

The SCOOP

Charles County's Senior Center News

HAPPY HOLIDAYS!



DECEMBER 2021
www.CharlesCountyMD.gov

Holiday Message

Our Senior Center staff would like to acknowledge your strength and fortitude during 2021. You joined us in reshaping how our centers engaged the senior community. 2022 brings a new year, new plans, new memories to be made. Wishing you all the best for the year ahead. May we embrace the opportunities hidden in each day.

December Holidays

Senior Centers will be closed on Friday, December 24, in observance of Christmas. Senior Centers will also be closed Friday, December 31 in observance of New Years.

Reopening Efforts

As we gradually reopen, we will continue to offer programs on multiple platforms. We ask for grace and patience with staff as we reconvene. We are rebuilding our programs after a 15-month closure. Remember "kindness is difficult to give away because it keeps coming back to you". All Senior Centers will be closed on Fridays during the month of December.



Volunteer Tax Preparers Needed

Volunteer tax preparers are needed to provide this beneficial service. FREE training is provided beginning January 2022. Upon completion of the program persons must then pass a test before receiving certification. More details to come.

Individuals wishing to enroll in the AARP Income Tax Training Program for 2022 should contact Barbara Joy, Senior I&A Program Assistant at 301-609-5712 or JoyB@charlescountymd.gov.

Calling all Racquetball Players!

Did you know the Waldorf Senior and Recreation Center has two racquetball courts that are FREE to use? Now that you know, come on in and play a game with us! Your local senior racquetball players are eager to meet more racquetball players and get some friendly competition started! Drop by or call the Waldorf Senior & Rec Center if you are interested in meeting other racquetball players! 240-448-2810

Grocery Distribution

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

All distributions begin at 11:30 a.m.

December 2	Waldorf Senior & Rec Center
December 9	Clark Senior Center
December 16	Indian Head Senior Center
December 23	Nanjemoy Senior Center



Would you like the County Senior Center SCOOP mailed to you?



The Charles County Department of Aging can now mail a SCOOP to your home! SCOOPs are available virtually, and free at your local senior center, but the ease of getting your very own copy mailed to your home is now available! This program costs \$24 for a year's worth of SCOOPs.

If you are interested in this service, please contact Carolyn Savoy to register at 301-934-5423. Please note: this service is completely optional. SCOOPs will remain free at senior centers while supplies last. This service is being offered on a trial basis.

It's time to re-register!

Each October it is a requirement that all senior center participants complete a new registration form to remain active members of the Charles County Senior Centers. Keeping these forms updated is incredibly important to maintain our records and ensure we have a working emergency contact number for every participant. The number of completed forms also directly impacts the funding we receive for senior programming. Any donations received are placed back into programs to benefit your Centers. To register, you must live in Charles County, and you or your spouse must be 60 years of age or older. Please complete a registration form and return it your local senior center. You can also mail completed forms to:

Department of Community Services

Attn: Senior Centers

8190 Port Tobacco Road, Port Tobacco, MD 20677

Caregivers Corner

Holiday Activities

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

Here are some activity ideas to try:

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

Information for this article provided by The Alegre Home Care.

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

The next Caregivers Support Group meeting will be held in-person at the Richard R. Clark Senior Center Wednesday, December 29, 2021 at 2 p.m.

National Flu Shot Week

Dec. 5 – 11, 2021

What are the benefits of flu vaccination?

There are many reasons to get an influenza (flu) vaccine each year. Flu vaccination is the best way to protect yourself and your loved ones against flu and its potentially serious complications.

Below is a summary of the benefits of flu vaccination and selected scientific studies that support these benefits.

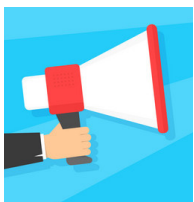
- Flu vaccination can keep you from getting sick with flu.
- Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.
- Flu vaccination can reduce the risk of flu-associated hospitalization.
- Flu vaccination is an important preventive tool for people with certain chronic health conditions.
- Flu vaccination helps protect pregnant people during and after pregnancy.
- Flu vaccine can be lifesaving in children.

Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions. Information provided by the CDC.



Nanjemoy Community Center Intergenerational Programming Highlight

The Nanjemoy Senior and Community Center is pleased to bring back regularly scheduled youth programming. We are working closely with the Department of Recreation to bring free and low-cost activities as well as planning our own. The goal is to incorporate age-specific and multigenerational programming for children, teens, adults, and seniors. Such programs include Moving & Grooving, Story Time, Tai Chi for Kidz, crafts, and more. We hope you come and check out all of the changes we are making both to our roster of programs and to our building!



