites of the Douro Valley and Salamanca, Spain. Package includes: 22 meals, air, transfers, 2 nights hotel, 7-night cruise on the Emerald Radiance, gratuities, shore excursions and complimentary regional wines, beers and soft drinks with onboard lunches and dinners. Call for rates and flyer. Ask if the FREE airfare promotion has been extended beyond 10/30/22.

