

The SCOOP

Charles County's Senior Center News



DECEMBER 2023
www.CharlesCountyMD.gov

Welcome to the Charles County Senior Centers!

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

Meet the Team!

Director of Community Services, Dina Barclay

Chief of Aging, Lisa Furlow

Centers Administrator, Beth Fiske

Senior Center Supervisor, Elizabeth Phipps

Health Promotion and Physical Fitness Coordinator, Deborah Shanks

Aging & Disability Resource Center Coordinator, Desiree Hodgson Williams

Nutritionist, Charity Haynes

Come Visit!

Richard R. Clark Senior Center

1210 Charles St., La Plata, MD 20646 • 301-934-5423

Open 9 a.m. to 4 p.m., weekdays • Coordinator: Janice Hamby

Indian Head Senior Center

100 Cornwallis Sq., Indian Head MD, 20640 • 301-743-2125

Open 9 a.m. to 3 p.m., Mon./Wed./Fri • Open 9 a.m. to 4 p.m., Tues. & Thurs.

Coordinator: Cynthia Simmons

Nanjemoy Senior & Community Center

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

Open 8:30 a.m. to 4:30 p.m. (Senior Room open 9 a.m. to 3 p.m. only), weekdays.
Coordinator: Rachel Gould

Waldorf Senior and Recreational Center

90 Post Office Rd., Waldorf, MD 20602 • 240-448-2810, ext. 1

Open 9 a.m. to 4 p.m., weekdays • Coordinator: Ariana Shanks

Senior Center Eligibility Requirements

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



Happy Holidays

J.R.R. Tolkien, author of ***The Hobbit*** wrote "All we have to decide is what to do with the time that is given us". December is the season for self-reflection of experiences both joyful and heartfelt. We also ponder plans for our future. As 2023 closes, I hope it brought engaging opportunities and friendships while spending time at your senior center. From all the Senior Center staff, let the New Year find you trying new programs while nurturing your desire to live and age well. Maybe even pick up ***The Hobbit*** and enjoy the adventure. Your senior centers offer some many unique programs and events, please take time to enjoy and enrich your day.

Many of you already know my plan for 2024 is retirement. I have been blessed and enriched by my interactions with each senior. There is no doubt that the welcoming, creative and innovative environment of our senior centers will continue to foster healthy aging through programs that support independence, well-being, and self-expression. With my retirement brings the exciting announcement that Elizabeth Phipps will be the new Centers Administrator starting in 2024. In her capacity as Senior Center Supervisor, Liz has committed daily to the success of our senior centers, forecasting a vision of abundance. She is innovating with programming ideas, holds multiple leadership positions, and supports the growth of all those around her. We know she will thrive in this new role, and we are excited to see the great work she will continue to do for the Charles County Senior Centers.

- Beth Fiske

Holiday Closure



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

Friday, December 22 for the Christmas holiday

Monday, December 25 for the Christmas holiday

Tuesday, December 26 for the Christmas holiday

You can now get digital access to the SCOOP by scanning this QR code!

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

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

Council News for December Sponsored/Hosted Activities & Events

Clark Senior Center
Christmas at Our House

Indian Head Senior Center
All Clubs
Crazy Holiday Gift Party
Piano Bar

Nanjemoy Senior & Community Center
Council Evening Bingo
Fundraiser

Waldorf Senior & Rec Center
Bingo



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



Annual Jaycee's Christmas Party

Thursday, December 14, 10:30 a.m. – 2 p.m.

Charles County seniors, age 60 and older, are invited to attend this annual celebration with delicious food and fellowship. Entertainment will be provided throughout the event. Please bring canned food items to share with needy families. Admission is FREE, but tickets are required and are available on a very limited basis. Senior Centers will distribute tickets beginning Tuesday, November 14. This event is open to Charles County Seniors Only. Located in the Waldorf Jaycees Community Center and sponsored by the Greater Waldorf Jaycees.



What is an "Ugly Sweater"?

The "ugly sweater" concept refers to the trend of wearing intentionally unattractive or tacky sweaters during the holiday season. These sweaters typically feature bold and garish designs, often incorporating kitschy holiday motifs such as reindeer, snowflakes, or Santa Claus.

It's hard to say who invented the first ugly Christmas sweater. As a matter of fact, we can presume that ugly sweaters were designed with the original intention of being fashionable. It's only because of ever-changing fashion trends that sweaters once deemed acceptable are now considered ugly.

As a clothing item, ugly sweaters were often featured on situation comedies in the 1980s. They were mostly cardigans, buttoned down the front. The Christmas theme entered around the same time, with the first mass-produced Christmas garments being made under the name of "jingle bell sweaters" during the 1980s as well.

While no one may want to take the credit for ugly clothes, this tacky kind of holiday cheer has become a widespread festive tradition. The city of Vancouver claims to be the birthplace of the ugly sweater party after hosting an event in 2002. Every year since, the Original Ugly Christmas Sweater party has been held at the Commodore Ballroom, where the dress code ensures an ugly sweater affair.

Information from <https://www.thoughtco.com/the-ugly-christmas-sweater-1992591>.

Caregivers Corner

Memory Loss Among Caregivers

Subjective cognitive decline (SCD) is defined as self-reported memory problems that have been getting worse over the past year. A new CDC study found that about 1 in 8 unpaid caregivers who are 45 or older has SCD.

Millions of adults could not maintain their independence without the support of unpaid caregivers. As the older adult population continues to increase, caregivers will be relied on more than ever to provide support to family members and friends.

Caregiving often requires cognitive accuracy. Caregivers help manage household tasks, such as finances, cleaning, and preparing meals and help with personal tasks, such as managing medications, feeding, dressing, or bathing.

SCD and other health conditions may affect a caregiver's ability to provide care for their family and friends, including their ability to manage appointments and medicines.

Caregivers can help reduce their risk for memory loss by making positive lifestyle choices. These choices include being physically active, eating healthy meals, getting enough sleep, drinking alcohol in moderation, and not smoking.

To avoid creating more stress for themselves, caregivers can make these changes gradually. For example, getting an additional 30 minutes of sleep at night, getting an annual physical exam, or simply taking a walk every day may make a big difference in cognitive health. Caregivers should talk to a medical professional if they feel their memory is changing or getting worse.

