

The SCOOP

Charles County's Senior Center News



DECEMBER 2024
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, wellbeing, and self-expression.

Meet the Team!

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

Come Visit!

Richard R. Clark Senior Center

1210 Charles St., La Plata, MD 20646 • 301-934-5423
 Open 9 a.m. to 4 p.m., weekdays • Coordinator: Brittany Arbin

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:

Nanjemoy Senior & Community Center

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

Waldorf Senior and Recreational Center

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

Senior Center Eligibility Requirements

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

Council News for December Sponsored/Hosted Activities & Events

Clark Senior Center Sunset Memorial, Christmas Party	Indian Head Senior Center All Clubs, Christmas Party	Nanjemoy Senior & Community Center Bingo Fundraiser, Christmas Party	Waldorf Senior & Rec Center Bingo, Pokeno, Christmas Party
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Credit Cards Now Accepted

You've asked and we've listened! You can now pay for programs with a credit or debit card at the Senior Center!

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

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

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



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

Inclement Weather Postings

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

Schools **CLOSED** = Centers **CLOSED**

Schools **DELAYED** = Centers **OPEN ON TIME**

Charles County Government **DELAYED** = Centers **DELAYED**

To see if VanGo is delayed:

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

Inclement Weather Hotline:

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

December/Early January Closures:

All Charles County Senior Centers will be closed on:

Friday, Dec. 6 – Close at Noon

Thursday, Dec. 12 – Jaycees Christmas Party

Tuesday, Dec. 24 – Close at Noon

Wednesday, Dec. 25 – Christmas Day

Thursday, Dec. 26 – Christmas Holiday

Wednesday, Jan. 1 – New Year's Day

Thursday, Jan 2. – New Year's Holiday

REMEMBER:

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



Strategies for Supporting your Mental Health during the Holidays:

1. Pay attention to your feelings.

Remember that it is okay to feel unhappy during the holidays. Recognizing your feelings is the first step to addressing and nurturing them.

2. Develop a plan for when you are feeling stressed, sad, or lonely.

This plan may include calling a friend or family member, going for a walk, engaging in an activity that brings joy, or watching a favorite movie. Having a plan ahead of time can help ensure the difficult moments are more manageable.

3. Practice self-care.

It is important to schedule time for yourself and activities that recharge your mind and body. This may include reading a good book, working out, spending time in nature, and practicing stress management skills, such as deep breathing, meditation, and mindfulness. It is also important to remember to prioritize necessities, including eating a balanced diet, getting plenty of sleep, and finding time for exercise.

4. Connect with community.

If you can't be near loved ones during the holidays, finding a supportive community through clubs, support groups, community centers, local meetups, and faith communities can help reduce feelings of loneliness and isolation. Consider scheduling a regular phone call with family and friends as well.

5. Support others.

During this time of year feelings of grief and loss can amplify. Check in on loved ones who may be alone or struggling during the holiday season. Helping a friend or neighbor not only gives joy to others, but it can improve your own happiness and well-being.

6. Recognize seasonal mood changes.

Seasonal Affective Disorder (SAD) is a condition in which people experience symptoms of depression that are triggered by the change in seasons as the days get shorter. While this form of depression often improves in the spring and summer, it is important to talk with your health care provider if you feel you are experiencing these symptoms. Treatment is effective and may include light therapy, antidepressant medication, and/or talk therapy.

7. Avoid alcohol and drugs.

For people in recovery, the holiday season presents challenges that can trigger the use of alcohol and drugs. Having a plan for navigating social events and feelings of loneliness, can reduce the risk of substance use. For family and friends, it is important to check in on those who may be struggling with substance use over the holidays.

8. Know when to seek help.

If you feel that your mental health struggles are becoming overwhelming and difficult to handle, it is important to seek help and know that treatment is available. Below are free and confidential resources that can connect you with effective treatment and support.

Reference: <https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season>



Holiday Message

Holidays are always a time to reflect on the past year; count our blessings, review our lessons learned, and renew our hopeful hearts. In reflecting on the senior centers in 2024, we embraced a lot of change. We had two long term employees retire, excited to enter their "grandma era". Those retirements opened opportunities for multiple promotions, ushering in the next generation of talent. With new staff changes, comes new energy, new ideas, new ways of doing things. At any given time, we have two options: jump into the change or lean back into the safety. We've jumped!

Alan Watts once said, "the only way to make sense out of change is to plunge into it, move with it, and join the dance." Here, Watts reminds us that change is an inevitable part of life. Rather than resisting the ebb and flow of existence, he encourages us to embrace it fully, surrendering ourselves to the ever-changing rhythms of life. So, I invite you to get up on the dance floor and dance with us into 2025.

We hope your holiday season is full of wonderful connections, enriching moments and boundless joy.

Happy Holidays from the Charles County Senior Centers!!

Bacon Cheddar Cheese Ball

Author: Sam Hu | Ahead of Thyme

Total Time: 45 minutes

Yield: 12-16 servings

Diet: Gluten Free

Bacon cheddar cheese ball is an easy to make appetizer and delicious showstopper at holiday parties or game day. It's creamy, cheesy, and nutty.

Ingredients

- 2 (8 oz.) blocks cream cheese, softened at room temperature
- 1/4 cup sour cream
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1 1/2 cups cheddar cheese, shredded
- 1/2 cup green onions, sliced
- 1/2 cup bacon bits
- 1 cup pecans, chopped
- 1 teaspoon poppy seeds

1. In a large mixing bowl, combine cream cheese, sour cream, garlic powder, and black pepper with a hand mixer until smooth and well combined. Stir in half of the cheddar cheese, green onions, bacon, and pecans. Set the other half aside on a plate. Mix with a spatula until evenly distributed.