Tell a Friend

Have you heard about our programs? Did you know we are open to the public? We need your help spreading the word. If we all call one friend, together we can reach so many!



A Sweet, Sweet December

What do pies, cookies, brownies, cotton candy, pastries, gingerbread houses, and candy canes all have in common? Besides being full of sugar and delicious, they all have a 'National Day of...' Celebration during the month of December! During the holidays, we can find ourselves surrounded by desserts at every gathering, meeting, and party. But what do we do after the holidays wind down and we have loads of treats left – specifically candy canes? Read below for 2 unique ways to use up left-over candy canes that don't involve throwing them away!



Make Bath Scrub

Instead of eating your leftovers, use them to make a candy cane-infused scrub. To make a batch, pour four cups of white sugar, one cup of olive oil (or another non-comedogenic oil with a similar consistency), a few drops of peppermint essential oil, and a quarter cup of finely ground candy canes into a mixing bowl. Then stir it up! Grab this concoction before you hop into the shower, and scrub your way to silky smooth skin.

Try Peppermint Popcorn

What's better than binge-watching all holiday movies in one sitting? The answer: having a big bowl of peppermint popcorn beside you! Spike your popped kernels with a layer of melted white chocolate and some candy cane crumbles. Oh, and you might want to whip up an extra batch because you're totally not going to want to share this!

There are plenty of other ways to use left over candy canes, but the above suggestions came from <https://www.eatthis.com/candy-cane-recipes/>.



Holiday Celebrations

Safer Ways to Celebrate Holidays

Holiday traditions are important for families and children. There are several ways to enjoy holiday traditions and protect your health. Because many generations tend to gather to celebrate holidays, the best way to minimize COVID-19 risk and keep your family and friends safer is to get vaccinated if you're eligible.

Here are safer ways to celebrate the holidays:

Generally:

- Protect those not yet eligible for vaccination such as young children by getting yourself and other eligible people around them vaccinated.
- Wear well-fitting masks over your nose and mouth if you are in public indoor settings if you are not fully vaccinated.
- Even those who are fully vaccinated should wear a mask in public indoor settings in communities with substantial to high transmission.
- Outdoors is safer than indoors.
- Avoid crowded, poorly ventilated spaces.
- If you are sick or have symptoms, don't host or attend a gathering.
- Get tested if you have symptoms of COVID-19 or have a close contact with someone who has COVID-19.

If you are considering traveling for a holiday or event, visit CDC's Travel page to help you decide what is best for you and your family. CDC still recommends delaying travel until you are fully vaccinated.

- If you are not fully vaccinated and must travel, follow CDC's domestic travel or international travel recommendations for unvaccinated people.
- If you will be traveling in a group or family with unvaccinated people, choose safer travel options.
- Everyone, even people who are fully vaccinated, is required to wear a mask on public transportation and follow international travel recommendations.

Information provided by the CDC.



COVID-19 INFORMATION

For individuals who received a Pfizer-BioNTech or Moderna COVID-19 vaccine, the following groups are eligible for a booster shot at 6 months or more after their initial series:

- 65 years and older
- Age 18+ who live in long-term care settings
- Age 18+ who have underlying medical conditions
- Age 18+ who work or live-in high-risk settings

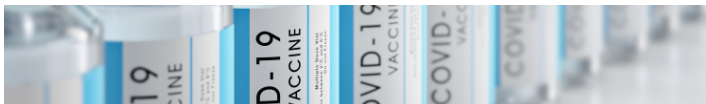
For the nearly 15 million people who got the Johnson & Johnson COVID-19 vaccine, booster shots are also recommended for those who are 18 and older and who were vaccinated two or more months ago.

There are now booster recommendations for all three available COVID-19 vaccines in the United States. Eligible individuals may choose which vaccine they receive as a booster dose. Some people may have a preference for the vaccine type that they originally received, and others may prefer to get a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots.

Millions of people are newly eligible to receive a booster shot and will benefit from additional protection. Information provided by the CDC.

Charles County Department of Health Provides 3rd Dose COVID-19 Vaccinations for Immunocompromised Individuals. In accordance with updated vaccination guidelines from the U.S. Centers for Disease Control and Prevention (CDC), community members with **compromised immune systems are now able to schedule an appointment or walk up to any of the Charles County Department of Health's vaccination clinics to receive a third additional vaccine dose of the Pfizer-BioNTech or Moderna COVID-19 vaccines.**

For more information or to make a COVID-19 vaccination appointment, please visit <https://charlescountycovid.org/vaccine-registration/> or call 301-609-6717.



