

# The SCOOP

Charles County's Senior Center News



DECEMBER 2025

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

Senior Center Plus Program Specialist: Carolyn Savoy

#### 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: Nieda Tice Palmer

#### 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.

## 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!



## Senior Center Closures

**Friday, Dec. 5th**

Close at 12 p.m. Noon

**Thursday, Dec. 11th**

Jaycee's Christmas Party

**Wednesday, Dec. 24th**

Close at 12 p.m. Noon

**Thursday, Dec. 25th**

Closed for Christmas

**Friday, Dec. 26th**

Closed for Christmas Holiday

**Wednesday, Dec. 31**

Close at 12 p.m. Noon



## What is Senior Center Plus?

Senior Center Plus is a special program designed to meet the various needs of the fraailer senior citizen aged 60 or older, who may not be able to participate independently within a senior center setting yet does not require the extensive supervision and services or medical adult day care.

Senior Center Plus is a social program which enables older persons to socialize and enjoy a meal with friends and to participate in a variety of senior center programs, including physical fitness, educational workshops, health programs, arts, crafts, and special events.

The program is in the Richard R. Clark Senior Center Tuesdays through Thursdays. There is a daily attendance fee. To obtain additional information about the Senior Center Plus program, or to begin the enrollment process, please contact Carolyn Savoy, Senior Center Plus Program Specialist, at 301-609-5710, or by e-mail at [SavoyC@charlescountymd.gov](mailto:SavoyC@charlescountymd.gov).

## 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

**REMEMBER:**

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



## Seasonal Affective Disorder (SAD) Awareness Month

Seasonal Affective Disorder (SAD) is a type of depression that follows a predictable seasonal pattern, typically emerging in the fall or winter and remitting in the spring or summer. The more common “winter-pattern” SAD manifests when daylight hours shrink, while a less common “summer-pattern” appears during warmer months. The disorder goes beyond mere “winter blues” — it can significantly change how a person feels, thinks, and behaves for several months each year.

People with SAD experience many of the typical symptoms of depression: persistent low mood, hopelessness, irritability, fatigue, difficulty concentrating, changes in sleep or appetite, and loss of interest in activities. In winter-pattern SAD, additional features often include oversleeping, craving carbohydrates and gaining weight, and withdrawing socially. By contrast, those with summer-pattern SAD may struggle with insomnia, poor appetite (leading to weight loss), agitation, and anxiety. To qualify as SAD, depressive episodes must recur in a specific season for at least two consecutive years and be more frequent than in other seasons.

The precise causes of SAD are not fully understood, but scientists believe changes in light exposure play a central role. Shorter daylight hours may disrupt serotonin levels (a brain chemical tied to mood) and melatonin regulation (which influences sleep-wake cycles). Vitamin D deficiency may also play a part, since sunlight helps our bodies produce vitamin D, which is linked to serotonin activity. In winter-pattern SAD, people may produce excess melatonin, leading to increased sleepiness; in summer-pattern SAD, the reverse may occur, combining with hotter temperatures and longer days to worsen symptoms.

Treatment for SAD involves several approaches, and they are often used in combination. For winter-pattern SAD, light therapy (sitting before a bright 10,000-lux light box daily, typically in the morning) is widely used. Psychotherapy, especially a version of cognitive behavioral therapy adapted for SAD (CBT-SAD), can help people reframe negative seasonal thoughts and reengage in rewarding activities. Antidepressant medications such as SSRIs or extended-release bupropion (approved for SAD) are also options. Some people may take vitamin D supplements, though study results are mixed. For

those who have a history of seasonal depressive episodes, starting treatment proactively before the season arrives may help reduce symptom severity.

If you or someone you know shows signs of SAD — especially recurrent seasonal patterns of depression — it's important to reach out to a health care provider or mental health specialist. Early diagnosis and a personalized treatment plan can make a meaningful difference in managing symptoms and improving quality of life.

**Information from:** <https://www.nimh.nih.gov/health-publications/seasonal-affective-disorder>

## Create a Wildlife-Friendly Christmas Tree Outdoors

As winter tightens its grip and natural food sources grow scarce, an outdoor “wildlife-friendly” Christmas tree offers a festive way to support birds and small mammals during the lean season. Rather than adorning your holiday tree with tinsel, plastic ornaments, or artificial lights, you can decorate with edible and biodegradable treats that wild creatures can safely consume.

Start by choosing a sturdy outdoor tree—ideally one already in your yard or a potted evergreen that you will leave outdoors for the season. Then get creative with your treats: thin slices of apple, orange, or pear can be dried and hung with cotton or natural twine; pinecones smeared with peanut butter and rolled in birdseed make excellent perch-friendly snacks; popcorn and cranberry garlands, grape strings, and homemade birdseed cakes are all popular choices. Be careful to avoid materials like fishing line or tinsel, which can entangle wildlife.

Once the holidays pass or the treats are eaten, your tree can still serve wildlife. You can turn it into a brush pile habitat by stacking branches to create shelter for small mammals, birds, and overwintering insects. Or you can chip it for mulch or compost. The beauty of this approach is that your decorations not only bring holiday cheer—but also provide a genuine, nature-friendly gift to your local wildlife.

**Information from:**

1. <https://wilderchild.com/blogs/news/decorating-outdoor-edible-tree-for-the-animals>.
2. <https://backwoodsmama.com/2021/12/decorate-tree-wildlife.html>.
3. <https://chirpforbirds.com/how-to/how-to-have-a-wildlife-friendly-christmas-tree/?srsltid=AfmB0op4tIXUGv1tbftbhj9W-KANi6nJ5WLxCkneChC-mdsB7w4h9OfTa>.



## Caregiver's Corner:

### **Tips for a Healthy and Active Lifestyle for People with Dementia**

Eating healthy and staying active is good for everyone and is especially important for people with Alzheimer's and related dementias. As the disease progresses, finding ways for the person to eat healthy foods and stay active may be increasingly challenging. Here are some tips that may help:

- Consider different activities the person can do to stay active, such as household chores, cooking and baking, exercise, and gardening. Match the activity to what the person can do.
- Help get an activity started or join in to make the activity more fun. People with dementia may lack interest or initiative and can have trouble starting activities. But, if others do the planning, they may join in.
- Add music to exercises or activities if it helps motivate the person. Dance to the music if possible.
- Be realistic about how much activity can be done at one time. Several short "mini-workouts" may be best.
- Take a walk together each day. Exercise is good for caregivers, too!
- Buy a variety of healthy foods, but consider food that is easy to prepare, such as premade salads and single portions.
- Give the person choices about what to eat, for example, "Would you like yogurt or cottage cheese?"