2. Add the cheese mixture onto a clean cutting board and use your hands to shape it into a ball. To prevent the cheese from sticking too much, apply some oil to your hands or wear disposable gloves.

3. Cover the cheese ball with plastic cling wrap and refrigerate for at least 30 minutes, allowing it to firm up a bit if needed. I placed the cheese ball wrapped in plastic wrap in the freezer for 15 minutes to save time.

4. In a medium bowl, whisk together the remaining half of the cheddar cheese, green onion, bacon, pecans and poppy seeds until evenly mixed. Roll the chilled cheese ball in the mixture until all sides are coated. Gently press it into the cheese ball to stick if needed.

5. Serve immediately with crackers or store (wrapped in plastic wrap) in the refrigerator for up to a week.



Caregivers Corner: Adapting Activities for People with Alzheimer's Disease

People with Alzheimer's need to be active and do things they enjoy. However, activities they used to enjoy may become challenging for them as the disease worsens. They may have trouble deciding what to do or starting tasks. As a caregiver, you can learn how to adapt activities to make them easier and more enjoyable. Over the next several issues of the SCOOP, follow along with us as we explore ways to make the activities we love most, more manageable for our loved ones.

Holidays:

Caregivers of people with Alzheimer's may worry about the extra demands that holidays make on their time and energy. Here are some suggestions to make holidays easier:

- Understand that things will be different, and be realistic about what you can do.
- Incorporate the holiday traditions of the person with Alzheimer's.
- Create a quiet space in case the person with Alzheimer's needs a break. Have their favorite activities or calming music in that space.
- Ask friends and family to visit. Limit the number of visitors at any one time.
- Avoid crowds, changes in routine, and strange places that may make the person with Alzheimer's feel confused or nervous.
- Remember to enjoy yourself. Find time for the holiday activities you like to do. Ask a friend or family member to spend time with the person while you're out.

Information from

<https://www.nia.nih.gov/health/alzheimers-caregiving/adapting-activities-people-alzheimers-disease>


SMP
 Senior Medicare Patrol
 Preventing Medicare Fraud

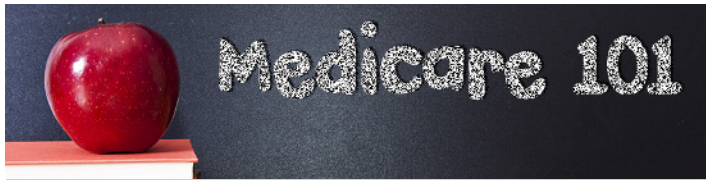
Winter Caregiver Checklist

As you check in with loved ones this holiday season, take a few moments to inquire about the following:

- ☒ Unopened Medicare Summary Notices (MSNs)
- ☒ Unopened medical bills
- ☒ Unnecessary medical equipment in the home
- ☒ Unopened bills or letters from creditors
- ☒ Mailings soliciting donations or giveaways or thank-you notes for donations

If you find any of these, contact your Senior Medicare Patrol (SMP) at 877-808-2468.

SUPPORTED BY GRANT # 90MPRC0002 FROM ACL



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.

12.11.24 | 2 PM - ABCD's of Medicare

Location: Waldorf West Library

10405 O'Donnell Pl., Waldorf, MD 20603

Phone: 301-645-1395

Unable to attend the class? Or still have questions. Please contact your local **State Health Insurance Assistance Program (SHIP)** at 301-609-5712 (La Plata), 240-448-2816 (Waldorf), or 301-934-6737 (Western County).



Maryland Access Point
Charles County

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

Information & Assistance

Information and Assistance offices are open to provide face-to-face services. Appointments are highly recommended!

Richard R. Clark Senior Center

Hazel Conner or Barbara Joy at 301-609-5712

Waldorf Senior & Recreation Center

Joyce Woodard at 240-448-2810 ext. 2816

Nanjemoy & Indian Head Senior Centers

Julie Hammonds at 301-934-6737



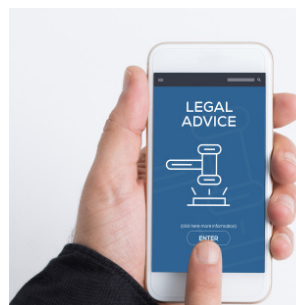
*Happy 65th
Birthday!*

Questions about your
new Medicare coverage?
SHIP CAN HELP.

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 through the AARP Foundation.

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 2025 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.



Legal Aid

Legal Aid: Dec 9th and Jan 13th

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

Deck the Halls

Join staff as we deck the halls of the Senior Center and decorate the library Christmas tree. Please Sign Up!

Monday, Dec. 2, 10 a.m. Fee: FREE
Tuesday, Dec. 3, 10 a.m. Fee: FREE

Medicare Open Enrollment

This is a self-enrollment assistance lab to help with your Medicare choices. Appointments are preferred, but walk-ins will be welcomed. Must have computer skills. Call 301-609-5712 to schedule a time.

Wednesday, Dec. 4, 9 a.m. to Noon Fee: FREE

"Revive" Grief Counseling Program

A six-week Grief Counseling Program to help those learn to cope with the loss of a loved one.

Wednesdays, Dec. 4, 11, & 18, 11 a.m. Fee: FREE

Renovate, Relocate or Reverse

Join Frank McKnew and Robbie Loker while you will explore the pros and cons to consider as homeowners shift into retirement.

