

# The SCOOP

Charles County's Senior Center News

*Wishing you*  
A HAPPY  
Holiday Season



**DECEMBER 2019**

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

## A Holiday Message

May the joys of the holiday season surround you, your families, and your friends. As this year comes to an end, we want to thank everyone for the wonderful year. We look forward to a happy and healthy New Year. From, Senior Center Staff, Department of Community Services Aging and Human Services Division.



## CASH BINGO Fundraisers 2020



Senior Services of Charles County will host eight BINGO fundraiser events in 2020. Bingo's are held on Wednesdays and start at 10 a.m. Seven dates will take place at the Waldorf Senior and Recreational Center; Post Office Road and one, on May 6, will take place at the Indian Head Pavilion. Dates are as follows:

**February 5 • March 4 • April 1 • May 6 (Indian Head Pavilion)**

**June 3 • September 2 • October 7 • November 4**

The admission is \$20 for regular games and specials, plus \$5 for optional additional packs. Early Birds and Coveralls are \$2 each. Payouts are \$25, \$50 and a \$150 jackpot. Subs, chips and sodas available for purchase. We want to thank everyone for their support throughout this year and look forward to seeing you next year to share in the excitement.

## Medicare D Open Enrollment Ends Dec. 7th

Open enrollment is the time for Medicare beneficiaries to review their Medicare Prescription Drug Plans and make any necessary changes. New beneficiaries can select a plan and learn how the plan works and existing enrollees can change and update their plans. Open enrollment begins October 15 and will end December 7. Senior Health Insurance counselors (SHIP) will assist you during this enrollment period. Please call the SHIP office at 301-609-5712 to schedule an appointment. Walk-ins ARE NOT accepted during open enrollment.

## Senior Centers Awarded Arts Alliance Grant

The four Senior Centers of Charles County have been awarded a grant by the Charles County Arts Alliance, Inc. to enhance the creative arts programs available at each of the Centers. The generous grant helps reduce fees of program offerings, sometimes making it a FREE class! Senior Services of Charles County, Inc. matches the funds making this grant opportunity possible. A sincere thank you goes out to both organizations for their continued support.

## Volunteer Tax Preparers Needed



Please consider helping. Volunteer tax preparers are needed to provide this beneficial service. FREE training is provided and will be held Mondays, Wednesdays, and Fridays beginning January 2020. Upon completion of the program persons must pass a test before receiving certification. Individuals wishing to enroll in the AARP Income Tax Training Program should contact Hazel Conner, Senior Information & Assistance Program Assistant at **301-609-5712 or JoyB@charlescountymd.gov**

## Annual Christmas Party

**Thursday, December 12 • 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. The Rise Band & Show will entertain 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 and available on a very limited basis in Senior Centers beginning Wednesday, November 13. Event will be held in the Waldorf Jaycee Building.

## COUNCIL NEWS SPONSORED/HOSTED ACTIVITIES & EVENTS

### Clark Senior Center

30th Anniversary Center Celebration  
Christmas Party

### Indian Head Senior Center

Christmas Market • Christmas Party  
Deck the Halls • Ugly Christmas  
Sweater & Sock Contest

### Waldorf Senior Center

Brrr Bingo  
Deck the Halls  
Winter Wonderland Party

### Nanjemoy Community Center

Flap Jack Monday  
Mystery Lunch

## Medicare, A Simple Explanation

Social Security and Medicare are both programs that are household names, but do you know the true difference? Both programs help safeguard millions of Americans as well as improve the quality of life for their family and friends. While Social Security offers retirement, disability, and survivors' benefits, Medicare provides health insurance.

Medicare is our country's health insurance program for people age 65 or older and younger people receiving Social Security disability benefits. The program helps with the cost of health care, but it doesn't cover all medical expenses or the cost of most long-term care.

When you first enroll in Medicare and during certain times of the year, you can choose how you get your Medicare coverage. There are 2 main ways to get Medicare:

### Original Medicare

Original Medicare includes Medicare Part A (Hospital Insurance) and Part B (Medical Insurance). If you want drug coverage, you can join a separate Part D plan. To help pay your out-of-pocket costs in Original Medicare (like your deductible and 20% coinsurance), you can also shop for and buy supplemental coverage. Examples include coverage from a Medicare Supplement Insurance (Medigap) policy, or from a former employer or union.

### Medicare Advantage (also known as Part C)

Medicare Advantage is an "all in one" alternative to Original Medicare. These "bundled" plans include Part A, Part B, and usually Part D. Part C plans may have lower out-of-pocket costs than Original Medicare. They also may offer extra benefits that Original Medicare doesn't cover — like vision, hearing, dental, and more.

If you can't afford to pay your Medicare premiums and other medical costs, you may be able to get help from your state. States offer programs for people eligible for or entitled to Medicare who have low income. Some programs may pay for Medicare premiums and some pay Medicare deductibles and coinsurance. To qualify, you must have limited income and resources.

You can learn more about Medicare, including how to apply for Medicare and get a replacement Medicare card on <https://www.ssa.gov/benefits/medicare>. Provided by Darlynda Bogle, Assistant Deputy Commissioner, Social Security Administration.

## It's Not Too Late!

### National Influenza Vaccination Week December 1-7, 2019

It's that time of year again — flu season. As family and friends are gathering for the holidays, flu activity is increasing. Get a flu vaccine now if you have not gotten vaccinated yet this season.



There are many reasons to get a flu vaccine. Flu vaccination can reduce your risk of flu illness, doctors' visits, and missed work and school due to flu. Even if you are vaccinated and still get sick, flu vaccine can reduce the severity of your illness. Flu vaccine also has been shown to save children's lives, prevent serious events associated with chronic lung disease, diabetes and heart disease, and prevent flu-related hospitalization among working age adults and older adults. Getting vaccinated isn't just about keeping you healthy; it's also about helping to protect others around you who may be vulnerable to becoming very sick, such as babies, older adults, and pregnant women.

It's not too late to get a flu vaccine to protect yourself and your loved ones this flu season! Find a place near you to get a flu vaccine with the HealthMap Vaccine Finder (<https://vaccinefinder.org>). Provided by U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion

## Free Income Tax Preparation

For Seniors and Moderate to Low-Income Adults- Mondays, Wednesday, Fridays starting February 3, 2020 at the Richard R. Clark Senior Center

**Beginning January 15, 2020** Senior I&A staff will schedule appointments for the Annual Income Tax Preparation Program. This is a free service for those who meet the eligibility guidelines.

### To schedule a tax preparation appointment:

Age 60 and older - please call 301-609-5712

Age 18-59 - please call 301-609-5704

### Please bring to your appointment:

Valid Picture Identification, Social Security Card, Prior year tax return. All 1099 and W-2 forms, 2019 property tax bill (if itemizing, bring medical, mortgage, and donation expenses documents.).

## Winter Storm Emergency Preparedness

Home safety tips for seniors involve preparing for the cold and potential winter and ice storms. Exposure to cold overtime can cause frostbite, hypothermia and, eventually, death. The elderly are particularly susceptible to these dangers. Cold weather puts an added strain on the heart. Shoveling or other strenuous activities can prove deadly, particularly for people who do not exercise.

Listen to NOAA Weather Radio, local radio, and TV stations, or cable TV such as The Weather Channel for weather updates. Be alerted to changing weather conditions. Avoid unnecessary travel when a Winter Storm Warning has been issued.