Charles County Resources

If you would like to keep up to date about the COVID vaccination distribution in Charles County, there are several resources:

1. Visit the Department of Health at <https://charlescountycovid.org/>.
2. Call the Charles County COVID-19 Hotline at 301-609-6717.
3. Sign up for "Breaking News" on our Citizen Notification System by visiting <https://www.charlescountymd.gov/services/alerts/citizen-notification-system>.

Medicare Information



Five things to know **WHEN FILING AN APPEAL**

www.medicare.gov/claims-appeals/file-an-appeal/5-things-to-know-when-filing-an-appeal

1

ASK FOR MORE INFORMATION

If you decide to file an appeal, ask your doctor, health care provider, or supplier for any information that may help your case.

2

ASK FOR A FAST DECISION

If you think your health could be seriously harmed by waiting for a decision about a service, ask the plan for a fast decision. If the plan or doctor agrees, the plan must make a decision within 72 hours.

3

THE PLAN MUST TELL YOU HOW TO APPEAL.

The plan must tell you, in writing, how to appeal. After you file an appeal, the plan will review its decision. Then, if your plan doesn't decide in your favor, the appeal is reviewed by an independent organization that works for Medicare, not for the plan.

4

YOU HAVE A RIGHT TO IMMEDIATE REVIEW

If you believe you're being discharged from a hospital too soon, you have a right to immediate review by your Beneficiary and Family Centered Care Quality Improvement Organization (BFCC-QIO). You'll be able to stay in the hospital at no charge while they review your case. The hospital can't force you to leave before the BFCC-QIO reaches a decision.

5

FAST-TRACK APPEALS PROCESS

You'll have the right to a fast-track appeals process when you disagree with a decision that you no longer need services you're getting from a skilled nursing facility, home health agency, or a comprehensive outpatient rehabilitation facility.

CONTACT YOUR STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP) IF YOU NEED HELP FILING AN APPEAL.

Three ways to save on
Medicare Costs

Extra Help

If you have limited income or resources, Extra Help can help pay Medicare Part D drug costs. If you apply and qualify for Medicaid or one of the Medicare Savings Programs above, you'll automatically get Extra Help with Medicare drug costs. If you don't automatically qualify for Extra Help, apply for free online.

Medicare Savings Programs

Medicare has 4 savings programs, which are run by each state. These programs may help you pay for your Medicare premiums and other costs. To find out if you're eligible, call your state Medicaid program.

Medicaid

If you have limited income and resources, you may qualify for Medicaid—a joint federal and state program that helps with medical costs and offers benefits not normally covered by Medicare, like nursing home care and personal care services. Each state has different rules about eligibility and applying for Medicaid. To see if you qualify and learn how to apply, call your state Medicaid program.

SHIP
State Health Insurance Assistance Program

Contact your SHIP for help reviewing your Medicare coverage to see if you qualify for some of these cost-saving programs

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CLARK SENIOR CENTER

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

Get your Latest SCOOP online!

Community

Book Club will be returning back in person beginning January 6th. Book Club meetings will be the 1st Thursday of every month at 1 p.m. January's book selection is The Midnight Library by Matt Haig.

Charles County Mobile Library

Come out and visit the Charles County Mobile Library, in the Clark Center parking lot.

Wednesday, December 1 & 22, 10 a.m. – Noon
Fee: FREE

Medicare Open Enrollment Lab

This session is designed to help you search for a 2022 drug plan, research plan options and enroll for 2022.

Thursday, December 2, 9 a.m. - 1 p.m.
Fee: FREE

Christmas at Our House

Join staff and participants as we bring in the holiday season with tree decorating, Christmas carols, and eggnog.

Thursday, December 2, 10 a.m. Fee: FREE

Basic Banking "The Good & The Bad"

Heather Harkness, VP/Branch Leader with BB&T, will show you the good and bad of basic banking. Checking accounts, car loans, debt consolidation, credit cards, etc., and managing it all on a fixed income.

Tuesday, December 7, 10:30 a.m. Fee: FREE

Small Steps to Health & Wealth Part 3

This is the 3rd part of a 3-part program which will give you practical advice on how to achieve your financial goals one step at a time.

Thursday, December 9, 10:30 a.m. Fee: FREE

Grocery Bag Distribution

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

Thursday, December 9, 11:30 a.m. Fee: FREE

Widow to Widow Support Group

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

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

Senior Safety

Join Cpl. Mark A. Bourgeois from the Charles County Sheriff's Office to learn about home safety, security & safety in public during the holiday shopping season, and much more!