Thursday, Dec. 5, 10:30 a.m. Fee: FREE

A Society in Colonial Charles County

Ever wonder what colonist did when they weren't working? Join Debi Scoggins as she presents the colonial "Soap Opera".

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

Holiday Craft

Join staff to create a holiday craft. All supplies provided. Class size limited. Please sign up!

Monday, Dec. 16, 10:30 a.m. Fee: FREE

Holiday Movie

Join Karolina, Office Associate, in the library for a holiday classic, It's a Wonderful Life. Popcorn and water will be provided.

Tuesday, Dec. 17, 10 a.m. Fee: FREE

Ongoing Programs

Beginners Jewelry Class

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

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

Book Club

Led by Nancy Marquardt, Charles County Public Library. Vanderbilt: The Rise and Fall of an American Dynasty. Please sign up for the timeslot of your choice.

Thursday Dec. 5, 1 p.m. & 2:15 p.m. Fee: FREE



Widow to Widow Support Group

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

Monday, Dec. 9, 1 p.m. Fee: FREE

Free Lunchtime Music with Will!

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

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

Charles County Mobile Library

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

Tuesday, Dec. 17, 10 a.m. Fee: FREE

FREE Blood Pressure Checks

Come out and see Khenae Pearson, Nursing Assistant, and get your blood pressure checked.

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

Free Karaoke Day

Tune up those vocal cords and join us for some karaoke fun with DJ Psyborg from Mosquito Cove Digital Magic Entertainment.

Thursday, Dec. 19, 10:30 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.

Wednesdays, Dec 4 & 18, 10 a.m. Fee: \$5

Guided Meditation

Join our Fitness and Health Coordinator, Debi Shanks as she guides us in meditation, a tool for stress relief.

Friday, Dec. 20, 10:30 a.m. Fee: FREE

Chair Yoga

This class is a chair formatted class aimed at improving strength, posture, balance, and freedom of movement. Breathing practices will also be included.

Mondays, 11 a.m.

Fridays, 12 p.m. Fee: Fitness Card

Tai Chi

This easy to follow, slow moving form of exercise is excellent for balance, and strengthening the entire body. All fitness levels are welcome in this moving meditation class.

Tuesdays, 2 p.m.

Wednesdays, 10 a.m. Fee: Fitness Card

Yoga Flow

Envision a journey of movement, breathwork, flexibility, and meditation in this mat-based yoga class. All fitness levels welcome.

Tuesdays, 3 p.m.

Wednesdays, 12 p.m. Fee: Fitness Card

Christmas Party- Let's Tingle & Mingle

Listen to Christmas tunes from a variety of entertainment and mingle before the Holidays. Enjoy Christmas carols, music, 50/50 raffle, and more! Event is sponsored by the Clark Senior Center Council. See Council for sign-up and tickets.

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

Fee: \$4



CLARK SENIOR CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Friday

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....9:30 Sewing Room OPEN.....9:30 Coloring & Puzzles.....9:30 2N1 Social Club.....10:00 Duplicate Bridge.....10:00 Fitness Total Body Conditioning.....9:00 Pilates.....10:00 Chair Yoga.....11:00 Drums Alive.....1:00	Billiards.....9:30 Quilting Class.....9:30 Coloring & Puzzles.....9:30 Guitar.....10:00 Cards & Games.....10:00 Stained Glass.....12:00 Lunch.....12:00 Musicians Club.....1:00 Spiritual Enrichment.....1:00 Fitness Strength Training.....9:00 Flex & Stretch.....10:00 Zumba.....11:30 Line Dance.....1:00 Tai Chi.....2:00 Yoga Flow.....3:00	Billiards.....9:30 Sewing Room OPEN.....9:30 Crochet/Knitting.....9:30 Coloring & Puzzles.....9:30 Mah Jong.....10:00 Cards & Games.....10:00 Pokeno.....11:00 Lunch.....12:00 Powder Puff Billiards.....1:00 Gospel Choir.....2:00 Fitness Basic Fitness Training.....9:00 Tai Chi.....10:00 Dance Aerobics.....11:00 Yoga Flow.....12:00 AFEP.....1:00 Core & More.....1:45	Billiards.....9:30 Sewing Room OPEN.....9:30 Coloring & Puzzles.....9:30 Lunch.....12:00 Reflections.....1:00 Fitness Strength Training.....9:00 Step Plus.....10:00 Zumba.....11:30 Pilates.....12:30	Billiards.....9:30 Project Linus.....9:30 Coloring & Puzzles.....9:30 Open Paint Session.....10:00 Guitar.....10:00 Lunch.....12:00 Musicians Club.....1:00 Fitness Total Body Conditioning.....9:00 Chair One Plus.....10:00 AFEP.....11:15 Chair Yoga.....12:00 Line Dance.....2:00
2 Deck the Halls.....10:00	3 Deck the Halls.....10:00 Easy Listening w/ Frank.....10:30	4 Medicare Open Enrollment.....9:00 Beginners Jewelry.....10:00 Fitness Orientation.....10:00 “Revive” Grief Counseling.....11:00	5 AARP Tax Aid Meeting.....9:30 Renovate, Relocate or Reverse.....10:30 Book Club.....1:00 Liturgical Dance.....2:00 Book Club.....2:15	6 Hand & Foot Canasta.....10:00 Project Linus.....10:00 All Centers Close at Noon
9 Widow to Widow.....1:00 Legal Aid.....1:00	10 Hand & Foot Canasta.....10:00 Society in Colonial Charles County.....10:30	11 “Revive” Grief Counseling.....11:00 Lunchtime Music with Will.....11:30 Council Meeting.....1:00	12 Jaycee’s Christmas Party CHRISTMAS PARTY Centers Closed	13 Project Linus.....10:00 Decorate Graham Cracker Houses.....11:00
16 Holiday Craft.....10:30	17 Mobile Library.....10:00 Holiday Movie.....10:00	18 Beginners Jewelry.....10:00 Fitness Orientation.....10:00 Blood Pressure Check.....10:00 Let’s Jingle & Mingle...10:30 “Revive” Grief Counseling..11:00 Caregivers Support Group.....2:00	19 Free Karaoke Day.....10:30 Liturgical Dance.....2:00	20 Guided Meditation.....10:30
23 Drums Alive.....1:00	24 Christmas Puzzle.....9:30 All Centers Close at Noon	25 All Centers Closed for  Christmas Day	26 All Centers Closed for  Christmas Holiday	27 Hand & Foot Canasta.....10:00
30 Reflections.....11:00	31 Cheers to 2025.....12:00			