Stay indoors during the storm. If you must go outside, several layers of lightweight clothing will keep you warmer than a single heavy coat. Gloves (or mittens) and a hat will prevent loss of body heat. Cover your mouth to protect your lungs. Understand the hazards of wind chill and walk carefully on snowy, icy, sidewalks. After the storm, if you shovel snow, be extremely careful. It is physically strenuous work, so take frequent breaks. Avoid overexertion. Provided by CDC.

## IS YOUR VEHICLE WINTER READY?



## Reversible causes of memory loss

It's important to remember that memory loss doesn't automatically mean that you have dementia. There are many other reasons why you may be experiencing cognitive problems, including stress, depression, and even vitamin deficiencies. That's why it's so important to go to a doctor to get an official diagnosis if you're experiencing problems. Sometimes, even what looks like significant memory loss can be caused by treatable conditions and reversible external factors, such as:

**Depression:** Depression can mimic the signs of memory loss, making it hard for you to concentrate, stay organized, remember things, and get stuff done. Depression is a common problem in older adults—especially if you're less social and active than you used to be.

**Vitamin B12 deficiency:** Vitamin B12 protects neurons and is vital to healthy brain functioning. In fact, a lack of B12 can cause permanent damage to the brain. Older people have a slower nutritional absorption rate, which can make it difficult for you to get the B12 your mind and body need. Treatment is available in the form of a monthly injection.

**Thyroid problems:** The thyroid gland controls metabolism: if your metabolism is too fast, you may feel confused, and if it's too slow, you can feel sluggish and depressed. Medication can reverse the symptoms.

**Alcohol abuse:** Excessive alcohol intake is toxic to brain cells, and alcohol abuse leads to memory loss. Limit your daily intake to just 1-2 drinks.

**Dehydration:** Older adults are particularly susceptible to dehydration. Severe dehydration can cause confusion, drowsiness, memory loss, and other symptoms that look like dementia. It's important to stay hydrated (aim for 6-8 drinks per day). Be particularly vigilant if you take diuretics or laxatives or suffer from diabetes, high blood sugar, or diarrhea.

**Side effects of medication:** Many prescribed and over-the-counter drugs or combinations of drugs can cause cognitive problems and memory loss as a side effect. Common medications that affect memory and brain function include sleeping pills, antihistamines, blood pressure and arthritis medication, muscle relaxants, anticholinergic drugs for urinary incontinence and gastrointestinal discomfort, antidepressants, anti-anxiety meds, and painkillers. Article provided by NIH, National Institutes of Health.

## Holiday Fun Recipe

Take all those leftovers from your Christmas Eve feast and mix them all together in this tasty breakfast casserole.

### Ham, Cheddar, and Red Onion Bread Pudding

#### Ingredients

Oil for the dish

4 large eggs

1 1/2 c. whole milk

1 tbsp. Dijon mustard

1/8 tsp. freshly grated or ground nutmeg

Kosher salt and pepper

12 oz. sourdough bread, cut into 2-in. pieces

1 small red onion, cut into 1/4 in.-thick wedges

1 Gala apple, cored and thinly sliced

4 oz. sliced ham, torn into 2-in. pieces

3 oz. Cheddar cheese, grated (about 1 cup)

#### Directions

Heat oven to 350°F. Oil a 2 1/2- to 3-qt baking dish. In large bowl, whisk together eggs, milk, mustard, nutmeg and 1/4 tsp each salt and pepper. Add bread and let sit, tossing occasionally, for 5 minutes.

Fold onion, apple, ham and cheddar into bread mixture.

Transfer mixture to prepared baking dish and bake until set and knife inserted in center comes out clean (cover bread pudding with foil if it browns too quickly), 45 to 50 minutes.



## The Win-Win Power of Generosity

*"A life lived for others, is the only life worth living."*

—Albert Einstein

It's time to begin a new year with a heart of giving: 2020 is marked with many opportunities dedicated and devoted to raising awareness about emotional, physical, and psychological health. Finding time to volunteer or contribute to a cause is a great way to start the year. Not only does volunteering help others; it also benefits the physical and psychological health of the volunteer.

Research shows that when we help others, it makes us happy, and the more we give, the happier we feel, as our kindness becomes contagious and positively impacts others, inspiring us to commit more altruistic acts.

Data from the U.S. Bureau of Labor Statistics show that only about 25 percent of Americans currently volunteer. Just think of the difference you could make in 2020 if you got involved. Find a cause you're passionate about and do something to help.

## 4 Tips for Holiday Safety

The holiday season is a time to celebrate with friends and family, but the hectic pace can also make it a stressful time of year. The holidays can present increased risks, especially if you are on a quest for gifts. Overcrowded stores and an increase in online shopping offer greater opportunities for thieves to target your valuables.

**Here are four tips to help you have a safe and enjoyable holiday season.**

**Watch Out for Porch Pirates:** As more consumers look to the web to make their holiday purchases, packages dropped off on front porches and stoops provide "porch pirates," or thieves, with more opportunity to intercept home deliveries. When making a purchase online, take advantage of electronic delivery alerts and other protections to make sure your gifts are safely delivered – and received. It may also be helpful to instruct any delivery drivers to drop off packages in a safe location at a specific time or opt to pick up any delivered items yourself from the nearest facility.

**Beware of Parking Lot Pilfering:** While you are in the mall purchasing gifts for your friends and family, be careful if you decide to drop off items in your car mid-shopping trip. Purchases that you store in your car may catch the attention of thieves roaming through the parking lot in search of valuable items in unlocked cars. To help protect your car (and everything inside) from burglars during the holidays, shoppers should remember to always lock their doors, roll up their windows, park in well-lit areas and hide valuables from plain view.

**Protect Your Identity, Both Online and in Stores:** Before you go shopping, think about how much information a thief would get his hands on if your wallet or purse was stolen. Taking steps to protect your personal information, particularly during the holiday season when many stores see an increase in foot traffic, is key to preventing identity theft. Carry only those credit cards you need and avoid carrying Social Security cards, birth certificates or passports unless necessary. When shopping online, be sure to only use secure websites, log off from a site after you have completed your purchase, and monitor your bank accounts and credit card activity regularly throughout the holidays.

**Travel Safely:** Whether you are heading to the mall for some holiday shopping or traveling to Grandma's for a holiday celebration, the holiday season brings a number of unique driving risks – from changing weather conditions to traveling on unfamiliar roads. By planning extra travel time and eliminating distractions, you can help ensure safe travels during the holidays.

# CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

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

## Special Presentations

### Christmas at our house

Let's get into that Christmas spirit! Start your morning with us as we listen to Christmas music, and decorate the tree while we sip on egg nog and enjoy some tasty treats.

Tuesday, Dec. 3, 9:30 a.m. – Noon Fee: FREE

### Karaoke with Randy

Join Randy for some Christmas Karaoke fun!



Tuesday, Dec. 3, 11 a.m. – Noon Fee: FREE

### Charles County Senior Show Troupe

The Show Troupe Center Stars brings you fun filled entertainment and holiday songs.

Wednesday, Dec. 4, 10:30 a.m. to Noon  
Fee: FREE

### Christmas Seashell Craft

Join the Clark Center staff as we create beautiful Christmas ornaments out of shells. Sign-up required.

Thursday, Dec. 5, 10 a.m. Fee: FREE

### Fresh Convos: Sugar Sinffully Sweet

Join Erin Carney from University of MD Extension for a fresh conversation about the difference between natural sugar and added sugar. She will share research found that says added sugars contribute to heart disease, fatty liver and diabetes. Must pre-register.

Tuesday, Dec. 10, 10:00 a.m. Fee: FREE

### Move Waste from your Waist

Why is weight resistant to coming off? Why is our waist a predictable measurement of life expectancy? Learn about the importance of waist size, and what you can do to take those inches off. Join Ann for an informative workshop that will empower you to improve and maintain good health. Register in the program office by December 10.