Information from the CDC.



Are You Living with Type 2 Diabetes?

Local study is looking for participants!

Are you an older adult living with Type 2 diabetes? We are conducting a Johns-Hopkins approved survey to better understand if and how family, friends, neighbors, and health care professionals are involved and connected in your care. The survey is a 1–2-hour session and can occur either 1) in your home, 2) by Zoom, 3) on the phone, or 4) on-campus at the JH School of Public Health. As a "thank you," participants receive a \$30 Target or Walmart gift card in the mail. If you are interested, please give us a call at the study phone number: 443-885-0842.

Calling all Cornhole Players!

Playing cornhole may not be strenuous in nature, but there are so many benefits for people of all ages and generations. This popular game involves throwing bean bags at a raised platform with a hole in it, trying to land them in the hole or on the platform to earn points.

Advantages of playing cornhole include:

1. Competition. This fun game can be played for leisure, but it can also be competitive. Competition helps us challenge ourselves, improve our skills and meet other players.
2. Socializing. The game is played in teams, so we can meet others.
3. Exercise. Playing cornhole may not be physically demanding, but moving around the playing field and throwing beanbags helps with light cardio and strength.
4. Relaxation. Cornhole is a game that does not require a ton of mental energy, so players are able to focus on having fun.

Information from cornholeaddicts.com.

You can come play Cornhole at the Waldorf Senior & Rec Center! Cornhole boards are set up for play on Mondays and Fridays at 1 p.m. Also, join us on Wednesdays at 2 p.m. at the Clark Senior Center.



Meals on Wheels Drivers Needed

Charles County Meals on Wheels, Inc. is currently looking for volunteers to deliver hot and frozen meals to home-bound seniors between 10am and 2pm on weekdays throughout Charles County. Training will be provided. If you are interested in helping us with this important service please contact the Charles County Meals on Wheels office at 301-392-6325 or email ccmealstrp@comcast.net for more information.



Central Registration

It's time for the senior centers to update Central Registration for 2024. Donations received are placed back into programs to benefit your Centers. To register, you must live in Charles County, and you or your spouse must be 60 years of age or older. For details, please visit your center. Renew your membership at any of the four senior centers.

Sister Centers

Exploring programming opportunities across all Charles County Senior Centers.

Often, we are asked why one senior center offers a program that another one does not. The answer is, we are "sister" centers! We strive to offer a variety of programs at each center that are of interest to the seniors who attend that location. With this same idea, when we do offer the same programs across the county, each center has something a little different than its sister centers.

Guitar

Calling all music lovers! We have two Guitar Club opportunities for you to participate in!

- At the Clark Senior Center, a group of guitar playing seniors meet Tuesdays & Fridays at 10 a.m. This group has playing experience and collaborate on songs.
- At the Waldorf Senior & Rec Center, our group of guitar playing seniors meets Mondays at 10 a.m. and Thursdays at 1 p.m. This group is great for beginners.

Gospel Choir

Warm up those vocal cords and share your gift of song by joining a Gospel Choir. We have two Gospel singing opportunities for you to participate in!

- At the Clark Senior Center, their Gospel Choir meets weekly on Wednesdays at 2 p.m. This group of talented singers performs at various senior centers throughout the year.
- At the Indian Head Senior Center, the Gospel Group meets various Monday afternoons for a leisurely gathering of fun singing and praises.

**3 REASONS
TO CREATE AN
ACCOUNT AT
MEDICARE.GOV**



- Print your Medicare card.
- View claims as soon as they are available.
- Check your enrollment status to be sure you are in the correct plan and not incorrectly enrolled in hospice.



877.808.2468
SMPRESOURCE.ORG
SUPPORTED BY GRANT # 90MPRC0002 FROM ACL

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 18th at your local Senior Center.

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

New to Medicare Class

Are you turning 65? Getting ready to retire? Receiving Social Security Disability for two years? Caring for a Medicare-eligible family member and now faced with the ABCs of Medicare? Are you overwhelmed by the tv advertisements and mass amounts of Medicare literature from multiple insurance companies? Your local State Health Insurance Program (SHIP) can help navigate all parts of Medicare, review benefits, and find available resources.

12.13.23 | 2 PM - ABCD's of Medicare

**Location: Waldorf West Library – 10405 O'Donnell Pl.,
Waldorf, MD 20603 | Phone: 301-645-1395**



Attention Medicaid Beneficiaries

Important Changes coming... Did you turn 65 during the pandemic and currently have health coverage through Medicaid? If so, you may soon need to take steps to find out if you can continue your coverage. States have resumed Medicaid eligibility reviews for those aged 65+ and Medicare eligible. This means some people with Medicaid could be disenrolled. 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 recertification form or apply for the Qualified Medicare Beneficiary (QMB) program. If you get a form, fill it out and return it to your local Department of Social Services, right away. This may help to avoid a gap in your coverage.

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 2024 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



Ask SHIP:

What is the Medicare & You handbook? How can I get one?

Medicare & You is a handbook published by Medicare each year. It explains Medicare-covered services and the costs associated with Original Medicare for the coming year. Each Medicare beneficiary is mailed a copy of Medicare & You in the early fall, regardless of whether they have Original Medicare or a Medicare Advantage Plan. If you did not receive one, you can call 1-800-MEDICARE to request a copy. You can also download a general version of the handbook at www.medicare.gov.

Contact your State Health Insurance Assistance Program (SHIP) with questions, at 301-609-5712 (La Plata area residents) or 240-448-2816 (Waldorf area residents) if you have more questions.



Legal Aid

Dec 5th and Jan 9th

By appointment **only** at the Richard Clark Senior Center, contact **301-609-5712** to schedule.

CLARK SENIOR CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Christmas Ornament Craft

Participants will decorate their own ceramic ornament with paint, decals, & mod podge. Space is limited, please sign up.

Friday, Dec. 1, 10 a.m. Fee: FREE

Safe Driving As We Age

This is a free driver safety presentation by MVA's Highway Safety Office. Age alone does not make us unsafe drivers; however, all drivers should be aware of the risks.