Tuesday, December 14, 11 a.m. Fee: FREE

Seashell Christmas Ornament Craft

Join Clark Center staff as we create beautiful ornaments from seashells. All supplies will be provided.

Wednesday, December 15, 10 a.m. Fee: FREE



Ugly Sweater Day

In celebration of National Ugly Sweater Day, put on your ugliest sweater and join us for some holiday snacks, and a parade through the center so your creation can be judged. There will be prizes for Ugliest, Most Unique, Most Festive.

Thursday, December 16, 10 a.m. Fee: FREE

Holiday Open House

Join staff and fellow participants for some holiday cheer! We'll have music provided by Guitarist, Will Yeckley, along with holiday bingo.

Wednesday, December 22, 11 a.m. to 3 p.m.
Fee: FREE

Conversation & Trivia

Join senior center staff and participants for conversation and fellowship! We'll have topics for discussion, trivia, and occasional special guest speakers.

Thursday, December 23 & 30, 10 a.m.
Fee: FREE

Drop-In Sewing

The sewing room is open and available for you to work on individual projects.

Mondays, Wednesdays, and Thursdays, 9:30 a.m.
Fee: FREE

Creative Coloring

Grab your choice of adult coloring book and enjoy some "on your own" coloring time. All supplies provided.

Mondays and Wednesdays, 10 a.m. Fee: FREE

Cards & Games

Join others for a friendly game of cards or your choice of our many board games.

Tuesdays, 10 a.m. Fee: FREE

Guitar Jam

Join your fellow acoustic guitar players for socialization, to learn some new techniques, and make beautiful music.

Tuesdays and Thursdays, 10 a.m. Fee: FREE

Gospel Choir Group

Wednesdays, 2 p.m. Fee: FREE

Knit & Crochet Group

This is an open session for you to come together and work on your own projects. A great time to share your skills and techniques with others.

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

Reflections

Join Pastor Powell for this non-denominational Bible study.

Thursdays, 1 p.m. Fee: FREE

Classes

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

Jewelry Club Class

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

Wednesdays, December 1 & 15, 10 a.m.
Fee: FREE

Senior Fitness

Total Body Conditioning

Overall body workout, emphasis on light weights and thera-bands

Mondays, 9 a.m. Fee: Fitness Card

Clark Center Fitness Room Orientation

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

Wednesday, December 8 & 22, 10 a.m.
Fee: \$5

Small Group Fitness

Perfect class for those new to fitness or returning.

Wednesdays, 9 a.m. Fee: Fitness Card

Zumba

Dance your way to fitness with this easy to follow, low impact class that will have you movin' and groovin'.

Tuesdays, 11:00 a.m. Fee: Fitness Card

Thursdays, 11:30 a.m. Fee: Fitness Card

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–Thursday

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 Creative Coloring.....10:00 2N1 Social Club.....10:00 Duplicate Bridge.....10:00 Pokeno.....11:00 Fitness Total Body Conditioning.....9:00 Drums Alive.....1:00	Billiards.....9:30 Stained Glass.....9:30 Quilting Class.....9:30 Guitar.....10:00 Cards & Games.....10:00 Lunch.....12:00 Fitness Strength Training.....9:00 Flex & Stretch.....10:00 Zumba.....11:00	Billiards.....9:30 Sewing Room OPEN.....9:30 Crochet/Knitting.....9:30 Acey Deucey.....10:00 Creative Coloring.....10:00 Lunch.....12:00 Powder Puff Billiards.....1:00 Gospel Choir.....2:00 Fitness Small Group Fitness.....9:00 Breathe Easy.....10:00 Gentle Yoga.....10:30 Chair Yoga.....11:30 AFEP.....1:00	Billiards.....9:30 Sewing Room OPEN.....9:30 Guitar.....10:00 Pokeno.....11:00 Lunch.....12:00 Reflections.....1:00 Fitness Strength Training.....9:00 Step Plus.....10:00 Zumba.....11:30 Flex & Stretch.....1:00	
		1 Jewelry Club Class.....10:00 Mobile Library.....10:00	2 Medicare Open Enrollment Lab.....9:00 Christmas at Our House.10:00 Hand & Foot Canasta.....10:00 Reflections.....1:00	3 Centers Closed
6 Drums Alive.....1:00	7 Basic Banking.....10:30	8 Fitness Orientation.....10:00 Clark Council Meeting.....1:00	9 Small Steps to Health & Wealth, Pt.3.....10:30 Grocery Distribution....11:30	10 Centers Closed
13 Widow to Widow.....1:00	14 Senior Safety.....11:00	15 Jewelry Club Class.....10:00 Seashell Ornament Craft.....10:00	16 Ugly Sweater Day.....10:00	17 Centers Closed
20 Creative Coloring.....10:00	21 Strength Training.....9:00	22 Fitness Orientation.....10:00 Mobile Library.....10:00 Holiday Open House....11:00	23 Conversation & Trivia.....10:00 Hand & Foot Canasta.....10:00	24 Christmas Holiday  Centers Closed
27 Billiards.....9:30	28 Zumba.....11:00	29 Small Group Fitness.....9:00	30 Conversation & Trivia.....10:00	31 New Year's Holiday  Centers Closed