Wednesday, Dec. 18, 10:30 a.m. Fee: \$15/pp

### Game Show Day

Game show extraordinaire Dave Emanuel will play some of your favorite TV & Trivia games. Get involved and test your trivia skills. Contestants and studio audience welcomed. Sign-up required.



Thursday, Dec. 19, 10:30 a.m. Fee: FREE

## Special Events & Daily Activities

### Widow to Widow Support Group

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

Monday, Dec. 2, 1 p.m. Fee: FREE

### Creative Coloring

Mondays, 11:30 a.m. Fee: FREE

### Book Club

The Stranger in the Woods. Written by Michael Finkel.

Thursday, Dec. 5, 1 p.m. Fee: FREE

### Newcomers Coffee

Learn what the Richard R. Clark Senior Center has to offer everyone, by asking questions or giving suggestions.

Wednesday, Dec. 18, 10 a.m. Fee: FREE

### Spiritual Enrichment w/Ruth

Tuesdays, 11 a.m. Fee: FREE

### Classes

#### Brazilian Embroidery

Join Sharon Laughery to learn how to do Brazilian Embroidery. Preregistration Required.

Mondays, 10 a.m.-11 a.m. Fee: FREE

#### Spanish Class-Drop In

Mondays, 10 a.m. Fee: FREE

#### Genealogy

Join Virginia to learn how to research your family tree.

Tuesday, Dec. 10, 10 a.m. Fee: FREE

#### Sewing Room Orientation

Must sign up. Facilitator Kaye Webb.

Mondays, Dec. 2 & 16, 10 a.m.- 11 a.m.

Fee: FREE

#### Jewelry Club Class

Make beautiful pieces of jewelry with Martha Williams and Regina Larrabee.

Wednesday, Dec. 4 & 18, 10 a.m. Fee: FREE

## Scrapbooking & Cardmaking

Wednesday, Dec. 4, 10 a.m. Fee: FREE

### Services

#### Cell Phone Help with Ashley (I phone)

Sign up required.

Tuesday, Dec. 3, 1-3 p.m. Fee: FREE

#### Legal Aid by Appointment

Call 301-609-5712.

Monday, Dec. 9, 10 a.m.-Noon Fee: FREE

#### Watch Repair

Wednesday, Dec. 4 & 18, 10 a.m.

Fee: Your Purchase

#### Reflexology by Appointment

Friday, Dec. 6, 9 a.m. Fee: \$15/30 minutes

Wednesday, Dec. 18, 9 a.m.

Fee: \$15/30 minutes

#### Massage Therapy by Appointment

Wednesdays, Dec. 4 & 1, 9 a.m. Fee: \$25-\$55

#### Brother Jay's Car Detailing by Appt.

Exterior & interior cleaning.

Friday, Dec. 20, 9 a.m.-3 p.m. Fee: \$30/vehicle

## Fitness

### Fitness Orientation

Mandatory before first use of fitness room. Registration required.

Tuesday, Dec. 3, 2:30 p.m.

Fee: \$5

Wednesday, Dec. 11, 1 p.m.

Fee: \$5

### Beginner Line Dance

Learn the basics! Laura will take you through simple dance steps and have you dancing in no time!

Thursdays, 1 p.m.

Fee: Fitness Card

### Guided Meditation

See Page 14 for details

Fridays, Dec. 13, 11:30 a.m.

Fee: FREE

## Christmas Holiday Party

Christmas is right around the corner. Kick off the holiday season with us! Enjoy a delicious lunch, with entertainment by Billy Hills True Blue County. Door prizes, raffles and bingo.

Tuesday, Dec. 17, 10:30 a.m. to 2 p.m.

Fee: \$6/ seniors 60 and over, \$8/ 59 and 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.

Calendar items marked by an \* require reservation/appointment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards Drop-In ..... 9:00 Sewing Drop-In ..... 9:00 Duplicate Bridge ..... 10:00 Spanish Drop-In ..... 10:00 2N1 Club ..... 10:15 Creative Coloring ..... 11:30 Pinochle ..... 1:00 <b>Fitness</b> Pilates ..... 9:00 Total Body Conditioning ..... 10:00 Drums Alive ..... 11:00 Circuit Training ..... 2:30	Billiards Drop-In ..... 9:00 Sewing Drop-In ..... 9:00 Guitar Jam ..... 10:00 Fine Arts ..... 10:00 Chess Club ..... 10:30 Spiritual Enrichment ..... 11:00 Pokeno ..... 1:00 So MD Woodcarvers ..... 1:00 <b>Fitness</b> Flex & Stretch ..... 8:30 Yoga ..... 9:30 AFEP ..... 10:30 Fitness w/ Dee ..... 11:00 Zumba ..... Noon Line Dance ..... 1:00 Weekly Workout ..... 5:00	Mah Jong ..... 9:00 Billiards Drop-In ..... 9:00 Jazzy Quilters ..... 9:00 Knit & Crochet ..... 9:00 Quilting Workshop ..... 9:00 Bridge ..... 11:00 Canasta/Pinochle ..... 12:30 Spades ..... 1:00 Powder Puff Billiards ..... 1:00 RRCSC Gospel Singers ..... 2:00 <b>Fitness</b> Strength Training ..... 9:15 Fitness w/ Dee ..... 10:20 Breathe Easy ..... 10:20 Exercise Express ..... 11:00	Quilting Class ..... 9:00 Billiards Drop-In ..... 9:00 Stained Glass ..... 10:00 Reflections ..... 1:00 <b>Fitness</b> Flex & Stretch ..... 8:30 Tai Chi for Health ..... 9:30 AFEP ..... 10:30 Fitness w/ Dee ..... 11:00 Zumba ..... Noon Beginner Line Dance ..... 1:00 <b>Rehearsals</b> Prime Timers ..... 2:00	Project Linus ..... 9:00 Billiards Drop-In ..... 9:00 Guitar Jam ..... 10:00 Oil Painting/Acrylics ..... 10:00 Canasta/Pinochle ..... Noon Pokeno ..... 1:00 <b>Fitness</b> Strength Training ..... 9:15 Gentle Yoga ..... 10:30 Reconditioning Wellness ..... 2:00
<b>2</b> Sewing Room Orientation ..... 10:00–11:00 Widow to Widow Support Group ..... 1:00	<b>3</b> <b>Christmas at Our House</b> ..... 9:30 Karaoke w/Randy ..... 11:00 Cell Phone Help ..... 1:00 Fitness Orientation ..... 2:30	<b>4</b> <b>Massage Therapy</b> ..... 9:00 Jewelry Club Class ..... 10:00 Scrapbooking/Cards ..... 10:00 Watch Repair ..... 10:00 Center Stars ..... 10:30	<b>5</b> <b>Christmas Seashell Craft</b> ... 10:00 Book Club ..... 1:00	<b>6</b> <b>Reflexology</b> ..... 9:00 Hand & Foot Canasta ..... 10:00
<b>9</b> Creative Coloring ..... 11:30	<b>10</b> <b>Genealogy</b> ..... 10:00 <b>Sugar Sinfully Sweet</b> ..... 10:00	<b>11</b> <b>Massage Therapy</b> ..... 9:00 Fitness Orientation ..... 1:00	<b>12</b> <b>JAYCEES CHRISTMAS PARTY</b> <b>CENTERS CLOSED</b>	<b>13</b> Project Linus ..... 9:00 <b>Guided Meditation</b> ..... 11:30
<b>16</b> Sewing Room Orientation ..... 10:00–11:00	<b>17</b> <b>Christmas Holiday Party</b> ..... 10:30	<b>18</b> <b>Reflexology</b> ..... 9:00 Jewelry Club Class ..... 10:00 <b>Newcomers Coffee</b> ..... 10:00 Watch Repair ..... 10:00 <b>Move Waste from Your Waist</b> ..... 10:30	<b>19</b> Game Show Day ..... 10:30 Acy Duecay ..... 11:00 <b>CENTER CLOSES AT</b> ..... 1:00	<b>20</b> Mobile Car Detailing ..... 9:00
<b>23</b> Creative Coloring ..... 11:30	<b>24</b> Chess Club ..... 10:30	<b>25</b> <b>CHRISTMAS HOLIDAY</b>  <b>CENTERS CLOSED</b>	<b>26</b> <b>CHRISTMAS HOLIDAY</b>  <b>CENTERS CLOSED</b>	<b>27</b> <b>CHRISTMAS HOLIDAY</b>  <b>CENTERS CLOSED</b>
<b>30</b> <b>Sisters at Heart Breast Cancer Support Group</b> ..... 11:30	<b>31</b> So MD Woodcarvers ..... 1:00	<i>The month of December</i>		