Tuesday, Dec. 5, 11 a.m. Fee: FREE

Heart Smart Education

Always make your health your priority! Join Community Health specialist, and Registered Dietician, Projya B. Aakash, to discuss how to make "Heart Smart" food choices.

Thursday, Dec. 7, 10:30 a.m. Fee: FREE

Getting Started with WhatsApp

During this hands-on workshop, you will learn how to download WhatsApp, a very popular messaging app. You'll practice sending messages and photos to your contacts, and how to make a voice or video call. Space is limited, please sign up.

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

A Blues Christmas Party

Enjoy a delicious lunch with dancing to music provided by the Steve Potter Blues Band! Sign up and pay in the program office by Dec. 12. **"A Blues Christmas" is sponsored by the CCAA grant.**

Tuesday, Dec. 19, 10:30 a.m. Fee: \$5/60 & over, plus a lunch donation, \$7/59 & under.

Ongoing Programs

Charles County Mobile Library

Visit the Charles County Mobile Library, located within our center.

Tuesday, Dec. 5, 10 a.m.- Noon Fee: FREE



Beginners Jewelry Class

Mary Hemmingway will help you create beautiful pieces of beaded jewelry. No experience necessary. Class size limited, please sign up!

Wednesday Dec. 6 & 20, 10 a.m. Fee: FREE

Book Club

Led by Nancy Marquardt, Charles County Public Library.
The Exiles by Christina Baker Kline.



Thursday, Dec. 7, 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.

Thursday, Dec. 7, 11:30 a.m. Fee: FREE

Widow to Widow Support Group

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

Monday, Dec. 11, 1 p.m. Fee: FREE

Free Lunchtime Music with Will!

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

Tuesday, Dec. 13, 11:30 a.m. Fee: FREE

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

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

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

get motivated

FITNESS

Health & Fitness

Clark Center Fitness Room Orientation

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

Wednesday, Dec. 6 & 20, 10 a.m. Fee: \$5

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

Flex & Stretch

Walk away feeling amazing with gentle movement, stretching, and specific exercises. This class can be done in a chair or on the mat. All exercise levels welcome.

Tuesdays, 10 a.m. Fee: Fitness Card

Thursdays, 1 p.m. Fee: Fitness Card

Arthritis Foundation Exercise Program (AFEP)

This class focuses on range of motion and gentle exercise for all types of arthritis. Seated and standing exercises done with the use of light weights and therabands.

Wednesdays, 1 p.m. Fee: FREE

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



CHRISTMAS AT OUR HOUSE

Come help us decorate the Christmas Tree, while listening to festive holiday music and enjoying some holiday snacks.

Wednesday, Dec. 6, 9:30 a.m.

Fee: FREE



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 & Puzzles9:30 2N1 Social Club.....10:00 Duplicate Bridge10:00 Primetimers2:15 Fitness	Billiards.....9:30 Quilting Class.....9:30 Coloring & Puzzles9:30 Guitar10:00 Cards & Games10:00 Stained Glass12:00 Fitness	Billiards.....9:30 Sewing Room OPEN9:30 Crochet/Knitting.....9:30 Coloring & Puzzles9:30 Mah Jong10:00 Cards & Games10:00 Fitness	Billiards.....9:30 Sewing Room OPEN9:30 Coloring & Puzzles9:30 Lunch12:00 Reflections.....1:00 Fitness	Billiards.....9:30 Project Linus9:30 Coloring & Puzzles9:30 Open Paint Session10:00 Guitar10:00 Lunch12:00 Fitness
Total Body Conditioning.....9:00 Pilates.....10:00 Yoga Flow.....11:00 Drums Alive1:00	Spiritual Enrichment.....1:00 Fitness Strength Training.....9:00 Flex & Stretch.....10:00 Zumba11:30 Line Dance1:00	Pokeno11:00 Lunch12:00 Powder Puff Billiards.....1:00 Gospel Choir.....2:00 Fitness Basic Fitness Training9:00 Yoga10:30 Chair Yoga11:30 AFEP1:00	Strength Training.....9:00 Step Plus.....10:00 Zumba11:30 Flex & Stretch.....1:00	Core & More.....9:15 Total Body Conditioning.....10:15 AFEP11:30 Gentle Stretch12:00 Circuit Training.....1:00 Line Dance2:00

HAPPY HOLIDAYS

Happy Holidays!

4 No Pilates, Drums Alive, or Primetimers Today	5 Mobile Library10:00 Safe Driving as we Age. ..11:00	6 Christmas at Our House .10:00 Beginners Jewelry.....10:00 Fitness Orientation10:00 Diabetes Program10:00 Cornhole.....2:00	7 Heart Smart Education .10:30 Grocery Distribution11:30 Book Club.....1:00	1 Christmas Ornament Craft10:00 Hand & Foot Canasta ...10:00
11 Widow to Widow1:00	12 Hand & Foot Canasta10:00	13 Getting Starter with WhatsApp10:00 Diabetes Program10:00 Lunchtime Music with Will11:30 Council Meeting1:00 Cornhole.....2:00	14 JC's Christmas Party  All Centers Closed	8 Project Linus Meeting.....10:00 Senior Centers are closing at 12 p.m. today.
18 Drums Alive1:00	19 A Blues Christmas Party10:30	20 Beginners Jewelry.....10:00 Fitness Orientation10:00 Diabetes Program10:00 Cornhole.....2:00	21 Reflections.....1:00	22 Christmas Holiday  All Centers Closed
25 Christmas Holiday  All Centers Closed	26 Christmas Holiday  All Centers Closed	27 Diabetes Program10:00 Caregivers Support Group2:00 Cornhole.....2:00	28 Step Plus.....10:00	29 Circuit Training..... 1:00

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

**Outdoor programs will be canceled due to inclement weather or the feel like temperature is 40 degrees or lower.*

**Indian Head Village Green -
100 Walter Thomas Rd, Indian Head, MD**

Program Highlights

Deck the Halls- Ole Tyme Christmas

Join in the fun as we turn the center into a Christmas wonderland.

Friday, Dec. 1, 11 a.m. Fee: FREE
Monday, Dec. 4, 9 a.m. Fee: FREE
Tuesday, Dec. 5, 9 a.m. Fee: FREE

Line Dancing w/Brittany

Popular dances just in time for the Holidays.