Information from <https://www.alzheimers.gov/life-with-dementia/tips-caregivers>



**Legal Aid**  
**Legal Aid: Dec 8th & Jan 5th**  
By appointment **only** at the Richard Clark Senior Center, contact **301-609-5712** to schedule.

## Easy Christmas Cookies

### Ingredients

- ½ pound (227 grams) unsalted butter, at room temperature
- ½ cup + 1 tablespoon, (112 grams) sugar
- 1 teaspoon pure vanilla extract
- 2 ½ cups (300 grams) all-purpose flour

### Instructions

1. Preheat oven to 325°F with a rack in the center.
2. Cut the butter into small pieces and place it in a large bowl (or the bowl of a stand mixer) with the sugar. Beat on medium speed until lightened in color and fluffy. Add the vanilla extract and beat to incorporate.
3. Add the flour and stir in gently with a spatula or wooden spoon until incorporated. I like to mix the last little bit with my hands. Don't overmix, or the cookies will be less tender.
4. Shape dough into a disk.
5. Dust work surface and rolling pin with flour and gently roll dough into a 1/4-inch-thick circle(ish). Cut into shapes using a cookie cutter. You can re-roll any scraps and use them to make a few more cookies.
6. Transfer cookies to a cookie sheet lined with parchment and chill in the fridge for 15 minutes to help them retain their shape in the oven.
7. Bake about 15 minutes, until very lightly golden. (Cookies this thick may not color much at all.)
8. Remove from the oven and transfer cookies to a wire rack to cool completely before decorating with your favorite icing and sprinkles!

Information from: <https://umamigirl.com/easy-christmas-cookies-recipe/>



## Maryland Access Point (MAP)

Maryland Access Point (MAP) has a new phone number: **301-934-0103**. Only the number has changed. MAP continues to provide the same high-quality services and support. Our professional team is available Monday through Friday and will return your call within 24 hours. Please note that MAP is not an emergency service.

MAP helps individuals, families, caregivers, and professionals connect with resources for long-term care and support. We assist people in finding and accessing both public and private programs related to health care, transportation, financial aid, nutrition and meal services, pharmacy assistance, and housing options such as independent living, assisted living, and nursing homes.

MAP also offers Level 1 Screens and Options Counseling for those seeking publicly funded long-term care. Our trained, person-centered Options Counselors work with individuals to identify needs and preferences, create personalized action plans, connect them to community resources, and plan for both current and future care. Options Counseling is available statewide at 20 local MAP sites. For those outside Charles County, call 1-844-MAP-LINK (1-844-627-5465) to reach a 211 Maryland specialist who can connect you with your local MAP.

Please update your records with our new number, 301-934-0103, your gateway to long-term care services and support in Charles County, Maryland.

## AARP Tax-Aide Volunteers & Training

Preparation for 2026 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 Tax-Aide Foundation. Last year volunteers assisted over 930 local residents file their federal and state income tax returns in Charles County.

We are currently looking for **Volunteers** to assist in Tax coordination and preparation!! We need Tax Counselors and Client Facilitators. Tax Counselors provide preparation of tax returns. Client Facilitators greet taxpayers and assist them with completing intake and necessary forms.

Training will take place during the month of January. Individuals wishing to enroll in the AARP Income Tax Training Program for 2026 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.



**12.10.25 | 2 PM**

**Location: Waldorf West Library**

10405 O'Donnell Pl., Waldorf, MD 20603

Phone: 301-645-1395

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.

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).

## Ask SHIP:

### **What are my options if I lose my Medicare Advantage Plan in 2026? Is it too late?**

If your Medicare Advantage (MA) plan is ending in 2026, don't worry – you have options and important protections:

**Guaranteed Issue for Medigap:** You may qualify for a guaranteed issue right to buy a Medigap (Medicare Supplement) policy. This means insurance companies must sell you a policy, must cover your pre-existing conditions, and can't charge you more due to health issues. This right is time-limited, so act promptly.

**Extended Enrollment Period:** You'll get a Special Enrollment Period (SEP) to choose a new Medicare Advantage plan or return to Original Medicare. This SEP typically begins December 8 and lasts through February 28 of the following year. Coverage changes made during this time are usually effective the first of the following month.

**SHIP Can Help:** Our SHIP counselors can walk you through your options, compare plans, and help you enroll in coverage that fits your needs and budget.

**Contact your State Health Insurance Assistance Program (SHIP)** for unbiased counseling at 301-609-5712 (La Plata area residents) or 240-448-2816 (Waldorf area residents).

# CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### Richard R. Clark Senior Center Council

#### Christmas Centerpiece Raffle

Council will be selling raffle tickets for a Christmas Centerpiece with eight, \$25-gift cards in the library during the noted dates and times.

Tuesdays, Wednesdays, & Thursdays, Nov. 19-Dec. 9, 10 a.m.-1 p.m.  
Fee: \$1 for each or 8 for \$5

#### Deck the Halls

Join staff as we sip hot chocolate and deck the halls of the Richard R. Clark Senior Center. Please sign up.

Monday, Dec. 1 & Tuesday, Dec. 2, 10 a.m.  
Fee: FREE

#### History of Santa

Join Debi Scoggins as she presents the history of Santa. Please sign up.

Tuesday, Dec. 2, 10:30 a.m. Fee: FREE

#### Movie Monday

Enjoy a classic holiday movie. Please sign up.

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

#### Graham Cracker Houses

Enjoy favorite holiday jingles by DJ Psyborg while making a graham cracker house. Please sign up.

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



#### Christmas Karaoke

Join DJ Psyborg and sing some classic Christmas tunes. Please sign up.

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

#### Winter Craft

Join us as we decorate an acrylic cup for the holidays. Supplies included. Please sign up, space limited.

Friday, Dec. 19, 10 a.m. Fee: \$5

#### Holiday Crosswords

Did you know National Crossword Day is December 21st? Join us for fun themed holiday crossword puzzles. Please sign up.

Monday, Dec. 22, 11:30 a.m. Fee: FREE

## Candy Cane Drive Thru

Open to the public! Drive thru our drop off-site and get a candy cane!

Tuesday, Dec. 23, 3 p.m. Fee: FREE

## Card Playing Day

Did you know National Card Playing Day is December 28th? Join us for card games in the Multipurpose room. Please sign up.

Monday, Dec. 29, 12 p.m. Fee: FREE

## Goodbye 2025!

Join staff as we say goodbye to 2025. Please sign up.