# INDIAN HEAD SENIOR CENTER

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

Get your Latest *SCOOP* online!

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

## Share your Love Year (SYL)

As we come to the close of the year, let us reflect on things shared throughout the year. Let us also make plans for a better you in 2020.

Tuesday, Dec. 31, 11:15 a.m. Fee: FREE

## Love Our Daily Activities

### Deck the Halls

Ready to turn the center into a Christmas showcase? Join staff and Council as we deck the halls.

Monday, Dec. 2, Tuesday, Dec. 3 & Wednesday, Dec. 4, 9:30 a.m. Fee: FREE

### Watch Repairs (SYL)

We are thankful to have a senior, Vern Smith sharing his love of fixing things. Vern will replace batteries and/or fix your watch(es).

Monday, Dec. 2 & 16, 9:30 a.m.

Fee: Cost of Service

### Hot Chocolate Bar

Enjoy a nice cup of cocoa as we complete the holiday decorations.

Wednesday, Dec. 4, 10 a.m. Fee: FREE

### Christmas Market (SYL)

Make Christmas special this year by purchasing your gifts at our Christmas Market. Seniors will be selling items which are handmade, from their businesses or slightly used. Vendors, 10% of your sales will be collected by the Indian Head Senior Center Council.

Thursday, Dec. 5, 9 a.m. Fee: Your Purchases

### Car Detailing (SYL)

Weather permitting, Brother Jay's Mobile Car Detailing will be at the center. Sign-up required

Monday, Dec. 9, 9:30 a.m. Fee: \$30/vehicle

### Aging Resources Outreach (Day Change)

Aging & Disability Resource Specialist, Julie Hammonds will help seniors understand programs in Charles County. Call 301 934-6737 for appointment or see staff.

Friday, Dec. 13, 10 a.m. Fee: FREE

### Love to Receive a Card: Messages in a Card

Remember getting Christmas cards in the mail? Let's give a smile to a loved one by sending Christmas cards. We will provide the cards, time and music.

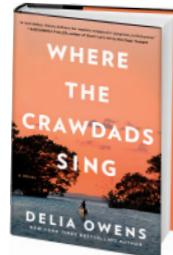
Monday, Dec. 16, 10 a.m.

Fee: Postage stamp(s)

## Literary Club – Where the Crawdads Sing

### by Delia Owens

Kya, the Marsh girl, was abandoned by her mother and older siblings as they fled from her abusive father. Kya's father teaches her to survive in the marsh and he eventually leaves. This novel tells how Kya became a self-made learner and later an author.



Wednesday, Dec. 18, 11 a.m. Fee: FREE

## Ugly Christmas Sweater/Sock Contest

This is the time to show off all those sweaters and socks, some people call ugly. Gifts for the most original, most creative and the ugliest sweater and pair of socks. Items must be worn to qualify!

Monday, Dec. 23, 11:30 a.m. Fee: FREE

### Game Day

Join in the Christmas Eve fun with laughs as we play board games. Bring your board game to share, if we don't have one you like. We will have popcorn, hot chocolate and other goodies available.

Tuesday, Dec. 24, 10 a.m. Fee: FREE

## Love Our Classes

### Jewelry Club

New projects every month.

Tuesdays 9:30 a.m. Fee: Your Project

### Hooked on Yarn

This group challenges each other to complete their crocheted and knitted projects. Beginners welcomed.

Wednesdays, 9:30 a.m. Fee: Your Project

### Ceramics

Pieces available for beginners.

Fridays, 9:30 a.m. Fee: \$1

### There's an APP for That

Today is National App Day. There are over two million APPs available for your personal device. Share your favorite APP or learn about APPs that can make your life easier.

Wednesday, Dec. 11, 10 a.m. Fee: FREE

### Poetry Corner

Dorothy Simms shares her love of crafts and poetry.

Wednesday, Dec. 18, 10:30 a.m. Fee: FREE

## Love Your Body and Mind

### Say No to Holiday Weight Gain

Learn ways throughout the month to come out of the Holidays with little to no weight gain. Facilitated by fitness staff.

Monday, Dec. 2, 10 a.m. Fee: FREE

### Seated Massage (new days)

Fridays, Dec. 6 & 20, 9 a.m.- 1 p.m.

Fee: \$8 -\$22

### Fitness Training

Mondays & Wednesdays, 9:15 a.m.

Fee: Fitness Card

### AFEP (Arthritis Foundation Exercise Program)

Seated exercised design to help with your ROM (range of motion).

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

### Chair Pilates

Tuesdays & Thursdays, 9:15 a.m.

Fee: Fitness Card

### TOPS

Take Off Pounds Sensibly with this weight loss support group.

Thursdays, 9:30 a.m. Fee: \$32/year

### Line Dancing w/Pat

Thursday, Dec. 5, 1 p.m.

Fee: FREE

### Visit the Nurse

Monday, Dec. 30, 9:30 a.m.

Fee: FREE

### Love Pomegranates

Join Cynthia as she shares her love for pomegranates and the health benefits. She will show you how to select, peel and enjoy the rich red seeds of the fruit.

Monday, Dec. 30, 11:30 a.m. Fee: FREE

### Holiday Fitness w/Brittany

Prepare for 2020 by completing 2019 with a full workout. Join Brittany as she and staff introduce events and programs planned for 2020, "How to be a Better You", our theme for next year. This will replace our regularly scheduled AFEP class.

Thursday, Dec. 19, 10:30 a.m. Fee: FREE



# INDIAN HEAD SENIOR CENTER

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

Hours: 9 a.m.–3 p.m., Monday–Friday

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

## Love to Rock Around the Christmas Tree Party

Let's make the bells on the Christmas tree ring from the vibration of our dancing. Ron Howard will entertain us with tunes that will keep us on the dance floor. Expect a delicious meal, winner of the Christmas raffle, a 50/50 and much more. Sponsored by the Indian Head Senior Center Council, Senior Services of Charles County and Charles County Arts Alliance, Inc.