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

Program Highlights

Deck the Halls

Join staff as we add the finishing touches on our Holiday décor.

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

Christmas Cards for Friends

Make a senior's day by sending a Christmas card to the seniors we haven't seen in a while.

Wednesday, Dec. 4, 9:30 a.m. Fee: FREE

The Flu & You

National Influenza Week reminds us that this is the time to do a vaccination check. Learn how important this vaccine is for you, prepare your questions for Charles County Health Dept. representative.

Tuesday, Dec. 17, 10:30 a.m. Fee: FREE

AFEP (Arthritis Foundation Exercise Program)

Let's get that extra exercise to get us back on schedule. This low-impact exercise will help our range of motion, especially important during the holiday season.

Friday, Dec. 27, 10:30 a.m. Fee: FREE

Toast in the New Year

Join us for an apple cider toast to 2025. Share your thoughts and memories from 2024.

Tuesday, Dec. 31, 11:59 a.m. Fee: Donation

Tai Chi

Join Rabbi Randy for slow moving Yang style Tai Chi that will strengthen your body.

Mondays & Wednesdays, 1 p.m.

Fee: Fitness Card

Ongoing Programs

Bingo

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

Fee: 5¢ per card

Choir Group

Love to sing, this is the group for you.

Mondays, Dec. 2, 16 & 30, 1 p.m. Fee: FREE

Senior Tech

Sign up with a description of your needs and the PED you will be using.

Friday, Dec. 6, 11 a.m. Fee: \$1

Project Linus/ Sewing 101

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

Mondays, Dec. 9 & 23, 9:30 a.m. Fee: FREE

Pastor Chris & Friends

Lift your voices as you sing Christmas carols and remember the reason for the season.

Tuesday, Dec. 10, 1 p.m. Fee: FREE

Widow to Widow Support Group

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

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

Green Thumb Club

Help prep the soil for our Spring planting.

Friday, Dec. 13, 10:30 a.m. Fee: FREE

Information & Assistance w/Julie

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

Tuesday, Dec. 17, 9:30 a.m. Fee: FREE



Health & Fitness Programs

Mobility & Balance w/Nieda

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

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

AFEP (Arthritis Foundation Exercise Program)

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

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

Fitness w/Veronica

Exercise to promote strength with some laughter.

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

Fitness Orientation

Required before using fitness equipment.

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

Meditation w/Debi

Take a deep breath and enjoy the holiday pressure with guided meditation. This will replace Fitness Surprise this week.

Thursday, Dec. 5, 9:30 a.m. Fee: FREE

Fitness Surprise

Games, drums, walks- it's a surprise!

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

Fitness w/Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

Kettle Bell

Geared for all levels of fitness to stay strong and agile.

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

Chair Yoga

This gentle form of yoga is encouraged for those who have mobility challenges.

Fridays, 9 a.m. Fee: Fitness Card

Fitness Orientation

Mandatory before use of fitness room. Registration required.

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

WE'LL BE
BACK
SOON!



Mobile Market, Book Club, Tea Club and Shibashi will return in 2025. Look for new and exciting programming in 2025.

From the Indian Head Staff
Happy Holidays.

Jazzy Gold and Silver Christmas Party

Let's take the time to dress for the holiday. Jazz up our party by wearing your after 5 attire sprinkled with gold and/or silver. Enjoy music by smooth jazz musician Merlon Devine. Expect a 50/50 opportunity, door prizes and more. Space is limited and you must pre-pay for this event. See Staff for additional information. Sponsored by the Indian Head Senior Center Council and the Charles County Arts Alliance.