Wednesday, Dec. 31, 11 a.m. Fee: FREE

## Ongoing Programs

### Beginners Jewelry Class

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

Wednesday, Dec. 3 & 17, 10 a.m. Fee: FREE

### Book Club

Led by Nancy Marquardt, Charles County Public Library. Please sign up for the timeslot of your choice.

Thursday Dec. 4, 12 p.m. & 1 p.m. Fee: FREE

### Charles County Mobile Library

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

Tuesday, Dec. 9 & 30, 10 a.m. Fee: FREE

### Widow to Widow Support Group

Women's group focusing on grief. Facilitated by Brenda Debose.

Tuesday, 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. 10, 11:30 a.m. Fee: FREE

### Health Checks

Canceled for December. Returning in January.

### Learn to Quilt

Quilting is a great way to unwind. Join Gail Cavella to learn new quilting techniques. Must provide your own supplies.

Tuesdays, 9 a.m. Fee: FREE

### Knitting & Crocheting Family

Join Doreen & Peggy, along with a group of volunteers, come together to create and collect projects to provide for those in need. If you are new, they can teach you! This is also an open session for you to come work on your own projects.

Wednesdays, 9 a.m. Fee: FREE

## Tech Support

Schedule a 30-minute appointment with staff to navigate through your latest tech questions. Space is limited, appointment required.

Wednesdays, 10 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

## Stained Glass

Class is currently full. Please see front desk for waitlist or beginner's stained-glass class sign up.

## 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. 3 & 17, 10 a.m. Fee: \$5

### Meditation for Holiday Stress

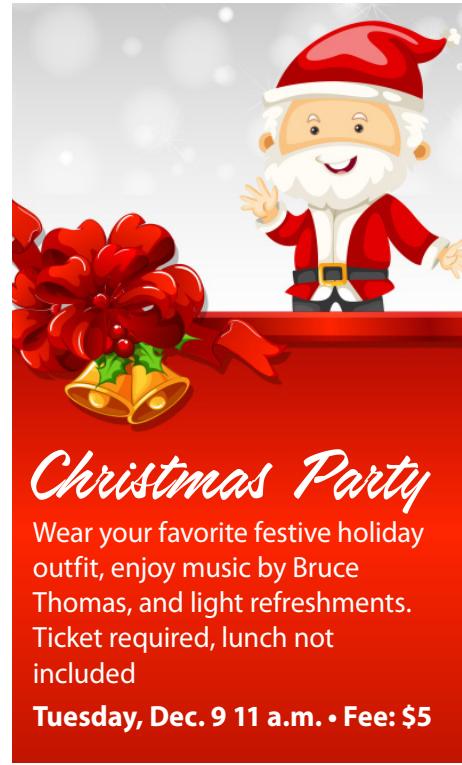
Feel the stress melt away with this guided meditation to decrease tension in the body, mind, and spirit.

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

### Jingle Bell Jam Line Dance Party

Join Debi for a fun, festive line dance party before the holidays. See pg. 14 for details.

Tuesday, Dec. 23, 12:30 p.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., 2 days prior.

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 <b>Fitness</b> Total Body Conditioning ..... 9:00 Pilates ..... 10:00 Chair Yoga ..... 11:00 Drums Alive ..... 1:00	Quilting Class ..... 9:00 Billiards ..... 9:30 Coloring & Puzzles ..... 9:30 Guitar ..... 10:00 Cards & Games ..... 10:00 <b>Fitness</b> Strength Training ..... 9:00 Flex & Stretch ..... 10:00 Zumba ..... 11:30 Line Dance ..... 1:00 Yoga Flow ..... 2:00	Crochet/Knitting ..... 9:00 Billiards ..... 9:30 Coloring & Puzzles ..... 9:30 Sewing Room OPEN ..... 9:30 Cards & Games ..... 10:00 <b>Fitness</b> Basic Fitness Training ..... 9:00 Dance Aerobics ..... 11:00 Yoga Flow ..... 12:00 AFEP ..... 1:00 Core & More ..... 1:30	Billiards ..... 9:30 Coloring & Puzzles ..... 9:30 Sewing Room OPEN ..... 9:30 Musicians Club ..... 10:00 Pokeno ..... 11:00 <b>Fitness</b> Strength Training ..... 9:00 Step Plus ..... 10:00 Zumba ..... 11:30 Pilates ..... 12:30 Cardio Fitness ..... 1:30	Billiards ..... 9:30 Coloring & Puzzles ..... 9:30 Project Linus ..... 9:30 Guitar ..... 10:00 Lunch ..... 12:00 <b>Fitness</b> Total Body Conditioning ..... 9:00 Chair One Plus ..... 10:00 AFEP ..... 11:15 Chair Yoga ..... 12:00 Line Dance ..... 2:00
<b>1</b> <b>Deck the Hall</b> ..... 10:00	<b>2</b> <b>Deck the Halls</b> ..... 10:00 Hand & Foot Canasta ..... 10:00 History of Santa ..... 10:30	<b>3</b> Fitness Orientation ..... 10:00 Jewelry Club ..... 10:00 Qi Gong/Shibashi ..... 10:00	<b>4</b> <b>Medicare Enrollment Lab 9:30</b> Book Club ..... 12:00 Book Club ..... 1:00 Pot Holder Making ..... 1:00 Liturgical Dance ..... 2:30	<b>5</b> Hand & Foot Canasta ..... 10:00 <b>Center Closing at 12 p.m.</b>
<b>8</b> Legal Aid ..... 1:00	<b>9</b> Hand & Foot Canasta ..... 10:00 Mobile Library ..... 10:00 <b>Christmas Party</b> ..... 11:00 Widow to Widow ..... 1:00	<b>10</b> Qi Gong/Shibashi ..... 10:00 Lunchtime Music with Will ..... 11:30 Council Meeting ..... 1:00	<b>11</b> <b>Center Closed for Jaycee's Christmas Party</b> 	<b>12</b> Council Bingo ..... 9:30
<b>15</b> <b>Holiday Movie</b> ..... 12:00	<b>16</b> <b>Easy Listening &amp; Graham Cracker Houses</b> ..... 10:30 Groove Dance w/ Debi ..... 10:30	<b>17</b> Beginner Line Dance ..... 10:00 Jewelry Club ..... 10:00 Fitness Orientation ..... 10:00 Caregivers Support Group ..... 2:00	<b>18</b> <b>Christmas Karaoke</b> ..... 10:30	<b>19</b> Project Linus Meeting ..... 9:30 <b>Winter Craft</b> ..... 10:00 Meditation for Holiday Stress ..... 1:00 <b>White Christmas Bus Trip 10 a.m.–5 p.m.</b>
<b>22</b> Holiday Crossword Puzzles ..... 11:30  No Drums Alive	<b>23</b> Jingle Bell Jam Line Dance Party ..... 12:30 Candy Cane Drive Thru ..... 3:00	<b>24</b> Coloring & Puzzles ..... 9:30  <b>Center Closing at 12 p.m.</b> 	<b>25</b> <b>Merry Christmas</b>  <b>Centers Closed</b>	<b>26</b> <b>Merry Christmas</b>  <b>Centers Closed</b>
<b>29</b> Card Playing Day ..... 12:00 No Drums Alive	<b>30</b> Mobile Library ..... 10:00	<b>31</b> Qi Gong/Shibashi ..... 10:00 <b>Goodbye 2025</b> ..... 11:00 <b>Center Closing at 12 p.m.</b> 		

# INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### Christmas Cards for Friends

Send cards to friends and members we haven't seen in a while. Cards, envelopes, and postage provided.

Thursday, Dec. 4, 1 p.m. Fee: FREE

### Driving Safety

Stay confident and safe on the road with a free one-hour driver safety class taught by experts from the R Adams Cowley Shock Trauma Center.

Monday, Dec. 8, 1 p.m. Fee: FREE

### Pure Play Every Day

Pure Play Every Day is coming back with games to play!

Tuesday, Dec. 16, 1 p.m. Fee: FREE

### Shibashi with Randi

Gentle, flowing movements and breathing techniques that help to improve health and balance the body, mind, and spirit.

Tuesday, Dec. 16, 3 p.m. Fee: Donation

### My Favorite Gift

Carry on a tradition from Nieda's grandfather, Rev. Alva Tice. Share your favorite gift that you have given OR received. If it is recent, you may bring the gift, or a photo of the gift. If it is not a physical object or if it is a distant memory, bring the story of the giving or receiving.

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

## Ongoing Programs

### Bingo

Mondays, Dec. 1, 15, & 29, 9:30 a.m.

Fee: 5¢ per card

### Choir Group

Love to sing, this is the group for you.

Mondays, Dec. 1, 15, & 29, 1 p.m. Fee: FREE

### Line Dancing

Join Gwen to learn the basics of line dancing.

Wednesdays, Dec. 3, 10, & 17, 11 a.m.

Fee: Fitness Card

### Project Linus/ Sewing 101

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

Mondays, Dec. 8 & 22, 9:30 a.m. Fee: FREE

### Widow to Widow Support Group

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

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

### Monthly Book Club

Join a representative from the Charles County Public Library to discuss the monthly book. December's book will be "The Candy House" by Jennifer Egan.

Wednesday, Dec. 17, 1 p.m. Fee: FREE

### Green Thumb Club

Plan and prepare the garden for spring.

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

### Walk Through the Bible

This program will return to its regular schedule on Jan. 16 when we will begin our walk through the Gospel of John. Join us at our Christmas Celebration for a Christmas message of hope.

### Tea Club

Come and share the health benefits of teas.

Tuesday, Dec. 23, 1 p.m. Fee: FREE

### Senior Tech

Sign up with your name, a description of your needs, and the device you will be using.

By appointment Fee: \$1

### Pastor Chris & Friends

Returns in January on the 2nd Tuesday of the month.

## Health & Fitness Programs

### Fitness w/Natonyia: Dance Fit/Drums Alive!

Dance your way into weight loss, strong bones, better posture, balance, and de stress! Each week alternate between Dance Fit and Drums Alive!

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

### Mobility & Balance w/Nieda

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

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

### Fitness Orientation

Required before using fitness equipment.

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

### Mobility Flow

Flow with Sonja in this gentle, yoga-based fitness class!

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

### Fitness w/Lamont

Cardio, circuit, and strength training. Two sessions to choose from!

Thursdays, 1 p.m. or 2 p.m. Fee: Fitness Card

### Chair Yoga

This gentle yoga class is accessible for all levels of experience. Focus is on mobility, strength, and breathing practices that support nervous system regulation. Every movement can be adapted to meet individual needs. Preregistration is requested. Call or visit the Indian Head Senior Center to register. Please arrive no later than 9 a.m.

Fridays, 9 a.m. Fee: Fitness Card

### Cardio Fitness

Join Helen for an upbeat dance class!

Participation can be standing, or seated in a chair, depending on your needs for the day. Wear athletic shoes and bring your water!

Fridays, 10:15 a.m. Fee: Fitness card

## Christmas Celebration

Share a meal and a Christmas message with music. Preregistration is required to ensure adequate food, seating, and materials. Sponsored in part by funds from Charles County Arts Alliance and the Maryland State Arts Council.

**Tuesday, Dec. 9, 11 a.m.**

**Fee: Donation**



# 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., 2 days prior.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room ..... 9:00 Billiards ..... 9:00 Cards/Games ..... 9:00 <b>Fitness</b> Dance Fit/Drums ALive! ..... 10:30	Fitness Room ..... 9:00 Billiards ..... 9:00 Cards/Games ..... 9:00 <b>Fitness</b> Mobility Flow ..... 9:30 AFEP ..... 11:15	Fitness Room ..... 9:00 Billiards ..... 9:00 Cards/Games ..... 9:00 <b>Fitness</b> Fitness w/ Veronica ..... 10:00 Fitness Orientation ..... 2:00	Fitness Room ..... 9:00 Billiards ..... 9:00 Card/Games ..... 9:00 <b>Fitness</b> Mobility & Balance ..... 9:30 AFEP ..... 11:15 Fitness w/Lamont ..... 1:00 Fitness w/Lamont ..... 2:00	Cards/Games ..... 9:00 Fitness Room ..... 10:15 Billiards ..... 10:15 <b>Fitness</b> Chair Yoga ..... 9:00 Cardio Fitness ..... 10:15
<b>1</b> Bingo ..... 9:30 Deck the Halls ..... 9:30 Choir Group ..... 1:00	<b>2</b> Crafting w/Mary ..... 1:00	<b>3</b> Line Dancing ..... 11:00 Ask Doyle ..... 1:00	<b>4</b> Christmas Cards for Friends ..... 1:00	<b>5</b> Chair Yoga ..... 9:00 Cardio Fitness ..... 10:15  <b>Center Closing at 12 p.m</b>
<b>8</b> Project Linus/Sewing 101 ..... 9:30 <b>Driving Safety</b> ..... 1:00	<b>9</b> <b>Center Christmas Celebration</b> ..... 11:00  NO Fitness classes Fitness Room Closed	<b>10</b> Widow & Widower Support ..... 10:00 Line Dancing ..... 11:00	<b>11</b> <b>Center Closed for Jaycee's Christmas Party</b> 	<b>12</b> Fitness Surprise ..... 9:30 Cardio Fitness ..... 10:15  NO Chair Yoga
<b>15</b> Bingo ..... 9:30 Choir Group ..... 1:00	<b>16</b> Information & Assistance with Julie ..... 10:30 <b>Games</b> ..... 1:00 Shibashi ..... 3:00	<b>17</b> Line Dancing ..... 11:00 Book Club ..... 1:00	<b>18</b> Mobility & Balance ..... 9:30 Green Thumb Club ..... 10:30	<b>19</b> Easy Candy Making ..... 11:15 <b>White Christmas Bus Trip</b> 10 a.m.–5 p.m.
<b>22</b> Project Linus/Sewing 101 ..... 9:30 <b>Hot Chocolate Bar &amp; Christmas Karaoke</b> ..... 12:45	<b>23</b> Tea Club ..... 1:00	<b>24</b> Fitness Surprise ..... 10 a.m.  NO Fitness w/ Veronica  <b>Center Closing at 12 p.m.</b>	<b>25</b> <b>Merry Christmas</b>  <b>Centers Closed</b>	<b>26</b> <b>Merry Christmas</b>  <b>Centers Closed</b>
<b>29</b> Bingo ..... 9:30 Choir Group ..... 1:00	<b>30</b> My Favorite Gift ..... 1:00	<b>31</b> 2026 Toast ..... 11:59  <b>Center Closing at 12 p.m.</b> 		

# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

## Program Highlights

### Friday Films

Join us for snacks and The Christmas Chronicles – Siblings Kate and Teddy Pierce hatch a scheme to capture Santa Clause on Christmas Eve. When the plan goes awry, the kids join forces with a somewhat jolly Saint Nick and his loyal elves to save the holiday before it's too late.

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

### Let's Take a Trip

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

Tuesday, Dec. 23, 1 p.m. Fee: FREE

## Ongoing Programs

### Artistic Aesthetics

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

Mondays, 1 p.m.

Sugar Cookie Decorating, Dec. 1 Fee: \$2

Casual Crafting, Dec. 8 Fee: FREE

Christmas Bells, Dec. 15 Fee: \$5

Casual Crafting, Dec. 22 Fee: FREE

Block Snowman, Dec. 29 Fee: \$4

### 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. 18, 9:30 a.m. Fee: FREE

### Nickel Bingo

Join us for bingo every week!

Thursdays, 12:45 p.m. Fee: 5¢ per card

# FITNESS

Health & Fitness Program

### Arthritis Foundation Exercise Program (AFEP)

Join Debi for this evidence-based exercise program. Gentle stretching 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.

Wednesdays, Dec. 3 & 17, 11 a.m. Fee: FREE

### Core Fitness

Core work, muscle work, and flexibility.

Mondays, 9 a.m. Fee: FREE

### Fitness Beats

Join fitness instructor, Natonya for FUN, rhythmic exercise. This class will have you energized as you move to the beat of your own drum. All fitness levels welcome!

Mondays, Dec. 1 & 29, 12 p.m.

Fee: Fitness Card

### Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m.

Fee: FREE

### Total Body Conditioning

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

Thursdays, 9 a.m.

Fee: Fitness Card

### Chair Yoga

Chair Yoga is a gentle form of yoga that is practiced while sitting on a chair or using a chair for support. It is designed to improve flexibility, balance, strength, and relaxation without the need to get down on the floor. Chair Yoga is ideal for older adults, individuals with limited mobility, or anyone looking for an accessible yoga experience.

Thursdays, 10 a.m.

Fee: Fitness Card

## Community Programs

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

### Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Dec. 2 & 23, 10:30 a.m.

Fee: FREE

### WIC Services

Friday, Dec. 5 & 19, 9 a.m.-4 p.m. Fee: FREE

### DIY Ornament

Enjoy spending time with your little one making memories while creating one of a kind Christmas ornaments. All supplies included.



Parent participation is required for ages 4-5. Only the child needs to be registered.

Register online with Recreation using the QR code or visiting: <https://charlescountymd.myrec.com/info/default.aspx>.

Tuesday, Dec. 9, 4:30-5:30 p.m.

Fee: \$12 for residents & \$14 for non-residents

### Pizza & Painting

Paint a pre-sketched 9x12 canvas with a Christmas themed design and enjoy 2 slices of pizza (cheese or pepperoni), fruit and a bottle of water. All supplies provided. Space is limited. Prior registration is required.

Friday, Dec. 19, 12:30 p.m. Fee: \$8

### Mobile Food Market

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

Wednesday, Dec. 17, 12-2 p.m. Fee: FREE

\*While supplies last\*

### 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

### 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. 8, 6 p.m. Fee: FREE



## Senior Council Christmas Luncheon

The Nanjemoy Senior Council will host a Christmas themed lunch. Please see the Nanjemoy Senior Council to register in advance. Last day to register is Tuesday, Dec. 9