**Tuesday, Dec. 17, 10:45 a.m. • Fee: \$5, includes lunch donation**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards ..... 9:00 Fitness Training w/Lamont ..... 9:15 Bingo ..... 9:30 Tai Chi for Health ..... 10:30	Billiards/Cards ..... 9:00 Chair Pilates ..... 9:15 Jewelry Club ..... 9:30 AFEP ..... 10:30	Billiards/Cards ..... 9:00 Fitness w/Nate ..... 9:15 Hooked on Yarn ..... 9:30 Quilt 'N Chicks ..... 10:00 Tai Chi for Health ..... 10:30	Billiards/Cards ..... 9:00 Chair Pilates ..... 9:15 TOPS ..... 9:30 Canvas Painting – Plus ..... 11:00 AFEP ..... 10:30	Seated Yoga ..... 9:00 Ceramics ..... 9:30 Billiards/Cards ..... 10:00 Books of the Bible ..... 1:00
<b>2</b> Deck the Halls ..... 9:30 Watch Repairs ..... 9:30 Say No to Holiday Weight Gain ..... 10:00	<b>3</b> Deck the Halls ..... 9:30 Pastor Chris & Friends ..... 1:00	<b>4</b> Deck the Halls ..... 9:30 Hot Chocolate Bar ..... 10:00	<b>5</b> Christmas Market ..... 9:00 Line Dancing w/Pat ..... 1:00	<b>6</b> Seated Massage ..... 9:00
<b>9</b> Love Your Car: Car Detailing with Brother Jay ..... 9:30	<b>10</b> Human Society Bingo ..... 11:00	<b>11</b> There's an App for That ..... 10:00	<b>12</b> <b>JAYCEES CHRISTMAS PARTY</b> <b>CENTERS CLOSED</b>	<b>13</b> Aging Resources Outreach ..... 10:00 Pokeno ..... 10:00
<b>16</b> Watch Repairs ..... 9:30 Messages in a Card ..... 10:00	<b>17</b> <b>Christmas Party ..... 10:45</b>	<b>18</b> Poetry Corner ..... 10:30 Literary Club ..... 11:00	<b>19</b> Holiday Fitness w/Brittany ..... 10:30 <b>CENTER CLOSES AT ..... 1:00</b>	<b>20</b> Seated Massage ..... 9:00
<b>23</b> Ugly Christmas Sweater/Sock Contest ..... 11:30	<b>24</b> Game Day ..... 10:00	<b>25</b> <b>CHRISTMAS HOLIDAY</b>  <b>CENTERS CLOSED</b>	<b>26</b> <b>CHRISTMAS HOLIDAY</b>  <b>CENTERS CLOSED</b>	<b>27</b> <b>CHRISTMAS HOLIDAY</b>  <b>CENTERS CLOSED</b>
<b>30</b> Visit the Nurse ..... 9:30 Love Pomegranates ..... 11:30	<b>31</b> Share Your Love ..... 11:15	<i>The month of December</i>		

# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

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

## Special Events & Daily Activities

### Council Meeting

This meeting is open to community members who want to make a difference in Nanjemoy. The council takes part in special events and fundraising efforts to support the center.

Monday, Dec. 2, 10 a.m. Fee: FREE

### Tips to Keep it Simple

Tis the season to be merry! Join staff for tips to keep your holidays stress free and merry... from planning a party to trimming the tree.

Tuesday, Dec. 3, 1 p.m. Fee: FREE

### Holiday Stress and your Health

It is the time of year to be joyous but sometimes in all the hustle and bustle we get stressed, and stress is BAD. When the body is under stress, the nervous system becomes compromised. The hormones that are released makes the heart beat faster, raises blood pressure, and increases glucose production. Muscles will tense up which may trigger headaches. Join us for more information.

Wednesday, Dec. 4, 10 a.m. Fee: FREE

### Tree Trimming for Annual Tree Lighting Program

Help trim the tree, sample cookies, prepare for an evening sing along with Mount Hope Elementary chorus, and Henry E Lackey Jr. varsity band.

Thursday, Dec. 5, 10 a.m. Fee: FREE

### Council Quarter Auction

This council fundraiser will include new and lightly used items. Bids are taken in increments of quarters for each item.

Tuesday, Dec. 10, 10 a.m. Fee: Your Bid

### Christmas Sock Contest

Remember when we hated to get socks for Christmas? Show-off socks that make you and others smiles. Winners will be announced at 1:15 and get bragging rights.

Wednesday, Dec. 11, 10 a.m. Fee: FREE



### The Beauty of Christmas Cards

We will create our own Christmas cards for the veterans at the Charlotte Hall Veterans Home.

Friday, Dec. 13, 10 a.m. Fee: FREE

### Short Story Time

The Red Hat Club Rides Again: Georgia, SuSu, Teeny, Linda and Diane have been friends for more than thirty years. But when Pru Bonner, black sheep of the group, falls off the wagon so hard it shakes their world, "the girls" stage a hilarious intervention kidnapping in Vegas.

Monday, Dec. 16, 10 a.m. Fee: FREE

### Emergency Preparedness

The winter can bring about several different types of weather. Make sure you are not left out in the storm by learning helpful hints.

Wednesday, Dec. 18, 10 a.m. Fee: FREE

### Information & Assistance

Julie Hammonds, Information and Assistance Specialist, will be here to help seniors understand services and benefits.

Thursday, Dec. 19, 10 a.m.- Noon Fee: FREE

### Baking Cookies

Join us in the kitchen for baking and tasting your favorite Christmas cookies.

Thursday, Dec. 19, 1a.m. Fee: FREE

### Movie Matinee

Love Actually is a 2003 British Christmas-themes romantic comedy film written and directed by Richard Curtis, mostly filmed on location in London.

Thursday, Dec. 19, 1-2:30 p.m. Fee: FREE

### Law of Attraction

Faith, fact, or foolishness? What have you been attracting, or what would you like to attract to you in your life?

Friday, Dec. 20, 10 a.m. Fee: FREE

### Ugly Sweater Contest

Rock the Ugly Holiday sweater! Prizes will be awarded to the top three ho-ho horrible sweaters in the bunch!

Monday, Dec. 23, 10:30 a.m. Fee: FREE

### Fun Facts about Christmas

Did you know Rudolph was conceived by a department store, Montgomery Ward, as a marketing gimmick to get kids to buy holiday coloring books? Plenty more facts to share.

Tuesday, Dec. 24, 10 a.m. Fee: FREE

### Year in Review

Bring your memories and pictures as we share the fun, snacks and fellowship in 2019.

Monday, Dec. 30, 10 a.m. Fee: FREE

### 2020 Resolution

New Year's resolution meaning: a promise that you make to yourself to start doing something good or stop doing something bad on the first day of the year. Have you decided what your resolution will be?



Tuesday, Dec. 31, 10 a.m. Fee: FREE

### Movie Matinee

#### **While You Were Sleeping,**

This sweet, romantic fairy tale made a star out of Sandra Bullock, and gave Bill Pullman the chance to show off his softer side.

Tuesday, Dec. 31, 1:00 p.m. Fee: FREE

## Special Presentations

### Visit the Health Partners

Blood pressure screening every Tuesday.

Tuesdays, Dec. 3, 10, 17, 31, 10 a.m. Fee: FREE

### First Aid for the Holidays Presented by John Filer, Chief of EMS & Special Operations

Most accidents happen during the holiday season. Join us as we share first aid tips.

Friday, Dec. 6, 10 a.m. Fee: FREE

### Rockin around the Christmas Tree

Celebrate the holidays with Parrot Bay Trio Band. They will sing poplar songs you will enjoy hearing, dancing and singing along with. A delicious luncheon will follow. Reservation required by 10 a.m. Friday, Dec. 13, 2019.