INDIAN HEAD SENIOR CENTER

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

Get your Latest SCOOP online!

Program Locations for Outside Activities

**Indian Head Village Green – near the fountain
100 Walter Thomas Rd, Indian Head, MD**

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

Special Programs

Deck the Halls

Share your decorating ideas as we deck the walls and halls of the senior center. Our theme this year is a Snowman's Christmas. Expect Christmas music as we enjoy hot chocolate and more goodies.

Wednesday & Thursday, December 1 & 2, 9:30 a.m.
Fee: FREE

Christmas Craft

Join Mary for this two-day snowman craft. Please sign up so we have enough supplies.

Wednesday & Thursday, December 1 & 2, 1 p.m.
Fee: \$2

Senior Tech Club

Preview of a 2022 new program. Share apps, learn new programs, access to Medicare and much more.

Wednesday, December 8, 11:15 a.m.
Fee: FREE

Elf Contest

No ugly sweater contests! Dress as the best elf you can be. Reindeers will be judging this contest (can be bribed with apples and carrots). Prizes for the winners.

Thursday, December 9, 1:15 p.m. Fee: FREE

Christmas Carols with Betty

Betty Coombs will keep us in the holiday spirit by playing songs of the season. Sit around the piano and sing familiar tunes with Betty.

Thursday, December 16, 11:15 a.m. Fee: FREE

Hot Chocolate Bar

Make your own hot chocolate while sharing Christmas memories with friends.

Wednesday, December 22, 10 a.m.
Fee: Donation

Reindeer Games

Even if your name is Rudolph, you can join the fun. You don't have to have a red-nose, just a sense of humor. Join a team for bragging rights.

Thursday, December 23, 10 a.m. Fee: FREE

Healthy Leftover Recipes

Still have leftovers? Learn new healthy recipes and learn when we need to just toss those leftovers out. Bring recipes to share.

Tuesday, December 28, 11:30 a.m. Fee: FREE

Ring in 2022

As we raise our glasses, cups to welcome 2022, staff will share new programs being introduced. Noise makers allowed.

Thursday, December 30, 11:59 a.m. Fee: Free

Health & Fitness Programs

Jinjer & Total Body Conditioning

Ready for a fun work-out that includes dance steps? Join Jinjer for a total workout guaranteed to give you a good night's sleep.

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

APEP

(Arthritis Foundation Exercise Program)

Join staff for a program designed by the Arthritis Foundation to keep your range of motion (ROM).

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

Fitness w/Nate

Exercises designed to promote strength using weights and bands with Certified Fitness Specialist, Nate Schultz.

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

Fitness w/Lamont

Cardio, circuit, and strength training.

Thursdays, 1 p.m. Fee: Fitness Card

Fitness w/Brittany

Join Brittany as she shares a great workout and health benefits. This class replaces Nate's today only.

Wednesday, December 15, 10:15 a.m.
Fee: Fitness Card

Fitness Orientation

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

Wednesday, December 15, 1 p.m. Fee: \$2



Ongoing Programs

Bingo

Join Allen, our bingo caller, on the first, third and fifth Mondays for nickel bingo or more depending on the game.

Mondays, December 6 & 20, 9:30 a.m.
Fee: Nickel plus per game/card

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. See Staff or call 301-934-6737 for appointment.

Tuesdays, December 7 & 21, 10 a.m. Fee: FREE

Sewing 101

Join Martha and Jennifer as they share how you can make a difference in a child's life by making blankets for Project Linus. Project Linus blankets are donated to the Howard University Medical Center pediatric ward. We also support the Project Linus Chapter at the Clark Center and projects are planned for other community needs. No sewing experience is necessary, just an attitude of sharing and caring.