**Tuesday, Dec. 16, 11 a.m. Fee: Donation**

# 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., 2 days prior.

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 <b>Fitness</b> Core Fitness .....9:00	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 <b>Fitness</b> Flex & Stretch.....10:00	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 <b>Fitness</b> 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 Dominos.....1:00 Nickel Bingo.....12:45 Games/Puzzles .....1:00 <b>Fitness</b> Total Body Conditioning.....9:00 Chair Yoga .....10:00	Billiards.....8:30 Causal Crafting .....8:30 Computer Lab .....8:30 Fitness Room.....8:30 Shop the Rack .....8:30 Lunch .....12:00 Senior Tech Appts.....8:30 Dominos.....1:00 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00 <b>Fitness</b> Walking Club.....11:00
<b>1</b> Senior Council Meeting .....10:00 <b>Fitness Beats</b> .....12:00 Artistic Aesthetics: <i>Sugar Cookie Decorating</i> .....1:00	<b>2</b> Flex & Stretch.....10:00 Dominos.....1:00 <u>Community Program</u> Mobile Library .....10:30	<b>3</b> Computer Lab .....8:30 AFEP .....11:00	<b>4</b> Total Body Conditioning.....9:00 Chair Yoga .....10:00 Bingo .....12:45	<b>5</b> Fitness Room .....8:30 <u>Community Program</u> WIC Services .....9:00 <b>Center Closing at 12 p.m.</b>
<b>8</b> Core Fitness .....9:00 Artistic Aesthetics: <i>Casual Crafting</i> .....1:00 <u>Community Program</u> <b>Christmas Tree Lighting.</b> .6:00	<b>9</b> Christmas Meal .....12:00 <u>Community Program</u> Recreation DIY Ornament.....4:30	<b>10</b> Billiards.....8:30	<b>11</b> <b>Center Closed for Jaycee's Christmas Party</b> 	<b>12</b> Friday Films .....11:00 Walking Club .....11:00
<b>15</b> Core Fitness .....9:00 Artistic Aesthetics: <i>Xmas Bells</i> .....1:00	<b>16</b> <b>Senior Council Christmas Luncheon</b> .....11:00 Games & Puzzles.....1:00	<b>17</b> Billiards.....8:30 AFEP .....11:00 <u>Community Program</u> Mobile Food Market .....12:00	<b>18</b> I & A .....9:30 Bingo .....12:45	<b>19</b> Dominos.....1:00 <u>Community Program</u> WIC Services .....9:00 <b>Pizza &amp; Painting</b> .....12:30 White Christmas Bus Trip 10 a.m.–5 p.m.
<b>22</b> Core Fitness .....9:00 Artistic Aesthetics: <i>Casual Crafting</i> .....1:00	<b>23</b> Flex & Stretch.....10:00 <b>Let's Take a Trip</b> .....1:00 <u>Community Program</u> Mobile Library .....10:30	<b>24</b> <b>Center Closing at 12 p.m.</b> 	<b>25</b> <b>Merry Christmas</b>  <b>Centers Closed</b>	<b>26</b> <b>Merry Christmas</b>  <b>Centers Closed</b>
<b>29</b> <b>Fitness Beat</b> .....12:00 Artistic Aesthetics: <i>Block Snowman</i> .....1:00	<b>30</b> Senior Tech Appts .....8:30	<b>31</b> <b>Center Closing at 12 p.m.</b> 		

# 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's beginning to look a lot like Christmas! Join us as we kick off the holiday season by decorating the center's Christmas tree together. Sip on warm hot cocoa, enjoy festive cookies, and soak up the holiday cheer!

Monday, Dec. 1, 10:30 a.m. Fee: FREE

### Christmas Party

Get ready to celebrate the season with joy, laughter, and plenty of holiday cheer! Join us for a heartwarming Christmas party filled with festive fun, delicious treats, and cozy memories to share. Pre-registration is required.

Tuesday, Dec. 9, 10:30 a.m.-Noon Fee: \$10

### Gift Wrapping Station

Add the perfect finishing touch to your holiday gifts at our cheerful Gift Wrapping Station! We've got all the festive paper, ribbons, bows, and tags you need to make your presents shine—plus a little help if you need it! Stop by, get creative, and wrap your gifts in style!

Monday, Dec. 15, 10 a.m. Fee: \$2

### Estates Planning

Please join Attorney, Heather Cherry, as she discusses everything about Estates Planning. She is very knowledgeable and will open the floor for questions at the end.

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

### Merry Movie Mornings

Get cozy and join us for a double dose of holiday hilarity at our Merry Movie Mornings! We're screening the classic Home Alone followed by the festive comedy Deck the Halls. Bring your holiday spirit, your favorite blanket, and settle in for a morning full of laughs, cheer, and Christmas mischief!

Friday, Dec. 19, 10 a.m. Fee: \$2

Monday, Dec. 22, 10 a.m. Fee: \$2

## 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. 2 & 9, 10 a.m. Fee: FREE

### Widow & Widower Support Group

Facilitated by Brenda Dubose.

Monday, Dec. 8 & 29, 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. Please pre-register.

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

### Bible Study

Facilitated by Minister Yvonnde' Wilson. All are welcome!

Tuesday, Dec. 16, 11 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. We will meet every third Tuesday of the month.

Tuesday, Dec. 16, 12:30 p.m. Fee: FREE

### Book Club

This month's book is "The Tale of the Nutcracker" by Alexandre Dumas. Please come prepared with your thoughts on this book and join in the discussions.

Thursday, Dec. 18, 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. 19, 1 p.m. Fee: FREE

### Better Breather's Club

Helping you cope with lung conditions while offering compassionate support. Led by trained facilitators, these in-person meetings will give you the tools you need to stay active, healthy, and living your best life. For more information, please contact 301-609-4391. Takes place the last Thursday of each month.

Tuesday, Dec. 30, 1p.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, 11 a.m. & Thursdays, 1 p.m.

Fee: FREE

### Leather Crafting

Canceled for December. Returning in January.

### Gospel Choir

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, 10 a.m. Fee: FREE

### Paper Crafting

Fellow paper crafter, Julia Benge, 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

### Table Tennis Tournament

Join us for a fun, friendly singles Table Tennis Tournament open to players of all skill levels. Limited to 16 participants. Registration is required.

Thursday, Dec. 4, 1-4 p.m. Fee: FREE

### Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

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

Monday, Dec. 15, 11:30 a.m. Fee: \$5

### Intro to Pickleball / Skills & Drills

None for December.

## Community

### DIY Swag or Wreath

We'll provide the greenery, supplies, inspiration, and guidance for your one-of-a-kind holiday swag or wreath decoration. Showcase it on your front door, in your hallway, outdoor pots, lanterns, etc. A large bow and instructions will be included. Register online with Recreation using QR code on pg. 10.

Friday, Dec. 5, 10:30a.m.