Tuesday, Dec. 17, 11-2 p.m. Fee: \$6

## Arts & Crafts

### Decorating Ornaments

Tuesday, Dec. 3, 10 a.m. Fee: \$2

### Candy Cane Sleighs

Monday, Dec. 9, 10 a.m. Fee: \$2

## Fitness

### Group Fitness with LaMont

Promotes strength using weight resistance for range of motion and functional movement. Can be done seated or standing.

Mondays, 11 a.m. Fee: FREE

### Arthritis Foundation Exercise Program with Nate

Fun and motivating designed for strength and flexibility. Can be done seated or standing.

Wednesdays, 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-Fri  
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-Fri

# Rockin Around the Christmas Tree

Celebrate the holidays with the Parrot Bay Trio Band. You will enjoy listening, dancing, and singing along with them.

**Tuesday, Dec. 17, 11 a.m.- 2 p.m. • Fee: \$6/ pp**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer Lab ..... 8:30 Fitness Room ..... 8:30 Billiards Drop-In ..... 8:30 Board Games ..... 9:30 Fitness w/Lamont ..... 11:00 Nickel Bingo ..... 1:00	Computer Lab ..... 8:30 Fitness Room ..... 8:30 Billiards Drop-In ..... 8:30 AFEP w/Nate ..... 11:00 Nickel Bingo ..... 1:00	Computer Lab ..... 8:30 Fitness Room ..... 8:30 Billiards Drop-In ..... 8:30 AFEP w/Nate ..... 11:00 Nickel Bingo ..... 1:00	Computer Lab ..... 8:30 Fitness Room ..... 8:30 Billiards Drop In ..... 8:30 Board Games ..... 9:30	Computer Lab ..... 8:30 Fitness Room ..... 8:30 Billiards Drop In ..... 8:30 Nickel Bingo ..... 12:30-2:30
<b>2</b> Council Meeting ..... 10:00	<b>3</b> Arts & Crafts: Decorating Ornaments ..... 10:00 Visit Health Partners ..... 10:00 Tips to Keep it Simple ..... 1:00	<b>4</b> Holiday Stress and Your Health ..... 10:00	<b>5</b> Tree Trimming ..... 10:00 <b>Nanjemoy Community Ctr Tree Lighting Program</b> ..... 6:00-7:30 p.m.	<b>6</b> First Aid for the Holidays ..... 10:00
<b>9</b> Arts & Crafts: Candy Cane Sleighs ..... 10:00	<b>10</b> Council Quarter Auction ..... 10:00-12:00 Visit Health Partners ..... 10:00 Arts & Crafts ..... 1:00	<b>11</b> Christmas Sock Contest ..... 10:00	<b>12</b> <b>JAYCEES CHRISTMAS PARTY</b> <b>CENTER CLOSED</b>	<b>13</b> The Beauty of Christmas Cards ..... 10:00
<b>16</b> Short Story Time: The Red Hat Club Rides Again ..... 10:00	<b>17</b> Visit Health Partners ..... 10:00 <b>Rockin Around the Christmas</b> ..... 11:00-2:00 p.m.	<b>18</b> <b>Emergency Preparedness</b> ..... 10:00	<b>19</b> Information & Assistance 10:00-Noon Baking Cookies ..... 10:00 <b>CENTER CLOSES AT</b> ..... 1:00	<b>20</b> Law of Attraction ..... 10:00
<b>23</b> Ugly Sweater Contest ..... 10:30	<b>24</b> Fun Facts About Christmas ..... 10:00 Mobile Library ..... 1:00	<b>25</b> <b>CHRISTMAS HOLIDAY</b>  <b>CENTERS CLOSED</b>	<b>26</b> <b>CHRISTMAS HOLIDAY</b>  <b>CENTERS CLOSED</b>	<b>27</b> <b>CHRISTMAS HOLIDAY</b>  <b>CENTERS CLOSED</b>
<b>30</b> Year in Review ..... 10:00	<b>31</b> Visit Health Partners ..... 10:00 2020 Resolutions ..... 10:00 Movie Matinee: While You Were Sleeping ..... 1:00	<i>The month of December</i>		

# WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

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

## Special Events & Daily Activities

### Book Club: Uncle Tom's Journey from

### Maryland to Canada by Edna Troiano

Led by a representative of Charles County Library, P.D Brown. Stop by the senior center to pick up your copy.

Wednesday, Dec. 18, 1:00 p.m. Fee FREE

### Deck the Halls

Festive music is in the air! We'll be making ornaments and decorating the WSRC Holiday Tree. Sponsored by the Waldorf Senior Center Council.

Tuesday, Dec. 3, 10 a.m. Fee: FREE

### Show Troupe

Join us as the Charles County Senior Show Troupe presents, Christmas Love. Laugh, tap your feet and be entertained as they bring in the Holiday spirit!

Wednesday, Dec. 11, 10:30 a.m. Fee: FREE

### Brrrr Bingo

Win non-cash, cold weather prizes and enjoy an afternoon of fun. Sponsored by the Waldorf Senior Center Council.

Wednesday, Dec. 11, 12:30 p.m. Fee: FREE

### Wear Your Holiday Sweater!

Nothing is quite as cozy as a holiday sweater. Let's spread some cheer on our final Monday at the center before Christmas. Group photo at 10:15 a.m.

Monday, Dec. 23, 10:15 a.m. Fee: FREE

### Chinese Take-Out

Let's ring in the new year with good fortune – cookies! Orders will be taken between 9 a.m.-10:30 a.m. with delivery set for Noon. Please bring cash to pay for your meal.



Monday, Dec. 31, Noon  
Fee: Your Order Amount

## Special Presentations

### Medicare Q & A

Korey Hunter will take the time to go over individual's questions regarding Medicare.

Monday, Dec. 2, 9:30 a.m. Fee: FREE

### Move Waste from your Waist

Why is weight resistant to coming off? Why is our waist a predictable measurement of life expectancy? Learn about the importance of waist size, and what you can do to take those inches off. Join Ann for an informative workshop that will empower you to improve and maintain good health. Register in the Program office by December 10.

Tuesday, Dec. 10, 10:30 a.m. Fee: \$15pp

### Classes

### Mixed Media w/ Pat

Pat Arnold assists with any media.

Tuesday, Dec. 3 & Dec. 17, 11:30 a.m.

Fee: \$5/class

### Open Studio Art

Space available to work on any media of art without instruction.

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

### Acey Duecy

Learn and play this popular game. Facilitated by Jesse Small.

Tuesday, Dec. 10, 10:30 a.m. Fee: FREE

### On-going Watercolors

Material list provided. Instructor: Pat Arnold.

Thursdays, 10 a.m. Fee: \$30/6-week class

### Services

### Charles County Mobile Library

The mobile library is a full-service library on wheels, with materials for check-out, free Wi-Fi and laptops for public use.

Wednesday, Dec. 11, 9:15 a.m. Fee: FREE

### Quality is the Cut

Master Melvin Barber and Mrs. Cobbins of Quality is the Cuts will be offering haircuts the 1st and 3rd Friday of each month. Please sign up for your appt. time in the lobby.

Fridays, Dec. 6 & 20, 9:30 a.m. – 1 p.m. Fee: \$5



### Watch Repairs

Vern Smith will be here to replace batteries and/or fix your watches.

Wednesday, Dec. 11, 9 a.m. – Noon

Fee: Cost of Service

### Highly Favored Massage

Revive and Rejuvenate chair massage with Linda. If you have pain, discomfort sore muscles or need to relax, this is the service for you. Please sign up at front table.

Friday, Dec. 13, 9 a.m. – 1 p.m.

Fee: \$0.75/minute

### Fitness

### Basketball Hoop Games

Open Gym games days are a time to have fun with friends is a non-competitive environment.