Wednesday, Dec. 18, 10:45 a.m. • Fee: \$6



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 Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Dance Fit 10:30 Tai Chi.....1:00	Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Mobility & Balance 9:15 AFEP 11:15	Fitness Room9:00 Billiards.....9:00 Cards/Games.....9:00 Fitness Fitness Surprise 10:15 Tai Chi.....1:00 Fitness Orientation 2:00	Fitness Room9:00 Billiards.....9:00 Card/Games.....9:00 Canvas Painting.....11:00 Fitness Fitness Surprise.....9:30 AFEP 11:15 Fitness w/Lamont.....1:00	Card/Games.....9:00 Fitness Room.....10:15 Billiards.....10:15 Fitness Chair Yoga9:00
2 Bingo9:30 Choir Group1:00	3 Deck the Halls10:00	4 Christmas Cards for Friends9:30	5 Meditation.....9:30 Kettle Bell.....2:15	6 Senior Tech.....11:00 All Centers Close at Noon
9 Project Linus/Sewing 101 ...9:30	10 Bingocize10:30 Pastor Chris1:00	11 Widow & Widower Support.....10:00	12 Jaycee's Christmas Party CHRISTMAS PARTY Centers Closed	13 Green Thumb Club10:30
16 Bingo9:30 Choir Group1:00	17 Information& Assistance with Julie9:30 The Flu & You.....10:30	18 Jazzy Christmas Party ..10:45	19 Kettlebell2:15	20 Holiday Movie11:00
23 Project Linus/Sewing 101 ...9:30	24 Hot Chocolate Bar & Christmas Karaoke10:30 All Centers Close at Noon	25 All Centers Closed for  Christmas Day	26 All Centers Closed for  Christmas Holiday	27 AFEP10:30
30 Bingo9:30 Choir Group1:00	31 2025 Toast11:59			

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

Deep Launching Holiday Resource Day

Deep Launching, Inc. is a 501 ©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. 7, 12-3 p.m.

Fee: Free

Senior Council Bingo Fundraiser

Evening nickel bingo with the Nanjemoy Senior Center Council. Food sales at the event to benefit the senior council on behalf of the Nanjemoy Senior and Community Center.

Friday, Dec. 13, 5-7 p.m.

Fee: 5¢ per card

Let's Take a Trip

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

Tuesday, Dec. 17, 1 p.m.

Fee: FREE

Ugly Christmas Sweater Bingo

Wear your best "ugly sweater" for an extra "free card" for this fun and spirited bingo.

Thursday, Dec. 19, 12:45 p.m. Fee: .5 per card

Friday Films

Start preparing for the holiday fun with this seasonal favorite film, A Castle for Christmas, while enjoying snacks.

Friday, Dec. 20, 11:00 a.m.

Fee: FREE

Ongoing Programs

Artistic Aesthetics

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

Mondays, 1 p.m.

Plate Art, Dec. 2

Fee: \$5

Casual Crafting, Dec. 9

Fee: FREE

Tulle Christmas Tree, Dec. 16

Fee: \$5

Casual Crafting, Dec. 23

Fee: FREE

Snow Owl Wreath, Dec. 30

Fee: \$5

I&A Services

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds. See Staff or call 301-934-6737 for an appointment
Thursday, Dec. 19, 9:30 a.m. Fee: FREE

Nickel Bingo

Join us for bingo every week!

Thursdays, 12:45 p.m.

Fee: 5¢ per card



Cookie Decorating

Come celebrate National Cookie Day with us by decorating a Christmas themed sugar cookie cutout while listening to festive music. Cookies and decorations provided. Prior Signup is required.

Wednesday, Dec. 4, 10 a.m. • Fee: \$2

Health & Fitness Programs

(AFEP)

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

Mondays & Fridays, 10 a.m.

Fee: FREE

Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m.

Fee: FREE

Core Fitness

Core work, muscle work, and flexibility.

Tuesdays, 11:15 a.m.

Fee: Fitness Pass

Tai Chi

Yang Style Tai Chi 24 form. This style uses upright movements and covers 20 different postures.

Thursdays, 10 a.m.

Fee: Fitness Pass

Total Body Conditioning

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

Thursdays, 11 a.m.

Fee: FREE

 get motivated 

FITNESS

Community Programs

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

WIC Services

Fridays, Dec. 6 & 20, 9 a.m.-4 p.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Dec. 17, 10:30 a.m.

Fee: FREE

Mobile Food Market

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

Wednesday, Dec. 18, 12 p.m.-2 p.m.

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, 1-4:30 p.m. &

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

Fee: FREE

CHRISTMAS TREE LIGHTING CONCERT

Join us for an evening of festive cheer as we listen to Christmas music, eat holiday treats, and even get a visit from the big guy himself.

Monday, Dec. 9, 6 p.m.

Fee: FREE



NANJEMOY SENIOR/COMMUNITY CENTER

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

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

Reserve lunch by 10 a.m. the preceding day.

Community Center Hours:
8:30 a.m.–4:30 p.m., Mon–Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness AFEP.....10:00 Bingocize.....11:00	Billiards.....8:30 Causal Crafting.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 Shop the Rack.....1:00 Narcotics Anonymous.....3:00 Fitness Flex & Stretch.....10:00 Core Fitness.....11:15	Billiards.....8:30 Causal Crafting.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness Walking Club.....1:00	Billiards.....8:30 Causal Crafting.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles.....1:00 Fitness Tai Chi.....10:00 Bingocize.....11:00 Total Body Conditioning.....11:00	Billiards.....8:30 Causal Crafting.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Shop the Rack.....8:30 Senior Tech Appts.....8:30 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness AFEP.....10:00 Walking Club.....1:00
2 Senior Council Meeting.....10:00 Bingocize.....11:00 Artistic Aesthetics: <i>Plate Art</i>1:00	3 Dominos.....10:00	4 Cookie Decorating.....10:00	5 Bingo.....12:45	6 Shop the Rack.....8:30 <u>Community Program</u> WIC.....9:00 Holiday Resource Day Saturday, Dec. 7.....12:00 All Centers Close at Noon
9 Artistic Aesthetics: <i>Casual Crafting</i>1:00 <u>Community Program</u> Christmas Tree Lighting Concert.....6:00	10 Holiday Traditions.....1:00	11 Billiards.....8:30	12 Jaycee's Christmas Party CHRISTMAS PARTY Centers Closed	13 Senior Tech Appts.....8:30 Sr. Council Bingo.....5:00
16 Artistic Aesthetics: <i>Tulle Christmas Trees</i>1:00	17 Let's Take a Trip.....1:00 <u>Community Program</u> Mobile Library.....10:30	18 Games/Puzzles.....10:00 <u>Community Program</u> Mobile Food Market.....12:00	19 I & A Services.....9:30 Ugly Sweater Bingo.....12:45	20 Friday Films.....11:00 <u>Community Program</u> WIC.....9:00
23 AFEP/Balance.....10:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	24 All Centers Close at Noon	25 All Centers Closed for  Christmas Day	26 All Centers Closed for  Christmas Holiday	27 AFEP.....10:00
30 Artistic Aesthetics: <i>Snow Owl Wreath</i>1:00	31 Happy New Year's Eve!			