Fee: Residents \$20, Non-Residents \$25

# 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., 2 days prior.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room ..... 9:00 Racquetball ..... 9:00 Guitar Club ..... 11:00 Pinochle ..... 11:00 Lunch ..... 12:00 Basic Sewing ..... 1:00 Table Tennis ..... 2:30 <b>Fitness</b> Chair Dance Aerobics ..... 9:30 Core & More ..... 10:30 Cardio Fitness ..... 11:30 Kettlebell Fitness ..... 12:30 Enhanced Fitness ..... 1:30	Fitness Room ..... 9:00 Racquetball ..... 9:00 Cards & Games ..... 10:30 Pokeno ..... 10:30 Tech Time ..... 10:30 Lunch ..... 12:00 Lunch ..... 12:00 <b>Fitness</b> Basketball ..... 1:00 <b>Fitness</b> Total Body Conditioning ..... 9:30 Gentle Stretching ..... 10:30 Line Dancing ..... 11:30 Tai Chi for Health ..... 1:00 <b>NO Leather Crafting in Dec.</b> <b>NO Belly Dancing in Dec. or Jan.</b>	Fitness Room ..... 9:00 Racquetball ..... 9:00 Basketball ..... 10:00 Bridge Club ..... 10:00 Lunch ..... 12:00 Basic Sewing ..... 1:00 <b>Fitness</b> Chair Dance Aerobics ..... 9:30 AFEP ..... 10:30 Basic Fitness Training ..... 11:30 Enhanced Fitness ..... 1:00	Fitness Room ..... 9:00 Racquetball ..... 9:00 Gospel Choir ..... 9:30 Watercolors ..... 10:30 Pinochle ..... 11:00 Lunch ..... 12:00 <b>Fitness</b> Walking Club ..... 12:30 Mah Jong ..... 1:00 Basketball ..... 1:00 Guitar Club ..... 1:00 Table Tennis ..... 2:30 <b>Fitness</b> Total Body Conditioning ..... 9:30 Drums Alive ..... 10:30 Line Dancing ..... 11:30 Tai Chi for Health ..... 1:00	Fitness Room ..... 9:00 Racquetball ..... 9:00 Crochet Club ..... 10:00 Lunch ..... 12:00 Paper Crafting ..... 1:00 <b>Fitness</b> Walking Club ..... 12:30 Chair Dance Aerobics ..... 9:30 Gentle Stretching ..... 10:30 AFEP ..... 11:30 Core and More ..... 12:30 Yoga Flow ..... 1:30
<b>1</b> <b>Deck the Halls.....10:30</b>	<b>2</b> Prayer Group ..... 10:00 Pickleball Fun Day ..... 11:00	<b>3</b> Cardio Fitness ..... 2:00	<b>4</b> Bingo ..... 10:30 Table Tennis Tournament ..... 1:00  <b>NO Tai Chi for Health</b>	<b>5</b> DIY Wreath ..... 10:30  <b>Center Closing at 12 p.m.</b>
<b>8</b> Widow & Widower Support Group ..... 9:30	<b>9</b> Prayer Group ..... 10:00 <b>Christmas Party ..... 10:30</b>  <b>NO Pokeno</b>	<b>10</b> Jewelry Club ..... 10:00 Fitness Room Orientation ..... 10:30  <b>NO Enhance Fitness</b>	<b>11</b> <b>Center Closed for Jaycee's Christmas Party</b> 	<b>12</b> Diabetes Prevention ..... 10:30
<b>15</b> Gift Wrapping ..... 10:30 Fitness Room Orientation ..... 11:30  <b>NO Kettle Bell</b>	<b>16</b> Groove Dance w/ Debi ..... 10:30 Bible Study ..... 11:00 Poetry Club ..... 12:30	<b>17</b> Estates Planning ..... 10:30	<b>18</b> Bingo ..... 10:30 <b>Book Club ..... 1:00</b>	<b>19</b> Merry Movie ..... 10:00 Jazz Appreciation ..... 1:00 <b>White Christmas Bus Trip 10 a.m.–5 p.m.</b> <b>NO Core and More</b>
<b>22</b> Merry Movie ..... 10:00  <b>NO Core and More</b>	<b>23</b> Line Dancing ..... 11:30  <b>NO Pokeno</b> <b>NO Gentle Stretching</b>	<b>24</b> Center Closing at 12 p.m. <b>NO Chair Dance Aerobics</b> 	<b>25</b> <b>Merry Christmas</b>  <b>Centers Closed</b>	<b>26</b> <b>Merry Christmas</b>  <b>Centers Closed</b>
<b>29</b> Widow & Widower Support Group ..... 9:30  <b>NO Enhance Fitness</b> <b>NO Core and More</b>	<b>30</b> Better Breathers ..... 1:00  <b>NO Tai Chi</b> <b>NO Pokeno</b> <b>NO Gentle Stretching</b>	<b>31</b> Center Closing at 12 p.m. 		

## Merry Fitness!

Happy Holidays from your fitness team! What a fun year of fitness, health information, outdoor activities, friendship, laughter, and keeping active. We strive to create classes and programs to provide educational opportunities and classes to keep older adults social, engaged and healthy.

THANK YOU for supporting your senior centers and joining us as we promote healthy aging through programs that support independence, wellbeing and self-expression! See you next year!



## Qi Gong/Shibashi

For over 1,000 years this form of exercise has been extremely popular. Come join!

This class will take you through a series of slow, easy-flowing mindful movements to calm the nervous system, focus on breath, balance and coordination.

### Richard R. Clark Senior Center

Instructor: Charles Cavella  
Wednesdays, Dec. 3, 17, & 31, 10 a.m. • Fee: FREE

### Indian Head Senior Center

Instructor: Randi McWilliams  
Tuesday, Dec. 16, 3 p.m. • Fee: FREE

## Table Tennis Tournament

Get your paddles ready and join us for a fun, friendly singles Table Tennis Tournament open to players of all skill levels. Limited to 16 participants. Registration is required at Waldorf Senior Center.

### Richard R. Clark Senior Center

Thursday Dec. 4, 1-4 p.m. \* Fee: FREE



## 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

Thursday, Dec. 4, 2:30 p.m. • Fee: FREE

## Beginner Line Dance

Learn basic terminology, steps and how steps are put together in this basic lesson of popular dances!

We will have you dancing and ready for your next holiday party or picnic!

### Richard R. Clark Senior Center

Instructor: Carrie  
Wednesday, Dec. 17, 10 a.m. • Fee: FREE



## Jingle Bell Jam Line Dance Party

Join us as we celebrate friendship and the love of dancing! Wrap up something you don't need from home (gently used) or a dollar store item for a fun gift exchange.

### Richard R. Clark Senior Center

Tuesday, Dec. 23, 12:30-2 p.m. • Fee: FREE (bring a small gift)



## Groove Dance w/Debi

The dance floor can be anywhere you are! Good music, good vibes and energy that will leave you feeling energized. All fitness levels welcome!

### Waldorf Senior & Rec. Center

Tuesday, Dec. 16, 10:30 a.m. • Fee: Fitness Card

## Attention Seniors Stay Current with Fitness Classes

Please check the fitness calendar for changes to your class schedule. Due to the holidays some classes may be cancelled or changed!

## REMINDER:

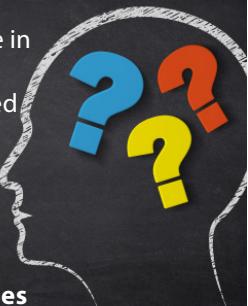
Fitness cards are required to participate in classes at our centers.

They need to be presented and punched prior to taking your class. Unless otherwise noted.

You can get a fitness card from any of the Program Assistants.