Tuesday, Dec. 5, 2 p.m. Fee: Fitness Card

Cybersecurity Basics

This workshop is designed to build your confidence when visiting a website, creating passwords and responding to emails. This workshop is hosted by Charles County Public Library. Registration is required and space is limited. See staff or register at <https://ccplonline.libnet.info/event/9101164>.

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

Solo Aging – Home Upkeep

When do you re-caulk, when do you change the filter, when do you need a professional? Are these questions that keep you up at night. Join Alvin Stewart from Rebuilding Charles County for answers and more.

Thursday, Dec. 7, 11 a.m. Fee: FREE

Crazy Holiday Gift Party

You will laugh until your sides hurt. Join the Council for a crazy game of gift giving. Must sign up with Staff before December 13th.

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

Ongoing Programs

Bingo

Fridays, Dec. 1 & 29, 9:30 a.m. Fee: nickel/card
Mondays, Dec. 4 & 18, 9:30 a.m.
Fee: nickel/card

Senior Tech

Friday, Dec. 8, 11 a.m. Fee: \$1

Project Linus/Sewing 101

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

Mondays, Dec. 11 9:30 a.m. Fee: FREE

Information & Assistance w/ Julie

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds. Make an appointment by calling 301-934-6737.

Tuesday, Dec. 12, 9:30 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

Wednesdays, Dec. 13 & 27, 10 a.m. Fee: FREE

Diabetes Prevention Program (DPP)

Facilitators, Palon Moon and Spencer Barry. Sponsored by CCHD and CRMC.

Friday, Dec. 15, 10:30 a.m. Fee: FREE

Gospel Group

Love to sing. Join our Mary for some fun.

Monday, Dec. 18, 1 p.m. Fee: FREE

Book Club: Santa's Little Yelpers

by David Rosenfelt

Wednesday, Dec. 27, 1 p.m. Fee: FREE

FITNESS

Health & Fitness Programs

Fitness Orientation

Required to use fitness equipment. Sign up with Staff.

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

Tai Chi for Arthritis II

This tai chi class is held outside for students who practice the 41 movements.

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

Dance Fit w/ Sha'Meca

Dance your way into weight loss, strong bones, better posture and balance.

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

Tai Chi for Arthritis Beginner's Class

Tai Chi for Arthritis using Sun style Tai Chi, focusing on muscle control, stability, balance, and flexibility.

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

AFEP (Arthritis Foundation Exercise Program)

A low-impact exercise program focusing on range of motion while reducing stiffness.

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

Mobility & Balance w/ Nieda

Join Nieda incorporates functional movement for every-body!

Tuesdays, 9:15 a.m. Fee: Fitness Card

Eat Well/Move Well

Holiday edition.

Tuesday, Dec. 19, 1:30 p.m. Fee: FREE

Fitness w/ Nate

Exercises to promote strength.

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

Fitness Surprise

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

Fitness w/ Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

Kettlebell Training w/ Lamont

Challenging but geared for seniors, this class is all about staying strong and agile.

Thursdays, 2:15 p.m. Fee: Fitness Card

Seated Yoga

Enjoy your practice with Nieda.

Fridays, 9 a.m. Fee: Fitness Card

Community Programs

Mobile Market

Wednesday, Dec. 27, 11 a.m. Fee: FREE

Signing Christmas Carols

Join Sign Language Instructor, Patty Whitney for two days of learning how to sign popular carols. Space is limited, see Staff.

Monday, Dec. 4, 1 p.m. • Fee: \$5 or \$7 both days

Tuesday, Dec. 5, 9:30 a.m. • Fee: \$5 or \$7 both days



INDIAN HEAD SENIOR CENTER

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

Hours: 9 a.m.–3 p.m., Mon./Wed./Fri
9 a.m. to 4 p.m., Tues. & Thurs.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room 9:00 Billiards/Cards 9:00 Tai Chi for Arthritis II 9:00 Dance Fit w/Sha'Meca 10:30 Tai Chi for Arthritis Beginner's Clas 1:00	Fitness Room 9:00 Billiards/Cards 9:00 Mobility & Balance w/ Nieda 9:15 AFEP 11:15	Fitness Room 9:00 Billiards/Cards 9:00 Tai Chi for Arthritis II 9:00 Fitness w/Nate 10:15 Fitness Orientation 2:00	Fitness Room 9:00 Billiards/Cards 9:00 Fitness Surprise 9:30 Canvas Painting 11:00 AFEP 11:15 Fitness w/Lamont 1:00 Kettle Bell Training 2:15	Cards 9:00 Seated Yoga 9:00 Fitness Room 10:30 Billiards 10:30 Tai Chi for Arthritis Beginner's Clas 1:00
				1 Bingo 9:30 Deck the Halls 11:00
4 Deck the Halls 9:00 Bingo 9:30 National Sock Day 12:45 Signing Christmas Carols 1:00	5 Deck the Halls 9:00 Signing Christmas Carols 9:30 Line Dancing 2:00	6 Cybersecurity Class 10:00	7 Solo Aging – Home Upkeep 11:00 No AFEP	8 Senior Tech 11:00 Senior Centers are closing at 12 p.m. today.
11 Project Linus/Sewing 101 9:30	12 Info & Assistance w/ Julie 9:30 Pastor Chris & Friends 1:00 Poetry Club 2:30	13 Widow & Widower Support 10:00 Holiday Games 1:00	14 JC's Christmas Party  All Centers Closed	15 DPP 10:30
18 Bingo 9:30 Gospel Group 1:00	19 Crazy Holiday Gifts Party 10:30 Eat Well/Move Well 1:30 No AFEP	20 Holiday Movie 11:00	21 Holiday Games 10:30 Grocery Distribution 11:30	22 Christmas Holiday  All Centers Closed
25 Christmas Holiday  All Centers Closed	26 Christmas Holiday  All Centers Closed	27 Widow & Widower Support 10:00 Mobile Market 11:00 Book Club: Santa's Little Yelpers 1:00	28 Piano Bar 10:45 No Fitness Classes	29 Bingo 9:30

Piano Bar – End of the Year Get Together

A chance to dress up as we close out the year. Enjoy music from the baby grand played by Sue Sharp. Give your song list to staff and plan to sing along to the music we enjoyed throughout the years. Sparkling cider, mocktails and appetizers will be available. **Sponsored by the Indian Head Senior Center Council.**

Thursday, Dec. 28, 10:45 a.m. • Fee: Generous Donation



NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

Holiday Makeup Tutorial

Learn tips and tricks on how to perfect a holiday makeup look. Skills include soft sculpting with contour and highlight, and evening eye techniques.