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

Program Highlights

Deck the Halls

It is time to get into the holiday spirit! Join us while we decorate the center's Christmas tree!

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

Healthy Future Initiatives

Join Equi Health Solutions for a series of wellness sessions focused on increasing awareness and protection against COVID-19, flu, and RSV. Learn how to protect yourself and your loved ones with valuable information and practical tips.

Tuesday, Dec. 3, 10 a.m.

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

Ornament Making

Join fellow crafter and painter enthusiasts while we paint our own ornaments, all while enjoying a holiday movie and freshly baked chocolate chip cookies. Pre-registration is required.

Friday, Dec. 6, 10 a.m. Fee: \$2

Bratastic Fitting

Calling all ladies! Mimi Quade, owner or Fran's Nu Image and ABC Certified Fitter, is coming to the center to teach you about how to properly measure yourself for the perfect fitting bra, where to find the best bras, and answering all your questions!

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

Winter Arts & Craft Show

Whether you want to look at the great pieces of art our members create or looking to buy one of a kind artwork, stop by and enjoy the fun! Calling all artists and crafters, if you are wanting to display or sell your work, stop by the front desk to reserve a table for this event. Pre-registration is required.

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

Cookie Decorating

Enjoy watching a classic holiday movie while decorating your own sugar cookie.

Friday, Dec. 13, 11 a.m. Fee: \$2

Christmas Party

This is the time to come together and bask in the holiday spirit! Waldorf's Guitar Club will be performing while we mingle, dance, and celebrate the season! Pre-registration is required. If interested in lunch, you must sign-up separately on the daily lunch sign-up sheet.

Wednesday, Dec. 18, 10:30 a.m. Fee: \$5

Karaoke

Let's kick off the holidays with fun karaoke!

Monday, Dec. 23, 12:30 p.m. Fee: FREE

Ongoing Programs

Prayer Group

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

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

Poetry Club

Join the Poetry Club at the Waldorf Senior Center! Local poets come together to share their beautiful pieces of work with others.

Friday, Dec. 6, 11 a.m. Fee: FREE

Widow & Widower Support Group

Facilitated by Brenda Dubose.

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

Jewelry Club

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

Wednesday, Dec. 11, 10 a.m. Fee: \$3/pp

Bible Study

Facilitated by Minister Yvonne' Wilson. All are welcome!

Tuesday, Dec. 17, 11 a.m. Fee: FREE

Book Club

Before A Christmas Carol, there was...MISS MARLEY, a seasonal tale of kindness and goodwill by Vanessa Lafaye. Please come prepared with your thoughts on this month's book and join in the discussion.

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

Jazz Appreciation

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

Friday, Dec. 20, 1 p.m. Fee: FREE

Basic Sewing

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

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

Guitar Club

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

Mondays, 10 a.m. & Thursdays, 1 p.m.
Fee: FREE

Leather Crafting

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

Tuesdays, 12 p.m. Fee: FREE

Gospel Chior

Sing or listen, all are welcome.

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

BINGO

How it Works:

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

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

Crochet Club

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

Fridays, 11 a.m. Fee: FREE

Paper Crafting

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

Fridays, 1 p.m. Fee: FREE

Health & Fitness

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Monday, Dec. 2 & 16, 11:30a.m. Fee: \$5

Wednesdays, Dec. 11, 10:30 a.m. Fee: \$5

Intro to Pickleball

Join Nate Schultz as he teaches you all the fundamentals of Pickleball throughout this 10-day course. Equipment will be provided. Must pre-register. *No Class Dec. 12, 24, 26 & Jan. 2 due to center closures*

Tuesdays & Thursdays, Dec. 3-Jan. 14, 11 a.m.
Fee: FREE

Dynamix Yoga

This yoga flow proceeds through calming movements to increase your practice, while renewing your mind. It also strengthens your flexibility, your balance, and resets your focus.

Fridays 3 p.m. Fee: Fitness Card
Instructor: Viola McRae

Community

Holiday Posies

Join Charles County Master Gardeners and Senior Education Programs Volunteer Educators to learn the history of making posies. Each participant will be able to make their own evergreen posies to decorate homes and use for veteran community service projects. Must pre-register. Open to ages 18+.