We have 2 types of cards for purchase:

**\$20 for 10 classes OR \$60 for 40 classes**



Thank you for your continued dedication to improving your health and fitness.

**Debi & Nate**

# SENIOR CENTER MENU

**1% or skim Milk is offered with all meals**  
**All Juice is 100% Juice**

## Lunch Cancellation Policy

If you have a lunch reservation and cannot dine at the Center, please call the Senior Center PRIOR to the reservation day to cancel your meal. If the meal is not cancelled, the County must still pay for the meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<b>1</b>  Apple Juice Beef Taco Salad Lettuce, Tomato, Salsa, Sour Cream & Cheese Black Beans Tortilla Chips Fruit Cocktail	<b>2</b>  Apple Juice Turkey Sausage & Cheese Omelet Sauteed Peppers, Onions & Mushrooms Whole Wheat Toast Fresh Grapes	<b>3</b>  Fruit Punch Turkey Chili Corn Rice Peaches Lemon Cake	<b>4</b>  Orange Juice Swedish Meatballs Green Beans Veggie Medley Egg Noodles Orange Slices Muffins	<b>5</b>  Grape Juice Egg Salad on Bun Tomato Soup Cole Slaw Baked Apples		
<b>8</b>  Cranberry Juice Oven Fried Chicken Buttered Corn Mashed Potatoes Dinner Roll Pineapple Bits Chocolate Chip Cookie	<b>9</b>  Holiday Party  Catered Lunch Menu TBD	<b>10</b>  Fruit Punch Lemon Butter White Fish Green Beans California Veggies Rice Pilaf Pears Vanilla Cake	<b>11</b>  <b>Jaycees Holiday Party</b>  <b>Centers Closed</b>	<b>12</b>  Cranberry Juice Ham & Cheese on Bun w/ Lettuce Tomatoes & Cucumbers Cherry Cobbler		
<b>15</b>  Fruit Punch Beef Cheeseburger Fiesta Corn Tater Tots Fruit Cocktail Oatmeal Raison Cookies	<b>16</b>  Orange Juice Vegetable Lasagna Spinach Italian Mixed Veggies Fresh Grapes Vanilla Pudding	<b>17</b>  Fruit Punch Grilled Kielbasa on Hearty Roll Peppers & Onions Home Fries Peaches Chocolate Cake	<b>18</b>  Apple Juice BBQ Chicken Thighs Candied Yams Steamed Carrots Whole Wheat Bun Orange Slices Blueberry Muffin	<b>19</b>  Fruit Punch Turkey & Provolone on Bun Broccoli & Cheese Soup Cole Slaw Fresh Fruit Salad		
<b>22</b>  Orange Juice Chicken Stir Fry Stir Fry Veggies Rice Pears M&M Cookie	<b>23</b>  Cranberry Juice Roasted Chicken Loaded Baked Potato Roasted Brussel Sprouts French Bread Bowl Fruit Salad Christmas Cake	<b>24</b>  <b>Christmas Holiday</b>  <b>No Lunches</b>	<b>25</b>  <b>Merry Christmas</b>  <b>Centers Closed</b>	<b>26</b>  <b>Christmas Break</b>  <b>No Lunches</b>		
<b>29</b>  Cranberry Juice Chicken Parm w/ Pasta California Blend Veggies Spinach Fruit Cocktail Chocolate Pudding	<b>30</b>  Grape Juice Turkey Pot Pie Mixed Veggies Garden Salad Fresh Grapes Chocolate Chip Cookie	<b>31</b>  <b>New Year's Eve</b>  <b>No Lunches</b>				
<p><b>Charles County Luncheon Program</b></p> <p>Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$6.00 actual cost is \$10.39 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 \$10.39. Lunch reservations must be made by 10 a.m. TWO days prior. We appreciate your assistance in keeping costs down. Party &amp; special event meal prices may vary.</p> <p>Clark Senior Center.....Tuesday-Friday Indian Head Senior Center.....Monday-Friday</p> <p>Available at Noon • Days Vary By Center</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](http://www.CharlesCountyMD.gov)



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

## About Charles County Government

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

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

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

## Publication Changes & Cancellations

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

## Senior Center Inclement Weather Policy

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

## Dinner Theatre Bus Trip: White Christmas

### Riverside Center for the Performing Arts

Join us as we celebrate the season and enjoy a live performance of the Christmas classic: *White Christmas*. Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. With a dazzling score featuring well-known standards including "Blue Skies," "I Love a Piano," "How Deep Is the Ocean" and the perennial title song, *White Christmas* is an uplifting, wholesome musical that will delight audiences of all ages!

Trip fee includes transportation in a coach bus, lunch service, live entertainment, snacks, and gratuity. Wear your favorite Christmas sweater!! Signup available at all Charles County Senior Centers. Final count due by 12/2/25.

Friday, Dec. 19, 2025

Departure from the Richard R. Clark Senior Center at 10 a.m.

Estimated return time approximately 5 p.m. • Fee: \$135



## Travel Leaders/Action Travel Tours

### 3290 Old Washington Rd - Waldorf

### Call for detailed itineraries and pricing 301-645-1770

January 17-24, 2026: Viking River Cruises – 8-Day New Orleans & Southern Charms.

April 23- May 2, 2026: Collette – Sunny Portugal

April 30-May 8, 2026: Collette – Mackinac Island

## Senior Council Programs & Fundraisers

### Richard R. Clark Senior Council

#### Memorial Plaques

Enshrine the name of your family and friends on a Sunset Memorial Plaque located in the library at the Richard R. Clark Senior Center. Plaques are available for purchase in two sizes, 3-1/2 x 1 inches, up to 3 lines, 30 characters per line for \$25 and 3-1/2 x 2 inches, up to 4 lines, 30 characters per line for \$30. To learn more about the Sunset Memorial Plaques, please visit the Clark Senior Center and complete a Sunset Memorial Plaque form located in the library.

### Nanjemoy Senior Council

#### Senior Council Christmas Luncheon

The Nanjemoy Senior Council will host a Christmas themed lunch. Please see the Nanjemoy Senior Council to register in advance. Last day to register is Tuesday, Dec. 9.

Tuesday, Dec. 16, 11 a.m. • Fee: Donation

### Waldorf Senior Council

#### BINGO

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



## Council News for December Sponsored/Hosted Activities & Events

### Clark Senior Center

Sunset Memorial

### Indian Head Senior Center

All Clubs,  
Shibashi,

### Nanjemoy Senior & Community Center

Christmas Luncheon

### Waldorf Senior & Rec. Center

Bingo, Pokeno