Games will include

Horse, Around the World and Knock-out. Stop by and learn a new game!

Thursday, Dec. 19, 10 a.m.

Fee: FREE

### Fitness Orientation

Mandatory before first use of fitness room. Registration Required.

Tuesday, Dec. 4, 2:30 p.m.

Fee: \$5

Wednesday, Dec. 18, 10 a.m.

Fee: \$5

### Walking Club

Begin each week with some fresh air and exercise.

Mondays, 9:15 a.m.

Fee: FREE

### Arthritis Foundation Exercise Program (AFEP)

This evidence-based exercise uses gentle movements that help increase joint flexibility, range of motion, and muscle strength.

Wednesdays & Thursdays 10 a.m. Fee: FREE

### Intro to Pickleball

For new players & beginners to learn the sport.

1st Thursday each month, 10:30 a.m.

Fee: FREE

### Pickleball for All

Pickleball combines many elements of tennis, badminton and table tennis. The rules are simple and easy for beginners to learn.

Tuesdays & Fridays, 10a.m.

Noon & Noon-2pm

Fee: Rec Pass

# 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.

# Winter Wonderland

Join us as we transform our Center into a Winter Wonderland? Musical entertainment will be provided by Ellis. Door prizes and raffles, too! Sponsored by Charles County Arts Alliance and Waldorf Senior Council. Pre-registration required.

**Thursday, Dec. 17, 10:30 a.m. • Fee: \$6/pp**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior I&A ..... 9:00am-2:00pm Zumba Gold ..... 9:15 Walking Club ..... 9:15 Double Deck Pinochle ..... 11:00 Spades ..... 11:00 Open GYM ..... 10:00am-3pm Chair Yoga ..... 2:00	Total Body Conditioning ..... 9:15 Pickleball for All ..... 10:00am-Noon, ..... Noon-2pm Line Dancing ..... 10:30 Card Games ..... 10:30 Tai Chi ..... 11:30 Yoga ..... 2:00	Senior I&A ..... 9:00am-2:00pm Flex & Stretch ..... 9:15 Yoga ..... 10:30 Bridge ..... 9:45 AFEP ..... 10:00 Card Games ..... 10:30 Card Games ..... 10:30 Open GYM ..... 10:00am-3pm	Total Body Conditioning ..... 9:15 Watercolors ..... 10:00 AFEP ..... 10:00 Open GYM ..... 10:00am-3pm Card Games ..... 10:30 Tai Chi ..... 11:30 Circuit Training ..... 1:00 Double Deck Pinochle ..... 11:00	Senior I&A ..... 9:00am-2:00pm Strength Training ..... 9:15 Dance Therapy Art ..... 10:00 Pickleball for All ..... 10:00am-Noon, ..... Noon-2pm Reconditioning Wellness ..... 1:00 Card Games ..... 10:30
<b>2</b> Medicare Q & A ..... 9:30 Bingo ..... 10:30	<b>3</b> Deck the Halls ..... 10:00 Mixed Media w/ Pat ..... 11:30 Inspirations ..... 12:30	<b>4</b> Fitness Orientation ..... 2:30	<b>5</b> Intro to Pickleball ..... 10:30 Bingo ..... 10:30	<b>6</b> Open Studio ..... 9:30 <b>Quality is the Cut ..... by Appt</b>
<b>9</b> Bingo ..... 10:30	<b>10</b> Inspirations ..... 12:30 Remove Waste from Your Waist ..... 10:30 Acey Duecy ..... 10:30	<b>11</b> Watch Repairs ..... 9:00 Mobile Library ..... 9:15 Show Troupe ..... 10:30 Brrrr Bingo ..... 12:30	<b>12</b> <b>JAYCEES CHRISTMAS PARTY</b> <b>CENTERS CLOSED</b>	<b>13</b> Open Studio ..... 9:30 Massage ..... by Appt
<b>16</b> WSC Council ..... 9:30 Bingo ..... 10:30	<b>17</b> Christmas Party ..... 10:30 Mixed Media w/ Pat ..... 11:30 Inspirations ..... 12:30	<b>18</b> Bingo ..... 10:30 Book Club ..... 1:00 Fitness Orientation ..... 2:30	<b>19</b> Basketball Hoop Games ..... 10:00 Bingo ..... 10:30 <b>CENTER CLOSES AT ..... 1:00</b>	<b>20</b> Open Studio ..... 9:30 <b>Quality is the Cut ..... by Appt</b>
<b>23</b> Holiday Sweater Photo .... 10:15 Bingo ..... 10:30	<b>24</b> Inspirations ..... 12:30	<b>25</b> <b>CHRISTMAS HOLIDAY</b>  <b>CENTERS CLOSED</b>	<b>26</b> <b>CHRISTMAS HOLIDAY</b>  <b>CENTERS CLOSED</b>	<b>27</b> <b>CHRISTMAS HOLIDAY</b>  <b>CENTERS CLOSED</b>
<b>30</b> Bingo ..... 10:30	<b>31</b> Chinese Take-Out ..... Noon Inspirations ..... 12:30	<i>The month of December</i>		

## Overcoming Barriers to Exercise: No More Excuses

Now is the time to be thinking about New Year's resolutions. Not waiting until December 31 or even January 1. Here are some helpful hints to get you moving in the right direction and make sure to plan time for exercise in the New Year.

**Finding time to exercise:** You may enjoy exercising in the morning or evening. Whatever you decide, plan to stay with it.

**Sticking with your exercise plan:** A fitness buddy will help you stay on track. Someone who you have shared interests with.

**Make exercise interesting and enjoyable:** Indoors or out, change up your routine and the scenery so you are not bored.

**Exercising without spending money. Increasing your energy:** Regular, moderate physical activity can help reduce fatigue and even help you manage stress. You may notice that you can do things more easily, faster, and for longer than before. Information provided by [www.Go4it.com](http://www.Go4it.com).

## 12 Days of Fitness

### Keeping you moving in the hustle of the Holiday!

For 12 days you are encouraged and given specific exercises to do IN ADDITION to your current workouts! Pick up a 12 Days of Fitness Holiday sheet at any Senior Center. Turn in your sheets **BEFORE** Christmas to enter your name in drawings for prizes!

Work out sheets will be available until December 17.

\*one per person

## Holiday Love

### Presented by the Charles County Senior Show Troupe

Laugh, sing and tap your toes as we bring in the Holidays full of Christmas Spirit!

**Dec. 4**

Center Stars- Clark Senior Center • 10:30 a.m.

**Dec. 9**

North Beach Senior Center • 10:30 a.m.

**Dec. 11**

Waldorf Senior & Recreational Ctr • 10:30 a.m.

**Dec. 16** Bowie Senior Center • 10:30 a.m.

**Dec. 18** Northern Senior Center • 10:30 a.m.

This is a heartfelt thank you to each of the Senior Show Troupe members for your support this holiday season.

## Meditation

### Close your eyes and take a breath...

That alone, can lower blood pressure and calm the body. Whether it is through praying, focusing on your breathing, listening to relaxing music or a guided meditation, these things can do wonders for your spirit. YouTube has many ideas and meditations that range from 20 minutes to an hour on focusing within. Yoga is moving meditation which focuses on breathing and concentration. Coloring a mandala or painting is also a great way to focus on the life we have inside.

**Guided Meditations will be held at the Clark Senior Center  
Friday, December 13 11:30 a.m. Drop-in • Fee: FREE**

## Aquatic Fitness

### Donald M. Wade Aquatic Center

January 6 – February 19

Mondays & Wednesdays

9:30 – 10:30 a.m.