Wednesday, Dec. 4, 10 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 Room9:00 Racquetball9:00 Guitar Club10:00 Pinochle11:00 Lunch12:00 Basic Sewing1:00 Table Tennis2:30 Fitness Chair Dance Aerobics9:30 Stability Ball Fitness10:30 Chair One Plus11:30 Kettlebell Fitness12:30 Enhance Fitness1:30	Fitness Room9:00 Racquetball9:00 Cards & Games10:30 Pokeno10:30 Tech Time10:30 Intro to Pickleball11:00 Leather Crafting12:00 Lunch12:00 Walking Club12:30 Basketball1:00 Crafter's Corner1:00 Fitness Total Body Conditioning9:30 Gentle Stretching10:30 Line Dancing11:30	Fitness Room9:00 Racquetball9:00 Basketball10:00 Bridge Club10:00 Lunch12:00 Basic Sewing1:00 Table Tennis2:30 Fitness Chair Dance Aerobics9:30 AFEP10:30 Basic Fitness Training11:30 Enhance Fitness1:00	Fitness Room9:00 Racquetball9:00 Gospel Choir9:30 Mah Jong10:00 Watercolors10:30 Pinochle11:00 Intro to Pickleball11:00 Lunch12:00 Walking Club12:30 Basketball1:00 Guitar Club1:00 Fitness Total Body Conditioning9:30 Line Dancing11:30	Fitness Room9:00 Racquetball9:00 Chess Club10:30 Crochet Club11:00 Lunch12:00 Crafter's Corner1:00 Paper Crafting1:00 Fitness Chair Dance Aerobics9:30 Gentle Stretching10:30 AFEP11:30 Core and More12:30 Dynamix Yoga3:00
2 Deck the Halls10:00 Fitness Orientation11:30	3 Mobile Library (Book Bouquet: DIY Bookmarks9:00 Healthy Future Initiatives10:00 Prayer Group10:00	4 Holiday Posies10:00	5 Bingo10:30	6 Ornament Making10:00 Poetry Club11:00 All Centers Close at Noon
9 Widow & Widower Support Group9:30	10 Prayer Group10:00 Bratastic Fitting10:30	11 Winter Arts & Craft Show10:00 Jewelry Club10:00 Fitness Orientation10:30	12 Jaycee's Christmas Party  Centers Closed	13 Cookie Decorating11:00
16 Fitness Orientation11:30	17 Bible Study11:00	18 Christmas Party10:30	19 Bingo10:30 Book Club1:00 Ugly Christmas Sweater Day	20 Healthy Future Initiatives10:00 Jazz Appreciation1:00
23 Karaoke12:30	24 Wear your holiday pajamas to the center today! All Centers Close at Noon	25 All Centers Closed for  Christmas Day	26 All Centers Closed for  Christmas Holiday	27 AFEP11:30
30 Widow & Widower Support Group9:30	31 Happy New Years Eve!			

Merry Fitness

Give yourself the best gift ever!

Taking care of yourself is the best gift you can give yourself and your family. Nutritious eating, daily exercise and a positive mindset make for a healthier YOU. When you are healthy, everyone will benefit!

*Keep active 20 minutes each day of mild exercise = Mobility

*Eating foods with high protein = stronger muscles

*Keeping a positive attitude and mindset = overall wellbeing

*Engaging with others/volunteering time = sense of purpose

Our senior Centers have classes for all fitness levels and will modify when needed.

Liturgical Dance

This Christian dance group movement using flags for expression of adoration and thanks to celebrate life, love & God.

Richard R. Clark Senior Center:

Thursdays, Dec. 5 & 19, 2 p.m., • Fee: FREE

Food for thought:

How does your health spill onto others?

We should be empowering others to live healthily and the best way to do that is to also empower ourselves.

Think about negative or positive ways our behaviors with diet and exercise can help or hurt those around us. You never know who you will impact! Let's strive to make our impact a **POSITIVE ONE!**

Guided Meditation

Sit back, relax and let the sounds soothe your body, mind and spirit.

This 30-minute guided meditation will leave you feeling empowered and light. Please arrive ON TIME so as not to disturb the group.

Indian Head Senior Center: Thursday, Dec. 5, 9:30 a.m.

Richard R. Clark Senior Center: Friday, Dec. 20, 10:30 a.m.

Fee: FREE



Thank you!

In October we had Exercise for a Cause to support the Sisters at Heart Breast Cancer Support Group.

We wanted to thank those who donated, came out and supported us in this endeavor to raise awareness and provide a service to our county residents. Our centers raised **\$800**. Which goes directly to continue this quest in outreach and awareness for those who have been affected by breast cancer!



Group Fitness Etiquette

We love to see you in classes and hope you are enjoying our instructors and the variety of classes we offer. Please be mindful of the following:

- Punch your cards if required
- Refrain from wearing excessive perfumes
- Wear appropriate footwear to avoid tripping and falls
- Some classes are very full. To make everyone feel welcome, please do not save a spot for anyone.

COMING SOON

In January we will be offering Bingocize at the Richard R. Clark, Indian Head, and Nanjemoy Senior Centers! Stay tuned for days/times. This fun and interactive version of Bingo will get you moving.

Thank you for a super year!

As we close out 2024, there have been so many fun times you have brought in our centers to make fitness fun and always entertaining. We appreciate your support and dedication to our classes and to the instructors who teach them. We would all like to wish you the very best in the upcoming year and a fun/safe holiday season.

Thank you

Debi, Nate, and all your instructors!