Wednesday, Dec. 6, 1 p.m. Fee: FREE

White Elephant Nickel Bingo

What could be more fun than nickel bingo? How about White Elephant nickel bingo. All the thrill of winning prizes and stealing presents. Participants should bring one wrapped gift valued at \$10 for the event.

Thursday, Dec. 7, 12:45p.m.

Fee: 5¢ per card & \$10 value wrapped gift

Deep Launching Holiday Resource Day

Deep Launching, Inc. is a 501(c)3 organization that provides aid to underprivileged families. They will be facilitating a Holiday Resource Day giving away toys, household items, clothes, toiletries and more. The distribution is free. If you are interested in volunteering to help with this event, please contact the center at 301-246-9612.

Saturday, Dec. 9, 12-3 p.m. Fee: FREE

Holiday Appetizers

Learn to make and taste 3 holiday appetizers. Best of all, no cooking required!

Tuesday, Dec. 12, 1 p.m. Fee: FREE

Diabetes 101

This class is facilitated by the University of Maryland Charles Regional Medical Center. Learn about the basic principles of managing diabetes, insulin administration, and glucometer teaching.

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

Ongoing Programs

Artistic Aesthetics

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

Mondays, 1:00 p.m.

Pizza Pan Grinches, Dec. 4, Fee: \$4

Casual Crafting, Dec. 11,

Fee: \$5 for week access to center crafting materials

Can Santa, Dec. 18, Fee: FREE

I&A Services

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds, for additional assistance, by making an appointment. See Staff or call 301-934-6737 for an appointment.

Thursday, Dec. 21, 9:30 a.m. Fee: FREE

Health & Fitness Programs

Tai Chi for Arthritis

Mondays, 11 a.m. Fee: FREE

Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m. Fee: FREE

Core Fitness

Core work, muscle work, and flexibility.

Tuesdays, 11:15 a.m. Fee: Fitness Pass

Arthritis Foundation Exercise Program (AFEP)

Wednesdays & Fridays, 11 a.m. Fee: FREE

Total Body Conditioning

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

Thursdays, 11 a.m. Fee: FREE

Community Programs

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

Billiard/Game Room

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

Fee: FREE

Computer Lab

Print, copy, fax services available.

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

Fee: 10¢ per side.

Fitness Room

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

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

Fee: FREE

Narcotics Anonymous

Tuesdays, 3 p.m. - 4 p.m.

Shop the Rack - Community Closet

New and gently use clothing items for free.

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

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

WIC Services

Fridays, Dec. 1, 15, & 29, 9 a.m.-4 p.m.

Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

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

Mobile Food Market

Maryland Food Bank distribution. Fresh and shelf-stable pantry items.

Wednesday, Dec. 20, 10 a.m.

Fee: FREE - While supplies last

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Dec. 28, 11:30 a.m.

Fee: FREE - While supplies last



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 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness Tai Chi.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Coloring Group9:00 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Flex & Stretch.....10:00 Core Fitness11:05	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP11:00 Walking Club1:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness Total Body Conditioning.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Shop the Rack8:30 Lunch12:00 Senior Tech Appts.....8:30 Lunch12:00 Coloring Group9:00 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP11:00 Walking Club1:00

HAPPY HOLIDAYS

Happy Holidays!

4 Senior Council Meeting10:00 Artistic Aesthetics: <i>Pizza Pan Grinches</i>1:00 <u>Community Program</u> Christmas Tree Lighting Concert6:00	5 Shop the Rack1:00	6 Holiday Makeup Tutorial .1:00	7 White Elephant Nickel Bingo12:45	1 <u>Community Program</u> WIC Services9:00 AFEP Canceled
11 Fresh Conversations10:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	12 Holiday Appetizers1:00	13 AFEP11:00	14 JC's Christmas Party  All Centers Closed	8 Deep Launching Holiday Resource Day Tomorrow, 12/9, 12 p.m. to 3 p.m. Senior Centers are closing at 12 p.m. today.
18 Artistic Aesthetics: <i>Can Santa</i>1:00	19 <u>Community Program</u> Mobile Library10:30	20 <u>Community Day Programs</u> Mobile Food Market10:00 Diabetes 10110:00	21 I&A Services9:30	15 <u>Community Program</u> WIC Services9:00 Raffle Basket Drawing2:00 AFEP Canceled
25 Christmas Holiday  All Centers Closed	26 Christmas Holiday  All Centers Closed	27 Walking Club1:00 AFEP Canceled	28 <u>Community Program</u> New Hope Food Distribution .11:30	22 Christmas Holiday  All Centers Closed
				29 <u>Community Program</u> WIC Services9:00 AFEP Canceled

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest **SCOOP** online!

Program Highlights

Christmas Tree Craft Competition

Calling All Sewers, Painters, Crafters, and More! Last year we won the Ugly Christmas Sweater contest and this year it is time to reclaim our Winner title! Stop by the art room during open hours to add to our Center's Wooden Christmas Tree! We are competing against the other senior centers and the winner will be chosen at the Jaycee's Christmas Party. Happy Crafting!

Coffee House: Peppermint Mocha Coffee, Chocolate Chip Cookies & Poetry

Come enjoy some freshly baked chocolate chip cookies with a specialty made Peppermint Mocha Coffee while listening to holiday poetry presented by local poets. Pre-registration required for chocolate chip cookies and peppermint mocha coffee.

Friday, Dec. 1, 11 a.m. Fee: Donation

Ceramics Painting

We are stocked with a variety of holiday themed ceramics! Come paint what you desire.

Mondays, Dec. 4 & 18, 10 a.m., Fee: varies per project.