Monday, December 13 & 27, 9:30 a.m.
Fee: FREE

Pastor Chris and Friends

Join Pastor Chris for devotionals and singing along with hymns we all know.

Tuesday, December 14, 1 p.m. Fee: FREE

Tai Chi Tea

SAVE THE DATE, Thursday, January 13th from 1 – 2:30 p.m. This event is opened for all Tai Chi for Health and Tai Ji Quan students. The tea will be held at the Indian Head Village Green Pavilion at 100 Walter Thomas Rd, Indian Head.

Outdoor Programs

Tai Chi for Health

Indian Head Senior Center Coordinator, Cynthia Simmons will lead this hour-long class around Indian Head's Village Green fountain. Tai Chi is an evidence-based class that focuses on muscle control, stability, balance, and flexibility. Bring your own water.

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

Outdoor Game Circuit

Bundle up and let's play like children. Parachute, bocce ball, cornhole and more.




Monday, December 13, 1:15 p.m. Fee: FREE

INDIAN HEAD SENIOR CENTER

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

Hours: 9 a.m.–3 p.m., Monday–Thursdays

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards9:00 Tai Chi for Health9:00	Billiards/Cards9:00 Jinjer & Total Body Conditioning9:15 AFEP11:00	Billiards/Cards9:00 Tai Chi for Health9:00 Fitness w/Nate10:15	Billiards/Cards9:00 Canvas Painting10:00 AFEP11:00 Fitness w/Lamont1:00	
		1 Deck the Halls9:30 Christmas Craft1:00	2 Deck the Halls9:30 Christmas Craft1:00	3 Centers Closed
6 Bingo9:30	7 Christmas Craft9:30 Information & Assistance w/Julie10:00	8 Senior Tech Club11:15	9 Elf Contest1:15	10 Centers Closed
13 Sewing 1019:30 Outdoor Game Circuit1:15	14 Pastor Chris and Friends1:00	15 Fitness Day w/Brittany10:15 Fitness Orientation1:00	16 Christmas Carols with Betty11:15 Grocery Distribution11:30 Holiday Lunch12:00 NO AFEP TODAY	17 Centers Closed
20 Bingo9:30	21 Holiday Craft9:30 Information & Assistance w/Julie10:00	22 Hot Chocolate Bar10:00	23 Reindeer Games10:00	24 Christmas Holiday  Centers Closed
27 Sewing 1019:30	28 Favorite Healthy Leftover Recipes11:30	29 End of Year Memorial1:00	30 Ring in 202211:59	31 New Year's Holiday  Centers Closed

End of Year Memorial

As we say good-bye to 2021, we realize we are also saying good-bye to friends and families we lost in 2020 and 2021. Join staff as we take the afternoon to light candles and share stories and pictures of the ones who will not be joining us in 2022. As staff we may not know of all the loved ones that have passed, so please let staff know.

Wednesday, December 29, 1 p.m. • Fee: FREE



NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Community Center

Fitness Room

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

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

Fee: Free

Computer Lab

Billiard/Game Room

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

Fee: Free

Narcotics Anonymous

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

Recreation Programs

Register for Recreation Programming <https://charlescountymd.myrec.com/info/default.aspx>

Moving and Grooving

Let your kids run, jump, and play to the sounds of music. We'll play short, exciting games to get your little ones moving and grooving. No supplies will be shared. Parent or guardian participation is required. Registration is available online only.

Wednesday, December 1 & 15, 10 - 10:45 a.m.

Fee: FREE

Story Time

Come join us for a fun, interactive story, and activities! We will read a story and do some interactive activities related to the story's theme. No supplies will be shared. Parent or guardian participation is required. Registration is available online only.

Wednesday, December 1 & 15, 11 - 11:45 a.m.

Fee: FREE

Intergenerational Programs

Annual Christmas Tree Lighting

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

Monday, December 6, 6 p.m. - 7:30 p.m.

Fee: FREE

Tai Chi for Kidz - Miniseries

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

Monday - Thursday, December 27-30,

3:45 p.m. - 4:30 p.m.

Fee: FREE

Senior Center Programs

Senior Tech

Appointments now available Monday-Thursday. Request assistance with computer lab, printing, smart phones, etc. Appointment required minimum 24 hours in advance.

Monday - Thursday, 8:30 a.m. - 11:30 a.m.

Fee: FREE

Artistic Aesthetics

Weekly project to express your creativity. Fee due at registration. Prior registration required. Limited availability. For project information call 301-246-9612.

Mondays, 1 p.m.