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
2 Grape Juice Lemon Pepper Tilapia Fluffy Rice Green Beans Dinner Roll Apricots	3 Apple Juice Chophouse Burger on Pretzel Bun Orange Glazed Carrots Party Harty Beans Pineapple Chunks	4 Pineapple Juice Chicken Noodle Soup Mixed Veggies Dinner Roll Sliced Peaches	5 Orange Juice Tuna Fish on Potato Roll Potato Chips Pickle Spears (2) Apple Sauce	6 Fruit Blend Juice Taco Seasoned Ground Beef Spanish Rice Fiesta Blend Veggies Cornbread Jello
9 Apple Juice Spaghetti w/Meatballs & Mozzarella Broccoli Breadstick Sliced Peaches	10 Pineapple Juice Chicken Cacciatore Cheesy Mashed Potatoes Fiesta Bean Salad Whole Wheat Bread (2) Applesauce	11 Orange Juice Liver & Onions Mashed Potatoes Sweet Peas Biscuit	12 Jaycee's Christmas Party  Centers Closed	13 Grape Juice Orange Chicken Fluffy Rice Oriental Veggie Blend Fruit Cocktail
16 Apple Juice Grilled Chicken Caesar Salad Veggie Pasta Blend Bread Stick Apple Slices	17 Grape Juice Jerk Seasoned Catfish Sweet Potatoes Corn Biscuit Chunked Pineapple	18 Christmas Celebration Fruit Blend Juice Prime Rib Au Jus Mashed Potatoes w/ Gravy Asparagus Dinner Roll Cooked Apples Chocolate Cake	19 Orange Juice Teriyaki Chicken White Rice California Blend Veggies Whole Wheat Dinner Roll Raisins	20 Pineapple Juice Fish Sandwich w/ Cheese on Bun Roasted Baby Carrots Sweet Peas Citrus Salad
23 Christmas Holiday  No Lunch Service	24 Christmas Holiday  No Lunch Service	25 Merry Christmas  Centers Closed	26 Christmas Holiday  Centers Closed	27 Grape Juice Meatloaf w/ Gravy Mashed Potatoes Green Beans Dinner Roll Apricots
30 Grape Juice Sweet & Sour Pork Chop Bowtie Pasta Salad Broccoli Whole Wheat Bread (2) Applesauce	31 Apple Juice Oven Fried Chicken Mashed Potatoes & Gravy Stewed Tomatoes Cornbread Orange Slices			

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 \$6, actual cost is \$10.75 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 \$10.75. 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 SCOOP

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



www.CharlesCountyMD.gov



Department of Community Services

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

About Charles County Government

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

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

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

Publication Changes & Cancellations

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

Senior Center Inclement Weather Policy

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

Travel Bucket List!

Trips sponsored by Action Travels Tours 301-645-1770.

With the Summer in our rear view mirror and a mug of apple cider in our hand....It's time to turn our thoughts to last minute holiday trips and our 2025 travel bucket list. Call or email the office for pricing and detailed itineraries.

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

March 20-27, 2025: American Music Cities. Collette Vacations presents America's music capitals of New Orleans, Memphis and Nashville. New Orleans is the Jazz Capital of the world. Visit the French Quarter and the Grammy Museum. Memphis is the birthplace of the Blues, Rock n Roll and Soul. Tour Graceland and follow the route of Dr. Martin Luther King Jr.'s last march with several stops and a visit to the Civil Rights Museum. Then on to the Country Music Capital with a visit to the Ryman and the Country Music Hall of Fame.

April 5-16, 2025: Netherlands, Belgium and France. Spring has sprung in Europe... experience the tulip fields in all their glory. Cruise the Amsterdam canals, tour the storied Holland Windmills, visit Keukenhof Tulip Gardens, visit Bruges, Reims and Route du Champagne and dine in the Eiffel Tower in Paris.

May 8, 2025: Spring Blooms at Nemours Mansion and Longwood Gardens. A great daytrip for Mom. Resembling a French chateau, the Nemours Estate includes a 47,000 square-foot home – with 77 rooms – and is quite grand, incorporating many European design elements as well as furnishings. The grounds and gardens are just as magnificent. Then on to Longwood gardens to embrace the season of renewal as their gardens awaken. Walk through sweeping blankets of color of brilliant tulips, fragrant wisteria, bleeding hearts, and lilies that will delight as they sway in time with the sun.

SAVE THE DATE – June 9-13, 2025: 38th Annual Mystery Trip. Travel with new friends and old to destinations unknown but guaranteed to be fun.

August 7-20, 2025: The Plains of Africa. Book before January 8 to save \$200 per person. Clients call trips to Africa, "Life Changing". Enjoy Kenya's scenic vistas and magnificent wildlife as you traverse the African plains on an intimate safari adventure. In Swahili, "Safari" means Journey; to you, it will mean that – and so much more. Tour Highlights: Nairobi, Shaba National reserve, Samburu National Reserve, Sundowner, Lake Nakuru, Masai Mara, Karen Blixen Home, Amboseli National Park, 13 Game Drives, seeing Africa's

September 18 –October 6, 2025: Kingdoms of Southeast Asia- Vietnam, Cambodia, Laos and Thailand with optional 3 Night Bangkok tour extension. Book before Feb. 18, 2025 to guarantee price and space. Delve into an ancient and mysterious world of rural landscapes, bustling cities, and fascinating history in Southeast Asia. From Hoan Kiem Lake and the Hoa Lo prison, to a street food adventure through Hanoi, Vietnam's balance of peace, modernism and prosperity engage your thoughts and senses. On a charming junk boat, bask in the serenity of Ha Long Bay. Find inspiration at Cambodia's Angkor Wat temple, the world's largest religious structure. A local Laotian family welcomes you into their home for dinner.