Christmas Party at the Jaycee's

See Pg. 2 for details

Thursday, Dec. 14, 10:30 a.m.-2:30 p.m.

Fee: FREE, ticket required.

Karaoke

During lunch let's belch out some tunes as we gear up for Christmas! We will be playing Christmas Hits while the lyrics play out on the television. Let's get in the spirit!

Friday, Dec. 15, 12 p.m. Fee: FREE

Christmas Lunch

Don't forget to sign-up for our yummy Christmas Lunch! We will be having local musicians, Lauren & Jack, perform for us while we enjoy our meal.

Must sign up by 10 a.m. on Monday, Dec. 18.

Tuesday, Dec. 19, Noon

Fee: Suggested Donation of \$3

New Years Breakfast Club

Come join us for a hot breakfast & help us toast to the New Year with a Mocktail Mimosa! Menu items include: 2 4-inch waffles, 2 slices of bacon or sausage, 4oz of banana slices, 1 scrambled egg, mocktail mimosa. Additional meat, eggs, or waffles are 50 cents per item. Registration is required by Thursday, December 21.

Thursday, Dec. 28, 9:30 a.m. Fee: \$4

Crafter's Corner

Come join other crafters and enjoy your time making your own special pieces of art. This is a self-run timeslot for all crafters.

Thursday & Friday, 1 p.m. Fee: FREE

Ongoing Programs

Poetry Club

Join the Poetry Club at the Waldorf Senior Center! Local poets come together to share their beautiful pieces of work with others. Don't have poetry to read? That's ok! Come to listen to their powerful words.

Friday, Dec. 1, 11 a.m. Fee: FREE

Prayer Group

We are praying at the Center! All are invited to join our new Prayer Group.

Tuesday, Dec. 5 & 12, 10 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose. *Date Change*

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

Mobile Library

Pop-up library services include Wi-Fi access, library card services, printing/copier services, crafts to go, and more! Located in the parking lot.

Tuesday, Dec. 12, 9 a.m. Fee: FREE

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome! Please Note: Date falls on second Tuesday for this month.

Tuesday, Dec. 12, 11 a.m. Fee: FREE

Jewelry Club

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

Wednesday, Dec. 13, 10 a.m. Fee: \$3/pp

Book Club

Join fellow members to discuss this month's book, A Christmas Carol by Charles Dickens.

Friday, Dec. 15, 1 p.m. Fee: FREE

Guitar Club

Do you own a guitar and are looking for a fun place to jam out with friends? If yes, then you will find the perfect club! Bring your guitar to the center and play some tunes while learning new skills from peers.

Mondays, 10 a.m. & Thursdays, 1 p.m.

Fee: FREE

Basic Sewing

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

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

Cornhole

Did you know that playing cornhole can help you remain active, and help with depth perceptions, coordination, balance, and hand-eye coordination? Well, now you do! Come join us for a game of cornhole.

Monday & Friday, 1 p.m. Fee: FREE

Leather Crafting

Join Tim Richardson and learn about the art of leather crafting, while creating beautiful leather accessories. Please bring your own leather. Crafting tools provided. Limited to 6 participants, pre-registration required.

Tuesdays, 10 a.m. Fee: FREE

Tech Time

Do you have questions about your phone or laptop? Make an appointment so we can help you with your tech needs!

Tuesdays, Appointments start at 10 a.m.

Fee: FREE

Crochet Club

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

Fridays, 11 a.m. Fee: FREE

BINGO

How it Works:

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

Bingo cards will not be sold after 10:15 a.m. Bills used to purchase bingo cards must be \$10 or less. Bingo play begins at 10:30 a.m. on Thursdays unless otherwise noted on the SCOOP.

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

Health & Fitness

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Tuesday, Dec. 5 & 19, 10:30 a.m. Fee: \$5

Wednesday, Dec. 13 & 27, 1 p.m. Fee: \$5

Tai Chi Health

This slow, gentle non-impact exercise builds strength, balance, flexibility, and coordination and is good for your heart, breathing and immune function.

Tuesdays & Thursdays, 1 p.m. Fee: FREE

Total Body Conditioning

Tuesdays & Thursdays, 9:30 a.m.

Fee: Fitness Card

Basketball

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

Tuesday & Thursday, 11 a.m.

Wednesdays, 10 a.m. Fee: FREE

Arthritis Foundation Exercise Program (AFEP)

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

Fee: FREE

WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Fitness Room 9:00	Fitness Room 9:00	Fitness Room 9:00	Fitness Room 9:00	Fitness Room 9:00	
Racquetball 9:00	Racquetball 9:00	Racquetball 9:00	Racquetball 9:00	Racquetball 9:00	
Cards & Games 10:30	Cards & Games 10:30	Bridge Club 10:00	Cards & Games 10:30	Cards & Games 10:30	
Pinochle 11:00	Lunch 12:00	Cards & Games 10:30	Watercolors 10:30	Lunch 12:00	
Lunch 12:00	Fitness		Pinochle 11:00	Fitness	
Table Tennis 2:30	Total Body Conditioning 9:30	Fitness		Lunch 12:00	
Fitness		AFEP 10:30	Fitness		
Chair Dance Aerobics 9:30	Gentle Stretching 10:30	Basic Fitness Training 11:30	Total Body Conditioning 9:30	Core & More 10:30	
Chair Yoga 10:30	Line Dancing 11:30	Enhanced Fitness 1:00	Yoga Flow 10:30	AFEP 11:30	
Yoga 11:30	Walking Club 12:30	Dance Aerobics 2:00	Line Dancing 11:30	Circuit Training 2:30	
Enhanced Fitness 1:00	Tai Chi Health 1:00		Walking Club 12:30		
			Tai Chi Health 1:00		