Fee: Project Specific

Holiday Mug Centerpiece

Bring in your favorite holiday mug and turn it into an adorable fresh, floral centerpiece. Limited availability. Prior registration is required no later than Thursday, December 16.

Monday, December 20, 1 p.m.

Fee: \$5

Coloring Group

The Coloring Group is working through Veronica Winters' "How to Color Like an Artist" workbook. Participants will be given instructions on how to blend and shade using colored pencils.

Tuesdays, 9 a.m.

Fee: FREE

What's the Word

Non-denominational Christian bible study to reflect on passages of hope, purpose, and self-development. Led by Rev. Washington. Open to all walks of faith!

Tuesdays, 1 p.m.

Fee: FREE

Health Matters

Join us for our discussion on wellness. Topics range from physical, mental, and emotional health. Your Health Matters!

Wednesday, December 1 & 29, 1 p.m.

Fee: FREE

Line Dancing

Get your groove on with our new, instructor led, line dancing program. You bring the shoes; we'll bring the party!

Wednesday, December 8 & 22, 1 p.m.

Fee: FREE

Holiday Brunch

Enjoy a fresh Belgian waffle, bacon, fruit salad, mocktail mimosas, and coffee as we watch a holiday classic.

Wednesday, December 22, 10 a.m.

Fee: \$3

Nickel Bingo

Join us for a fun filled time playing Nickel Bingo each week.

Thursdays, 1 p.m.

Fee: \$.05 a card

I & A with 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. See Staff or call 301-934-6737 for an appointment.

Thursday, December 16, 10 a.m. - 12 p.m.

Fee: FREE

New Hope Community Grocery Giveaway

Stock your pantry with groceries. New Hope Community is providing an outreach event. Available first come, first serve.

Thursday, December 18, 11:30 a.m. Fee: FREE

Senior Council Events

Holiday Gift Basket Raffle

Fundraising basked raffle hosted by the Nanjemoy Senior Council. Basket contains food, gift cards, etc. valued between \$250-\$300. Tickets are one ticket for \$1 or six tickets for \$5. Payment is required at the time of ticket distribution. Please see a council member to purchase raffle tickets. Drawing on Wednesday, December 15, 1 p.m. Fee: \$1 or \$5

Holiday Luncheon

Hosted by the Nanjemoy Senior Council. Menu features fried chicken, green beans, sweet potatoes, potato salad, macaroni & cheese, rolls, punch, coffee, and cake for dessert. Prior registration is required with staff no later than December 8 at 3 p.m.

Wednesday, December 15, 11 a.m.-1 p.m.

Fee: \$6

Senior Fitness

Tai Chi

Improve balance, flexibility, and stability.

Mondays, 11 a.m.

Fee: FREE

Flex & Stretch

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

Tuesdays, 10 a.m.

Fee: FREE

AFEP

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

Wednesdays, 10 a.m.

Fee: FREE

Total Body Conditioning

Using a combination of chair exercises, bands, weights, and stretching for a full body workout.

Thursdays, 10 a.m.

Fee: FREE

NANJEMOY SENIOR/COMMUNITY CENTER

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

Senior Center Hours: 9 a.m.–3 p.m., Mon–Thurs
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–Thur

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	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	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	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	
		1 AFEP.....10:00 Health Matters.....1:00 <u>Recreation PreK Programs</u> Moving and Grooving...10:00 Story Time.....11:00	2 Total Body Conditioning.....10:00 Nickel Bingo.....1:00	3 Centers Closed
6 Senior Council Meeting.....10:00 Tai Chi.....11:00 Artistic Aesthetics.....1:00 Annual Christmas Tree Lighting ... 6 p.m.-7:30 p.m.	7 Coloring Group.....9:00 Flex & Stretch.....10:00 What's the Word.....1:00	8 AFEP.....10:00 Line Dancing.....1:00	9 Total Body Conditioning.....10:00 Nickel Bingo.....1:00	10 Centers Closed
13 Tai Chi.....11:00 Artistic Aesthetics.....1:00	14 Coloring Group.....9:00 Flex & Stretch.....10:00 Mobile Library.....11:00 What's the Word.....1:00	15 Senior Council Holiday Luncheon.....11:00 <u>Recreation PreK Programs</u> Moving and Grooving...10:00 Story Time.....11:00	16 Total Body Conditioning.....10:00 I & A with Julie.....10:00 Nickel Bingo.....1:00	17 Centers Closed
20 Tai Chi.....11:00 Holiday Mug Centerpiece 1:00	21 Coloring Group.....9:00 Flex & Stretch.....10:00 What's the Word.....1:00	22 Holiday Brunch.....10:00 Line Dancing.....1:00	23 Total Body Conditioning.....10:00 New Hope Community Grocery Giveaway.....11:30 Nickel Bingo.....1:00	24 Christmas Holiday  Centers Closed
27 Tai Chi.....11:00 Artistic Aesthetics.....1:00 Tai Chi for Kidz..... 3:45-4:30	28 Coloring Group.....9:00 Flex & Stretch.....10:00 What's the Word.....1:00 Tai Chi for Kidz..... 3:45-4:30	29 AFEP.....10:00 Health Matters.....1:00 Tai Chi for Kidz..... 3:45-4:30	30 Total Body Conditioning.....10:00 Nickel Bingo.....1:00 Tai Chi for Kidz..... 3:45-4:30	31 New Year's Holiday  Centers Closed