\*No classes on Monday, January 20 & February 17 • Fee: \$35

### Lackey High School

January 7- February 20

Tuesdays & Thursdays

8:30 – 9:30 a.m. • Fee: \$40

You do not have to know how to swim to participate in these classes. It may be chilly out, but the water temperature stays about 83 degrees. There are many benefits of exercising in the water. The Aquatic Exercise Association reports that you can expect to burn 400 to 500 calories per hour when exercising in the water. It also offers 12 times the resistance of air, which helps improve muscle strength. You can use noodles or paddles/weights to add more resistance and to increase the intensity. People who have chronic pain can benefit because of the buoyancy and therefore, less stress is placed on joints. Please contact Debi Shanks 301-934-5423 for more information in trying out a class!

## Fitness News!!

### Welcome Nate Schultz!

You may have seen him instructing classes, as he is a familiar face and one you will begin to see more often. We want to give a formal WELCOME to Nate in his new role of Fitness Specialist for the Waldorf Senior & Recreational Center. Nate is available for questions you may have regarding health, wellness and getting in shape. He has plans to add classes to the Waldorf calendar, so keep your eyes open for the new listings. Be sure to stop in, say hello and offer best wishes for his new career path.

# SENIOR CENTER MENU

1% milk is offered with all meals.

## 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>2</b> Teriyaki chicken Fluffy rice Stir-fry Vegetables Whole Wheat Dinner Roll Mandarin Oranges Apple Juice	<b>3</b> Salisbury Steak with Gravy Mashed Potatoes Roasted Squash Whole Wheat Bread (2) Banana Orange Juice	<b>4</b> Chicken Parmesan Noodles Creamy Cucumber Salad Breadstick Peaches Cranberry Juice	<b>5</b> Shrimp and Chicken Gumbo Brown Rice Green Beans Biscuit Pears Grape Juice	<b>6</b> Sweet and Sour Pork Chop Bowtie Pasta Salad Broccoli Whole Wheat Bread (2) Applesauce Pineapple Juice
<b>9</b> Honey Lime Chicken Roasted Redskin Potatoes Spring Mix Salad Whole Wheat Bread (2) Apricots Orange Juice	<b>10</b> Chophouse Burger on Pretzel Bun Orange Glazed Carrots Party Harty Beans Pineapple Chucks Apple Juice	<b>11</b> Curry Chicken Brown Rice Green beans Naan Flatbread Tangy Cherry Salad Pineapple Juice	<b>12</b> <b>Jaycees Christmas</b> Sr. Citizen Christmas Party Waldorf Jaycees 10:30am-2pm  <b>No meals service at Senior Centers</b>	<b>13</b> Fish Sandwich with Cheese on Bun Roasted Baby Carrots Sweet Peas Citrus Salad Grape Juice
<b>16</b> Ginger Lime Chicken Mashed Sweet Potato Broccoli White Rice Apricots Apple Juice	<b>17</b> <b>Sr Ctr Christmas</b> Prime Rib Au Jus White Rice Asparagus & Roasted Tomatoes Dinner Roll Cooked Apples Chocolate Cake Grape Juice	<b>18</b> Lemon Pepper Tilapia Lemon Parsley Rice Green Beans Carrot Raisin Salad Peaches Fruit Punch Juice	<b>19</b> Meatballs Whole Wheat Spaghetti & Mozzarella California Blend Vegetables Breadstick Mandarin Oranges Grape Juice	<b>20</b> Chicken Cacciatore Cheesy Mashed Potatoes Fiesta Bean Salad Whole Wheat Bread (2) Applesauce Pineapple Juice
<b>23</b> Oven Fried Chicken Mashed Potatoes & gravy Stewed Tomatoes Cornbread Orange Slices Pineapple Juice	<b>24</b> <b>Centers Open</b> <b>No Meal Service</b>	<b>25</b> <b>Christmas Holiday</b>  <b>No Meal Service</b>	<b>26</b> <b>Christmas Holiday</b>  <b>No Meal Service</b>	<b>27</b> <b>Christmas Holiday</b>  <b>No Meal Service</b>
<b>30</b> Unstuffed Cabbage w/ Ground Turkey Roasted Sweet Potatoes California Blend Veggies Whole Wheat Dinner Roll Pineapple Chunks Apple Juice	<b>31</b> Tortilla Crusted Tilapia Brown Rice 5 Blend Veggies Breadstick Raisins Grape Juice			

## Charles County Luncheon Program

Available at Noon • Days Vary By Center

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

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

Nanjemoy Senior Center ..... Monday-Friday  
Waldorf Senior Center ..... Monday-Friday

For those days where potatoes, corn, beans, and/or peas are used for the starch component of the meal, an additional starch such as bread, crackers, or muffins will be available for those participating in the CACFP program.

*The month of December*

# 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. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

## Want to Make a Difference for Seniors

How about being a Board Member and get involved with advocating for the Senior Citizens of Charles County? Senior Services of Charles County, Inc. concentrates on the needs of senior citizens here in Charles County. The group provides funds used to enhance their quality of life, support their independence and encourage involvement for older adults in and with the community. Fundraising consist of community Bingo's, grant application and Friends Mail-Out Campaign. Board members are needed to help support this organization's ongoing projects. The board meets on the second Tuesday of each month at 9 a.m. at the Clark Senior Center, excluding August and December.

## TRIPS! Senior Services of Charles County, Inc.

### Alaska Cruise Tour

**Sunday, May 24 – Wednesday, June 3, 2020**

Cruise to Alaska, spend 11 days and 10 nights on a breathtaking journey that you will never forget. Sites include Anchorage, Hubbard Glacier, Glacier Bay National Park, Prince William Sound and so much more. Trip includes two days and nights in Alaska with sensational views. Nights 4 through 10 on board the Coral Princess. Per person double occupancy prices range from \$3,863 to \$4,733 and includes roundtrip air from Baltimore, cruise, lodge accommodations and fees. Deposit due now \$630 pp double or \$1,260 pp single. Final balance is due by February 10, 2020.



## Venice to Rome with Oceania Cruises

**Sunday, Oct. 25 – Wednesday, Nov. 4, 2020**

All aboard cruise enthusiasts! Get your passport in order and pack your bags (include your apron!) Spend 11 days and 10 nights on board Oceania Cruises' the Marina. Departing Venice cruising to Rome with stops in Split and Dubrovnik Croatia, Crete (Greece), Ephesus (Turkey), Santorini (Greece) Katakolon (Greece), Messina (Sicily), Naples/Pompeii (Italy) and the final stop in Rome, Italy. Fares vary depending on cabin selection (all cabins have a Balcony or a Veranda). The cruise includes prepaid gratuities and unlimited internet, plus your choice of one of the following: Six free shore excursions; free \$600 shipboard credit; or free alcoholic beverage package (beer, wine, champagne with lunch and dinner.) The cruise will be escorted by Grand American Cruise and Tours and will also feature Master Chef Jacques Pepin.



There is a shore excursion or two with Chef Pepin! Per person double occupancy prices range from \$5,550 to \$5,950 and includes roundtrip air from Baltimore, cruise, port charges, fees, taxes and transfers. Departs Baltimore on Oct. 24, 2020. Initial deposit of \$850 due soon. Final balance is due by June 19, 2020. Book early to get the best choice in cabins.

**For the above trips: Make checks payable to Senior Services of Charles County, Inc. Mail payment to Suzanne Carr, 12944 Waldorf Forest Rd., Waldorf, MD 20601. Please contact Suzanne Carr at 301-645-5203, for reservations, a copy of the cruise flyer or more information. Additional trip insurance may be available upon request.**