4 Guitar Club 10:00 Ceramics Painting.....10:00 Basic Sewing 1:00 Cornhole 1:00	5 Prayer Group 10:00 Leather Crafting 10:00 Fitness Orientation 10:30 Tech Time 10:30 Basketball 11:00 Beginner Pickleball 2:30	6 Basketball 10:00 Basic Sewing 1:00	7 Bingo 10:30 Basketball 11:00 Grocery Distribution 11:30 Personal Care Supplies Crafters Corner 1:00 Guitar Club 1:00 Intro to Pickleball 2:30	1 Poetry Club 11:00 Coffee Bar & Chocolate Chip Cookies 11:00 Crochet Club 11:00 Cornhole 1:00 Crafters Corner 1:00
11 Guitar Club 10:00 Widow & Widower Support Group.....11:00 Basic Sewing 1:00 Cornhole 1:00	12 Mobile Library.....9:00 Prayer Group 10:00 Leather Crafting 10:00 Tech Time 10:30 Basketball 11:00 Bible Study11:00 Beginner Pickleball 2:30	13 Kettlebell Fitness 9:30 Basketball 10:00 Jewelry Club10:00 Basic Sewing 1:00 Fitness Orientation 1:00	14 JC's Christmas Party  All Centers Closed	8 Crochet Club 11:00 Senior Centers are closing at 12 p.m. today.
18 Guitar Club 10:00 Ceramics Painting.....10:00 Basic Sewing 1:00 Cornhole 1:00	19 Leather Crafting 10:00 Tech Time 10:30 Fitness Orientation 10:30 Basketball 11:00 Christmas Lunch12:00 Beginner Pickleball 2:30	20 Basketball 10:00 Basic Sewing 1:00	21 Bingo 10:30 Basketball 11:00 Crafters Corner 1:00 Guitar Club 1:00 NO TAI CHI	15 Diabetes Prevention ...10:00 Crochet Club 11:00 Karaoke12:00 Cornhole 1:00 Book Club.....1:00 Crafters Corner 1:00
25 Christmas Holiday  All Centers Closed	26 Christmas Holiday  All Centers Closed	27 Kettlebell Fitness 9:30 Basketball 10:00 Basic Sewing 1:00 Fitness Orientation 1:00	28 New Years Breakfast Club9:30 Basketball 11:00 Crafters Corner 1:00 Guitar Club 1:00 Beginner Pickleball 2:30 NO BINGO	22 Christmas Holiday  All Centers Closed
				29 Crochet Club 11:00 Cornhole 1:00 Crafters Corner 1:00

25 days of Fitness Challenge

Merry Fitness!! Join us for our annual Holiday fitness challenge! We all know it can be difficult to maintain your exercise routines during holiday time. But we also know how important it is not to miss a day!

How to play:

- Pick up a challenge sheet at any senior center.
- DO the challenges daily on the sheet provided for 25 days.
- Turn in your completed sheet back to senior center by **January 3**.
- Each center will draw random entries for prizes.



New Year, healthier YOU

Vowing to make a change? Resolve to make healthier choices? It takes 30 days to create a habit. Being active requires motivation and dedication. Committing to 1 or 2 classes a week or 20 minutes in the gym is a good way to start. Remember, health is wealth. Please let us know how we can help you make the changes possible to have you feeling your best.

All four of our senior centers offer a variety of classes and fitness equipment to assist you in your journey to wellness. Give yourself the best gift ever!

Not sure where to start? Call us!

Deborah Shanks 301-609-5711 or Nate Schultz 240-448-2810

The best holiday gifts!

Fitness Cards

Families can purchase fitness cards for seniors! All they need to do is stop in during office hours and supply the program office with the registered senior's name. Makes a great stocking stuffer that will get used!

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

Kettle Bell Fitness

Waldorf Senior & Rec Center:

Wednesday, Dec 13 & 27 at 9:30 a.m. **Fee: Fitness Card**

Indian Head Senior Center:

Thursdays, 2 p.m. **Fee: Fitness Card**



Exercise for a Cause was a huge success!

Thank you for your contribution to Sisters at Heart!

We raised \$669 which directly goes to programs and support in Charles County.

Mental Health & Holiday's

Just as important as physical health, mental health and emotions play a direct part in how our bodies feel. Here are ways to beat the holiday blues and to keep you mentally healthy.

Talk about it. Keeping things bottled up can harbor stress in the body, which can lead to inflammation. Talk with someone you trust or a health professional. Sometimes we aren't looking for solutions, just someone to listen to us.

Move your body. Stress can build up on the inside. Movement can release this stress and create the feel-good hormones to be released leaving you happier, which in turn lightens the mood.

Laugh. Watching something funny or finding joy and laughter can do wonders for your mood and again boost endorphins to elevate good feelings in the body.

Meditate. Close your eyes and breathe. Take a few minutes to just reflect on all the good things and tune into what your body needs. Sometimes changing our outlook on certain things can shift a mood or lighten a load.

Mostly, love...

Indoor Fitness

We don't stop when the weather gets chilly!

Here are ways to keep moving as the weather gets a little colder and we tend to want to stay indoors. Plenty to do and plenty of movement!

Bowling at AMF in Waldorf: Thursdays 2:30

Fee paid at AMF

Cornhole, Pickleball, and ping pong! Check each center's calendar for times and days.

Fall Fest – Silver Legends

Fall Fest, held on Thursday, October 5 on the Indian Head Village Green was a huge success! Over 100 seniors came out and joined us for not only gorgeous weather and fellowship, but a day of movement. We walked together, line danced together, and even got a performance from the Indian Head Senior Center group, Silver Legends. Thank you to everyone who came out and joined us! Save the date for Fall Fest 2024 – October 3, 2024.



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
HAPPY HOLIDAYS				
4 Honey Lime Chicken Roasted Redskin Potatoes Roasted Zucchini Whole Wheat Roll Apricots Orange Juice	5 Chophouse Burger w/ Lettuce & Tomato Whole Wheat Bun Orange Glazed Carrots Party Harty Beans Mangos Apple Juice COLD: Ham and Swiss on Whole Wheat, Coleslaw, Diced Mangos, Fruit Punch Juice	6 Curry Chicken Brown Rice Carrots and Green Beans Naan Flatbread Tangy Cherry Salad Pineapple Juice	7 Beef and Rice Roasted Broccoli Carrot Raisin Salad Biscuit Fresh Apple Slices Fruit Punch Juice	1 Balsamic Chicken White Rice California Blend Vegetables Biscuit Fruit Cocktail Fruit Punch Juice
11 Vegetable Lasagna Party Harty Beans (1cup) Roasted Butternut Squash Cornbread Applesauce Apple Juice	12 Liver and Onions Brown Rice Stewed Tomatoes Cornbread Mandarin Oranges Grape Juice COLD: Egg Salad Sandwich on Whole Wheat, Coleslaw, Pasta Salad, Mandarin Oranges Grape Juice	13 Asian Tuna Burger w/ Lettuce and Tomato Whole Wheat Bun Roasted Sweet Potatoes Green Beans Mandarin oranges Orange Juice	14 Jaycees Christmas Waldorf Jaycees Christmas Party  No meals service at Senior Centers	15 Pork Chop Au Gratin Potatoes Collard Greens Whole Wheat Roll Pineapple Chucks Pineapple Juice
18 Lemon Garlic Baked Cod Roasted Tomatoes Mashed Potatoes Whole Wheat Roll Raisins Fruit Punch Juice	19 Sr Center Christmas Prime Rib Au Jus White Rice Green Beans w/ Roasted Red Bell Peppers Cornbread Cooked Apples Chocolate Cake Grape Juice	20 Hearty Chicken Noodle Soup (1 cup) Chef Salad Whole Wheat Roll Peaches Fruit Punch Juice	21 Birthday Celebration BBQ Baked Chicken Party Harty Beans Roasted Squash Biscuit Peaches Grape Juice Birthday Cake	22 Christmas Holiday  No Meal Service
25 Christmas Holiday  No Meal Service	26 Christmas Holiday  No Meal Service	27 Sign up by 12/18. Turkey and Swiss Box Lunch	28 Sign up by 12/18. Herbed Chicken Box Lunch	29 Sign up by 12/18. Ham, Turkey, Roast Beef Box Lunch
<p>Charles County Luncheon Program <i>Available at Noon • Days Vary By Center</i></p> <p>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.</p> <p>Clark Senior Center Tuesday–Friday Indian Head Senior Center Monday–Friday</p> <p>Nanjemoy Senior Center Monday–Friday Waldorf Senior Center Monday–Friday</p> <p>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.</p>				

The SCOOP

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



www.CharlesCountyMD.gov



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

About Charles County Government

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

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

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

Publication Changes & Cancellations

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

Senior Center Inclement Weather Policy

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

Live your Life by a Compass not by a Clock!

Trips sponsored by Action Travel Tours 301-645-1770

**** 2N1 Sponsored Trips**

Day Trip

**** March 26, 2024: Daniel at the Sight & Sound Theater.** Take the day to travel by bus to see Daniel at the Sight & Sound Theater in Ronks, PA. Enjoy a live musical performance and lunch at Miller's Smorgasbord. Departing from the Clark Senior Center and Mattawoman Beantown Park & Ride. Cost: \$181 For more information or reservation text or call either Jeanette (202) 297-9114 or Helen (301) 643-4669

Overnight Trips

****January 22 – February 12, 2024: Australia and New Zealand Uncovered.** Uncover the core of Māori culture in New Zealand. Dive into the unparalleled Outback of Australia. This is Oceania, a paradise in the South Pacific. Cruise through the dramatic Milford Sound and the organic splendor of Abel Tasman National Park. Tour the Sydney Opera House and admire the striking essence of Uluru (Ayers Rock) as you dine under the stars. Discovery the Great Barrier Reef – by snorkeling, hiking, relaxing or learning.

****February 25 – March 4, 2024: Alaska Iditarod Race with Mayflower Tours.**

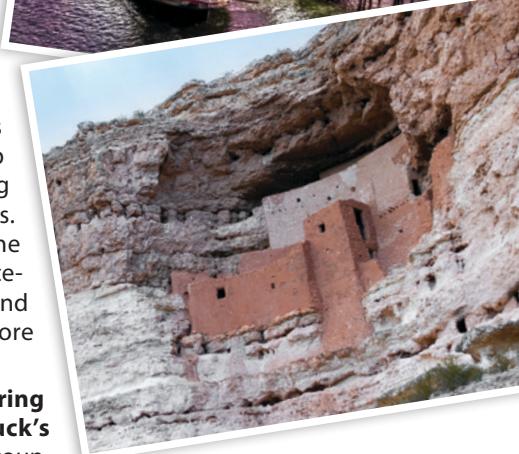
For the adventurous spirit, join us on a journey to "The Last Frontier" for the Iditarod Sled Dog Race. Witness the Ceremonial Start in Anchorage and travel to Willow for the official start of this epic race. 9 days, 11 meals, visiting Fairbanks, Denali National Park, and Iditarod Festivities.



March 2 – March 16, 2024: Holland America Line 14 Day China and Japan. Sail on the beautiful Westerdam from Hong Kong, China - Shanghai, China – Kagoshima, Japan – Nagasaki, Japan – Pusan, South Korea - Kanmon Strait - Himeji, Japan – Osaka, Japan – Shimizu, Japan – Tokyo, Japan Ocean View Cabin from \$1613 per person double plus air.



April 10 – 17, 2024: The American Splendor Paddle Wheeler from Memphis to New Orleans. Embark on a unique riverboat adventure along the Lower Mississippi River between New Orleans, Louisiana and Memphis, Tennessee. Savor a week aboard an intimate and relaxing modern riverboat with 180 guests or fewer. Your journey will be filled with historical tales, culinary delights, vibrant music, and new friends.



****May 19-24, 2024: Sedona's Red Rocks and the Grand Canyon.** This 6-day trip features two historic rail journeys among some of the most beautiful landscapes. Experience the breathtaking beauty of the southwest, take a ride on two of Arizona's scenic railways, take in the awe-inspiring Grand Canyon, visit old mining towns, and explore Montezuma Castle National Monument.

May 23-24, 2024 (Date tentative): Spring has Sprung in Historic and Beautiful Buck's County, PA Plan to experience the scenic countryside, history, the arts, downtown charm, and miles of vineyards that New Hope Pa has to offer. Enjoy the beautiful Paxon Hal Farm & Gardens, Parry Mansion, antique stop or two, and at play at the famous New Hope Playhouse.

You asked, we listened!

Starting in January all senior centers will be accepting credit & debit card payments for program fees.