WALDORF SENIOR & RECREATIONAL CENTER

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

Get your Latest SCOOP online!

Holiday Fun

12 Days of Christmas Raffle

Beginning Dec. 8, and each day we are open, we will draw the winner of a \$25 gift card.

Tickets are \$5 and you do not need to be present to win. Proceeds benefit the Waldorf Senior Center Council.

Deck the Halls

Festive music is in the air! We'll be making ornaments and decorating the WSRC Holiday Tree. Please sign up no later than Wed, 11/24.

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

Destress for Christmas

Join Julie to learn simple relaxation techniques that will help you get through the holidays.

Tuesday, December 7, 10:30 a.m. Fee: FREE

Gingerbread Cookie Decorating & Holiday Gift Wrapping

We'll be decorating Gingerbread cookies with icing and various types of candy. Each participant gets 2 large gingerbread cookies. For Holiday gift wrapping, we will supply wrapping paper and bows! Please limit 2 small gifts per person. Sign-up no later than Thursday, December 9.

Tuesday, December 14, 10:30 a.m. Fee: \$5

Hot Cocoa Bar

Warm your heart and soul by joining us for a hot beverage. Sponsored by the Waldorf Senior Center Council.

Tuesday, December 21, 10 a.m. Fee: FREE

Christmas Karaoke

Warm up your vocal cords and come sing Christmas songs with all of us!

Tuesday, December 21, 10:30 a.m. Fee: FREE

Brrrr Bingo

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

Wednesday, December 29, 10:30 a.m.
Fee: FREE

Community

Coffee & Conversation

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

Monday, December 6, 9:30 a.m. Fee: FREE

Let's Play Spades

Tuesday, December 7, 10:30 a.m. Fee: FREE

Pastor Chris & Friends

Worship time with old time hymns followed by a devotional. All are welcome!

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

Charles County Mobile Library

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

Tuesday, December 7 & 28, 9 a.m. Fee: FREE

Widow to Widow Support Group

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

Monday, December 27, 10 a.m. Fee: FREE

Tech Time

Appointments are available for help with basic computer and cell phone questions.

Mondays, 10:30 a.m. Fee: FREE

Senior Fitness

Zumba

Mondays, 9:30 a.m. Fee: Fitness Card
Thursdays, 11 a.m. Fee: Fitness Card

Yoga

Please bring your own mat, towel, and resistance bands if you have them.

Chair Yoga Mondays, 10:30 a.m.
Fee: Fitness Card
Floor Yoga Tuesdays, 10:30 a.m.
Fee: Fitness Card

Total Body Conditioning

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

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

Line Dancing

No line dance experience necessary.

Tuesdays, 11:30 a.m. Fee: Fitness Card

Basketball Shoot Around

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

Wednesdays, 10 a.m. Fee: FREE

Arthritis Foundation Exercise Program (AFEP)

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

Wednesdays, 10:30 a.m. Fee: FREE

Small Group Fitness

Wednesdays, 11:30 a.m. Fee: Fitness Card

Enhance Fitness

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

Chair One Fitness

See page 14 for more details.

Thursdays, 1 p.m. Fee: Fitness Card

WSRC Fitness Room

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

Weekdays, 9 a.m. to 4 p.m. Fee: FREE

Fitness Room Orientation

Mandatory before first use of fitness room. Registration required.

Wednesday, December 1 & 15, 1 p.m. Fee: \$5

Arts & Music

Open Studio Art

Space available to work on any media of art without instruction. Coloring books and pencils available for use.

Tuesdays, 10 a.m. Fee: FREE

Watercolors

Space available to work on watercolor art without instruction.

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

WALDORF BINGO THURSDAYS: How It Works

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



WALDORF SENIOR & RECREATIONAL CENTER

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

Hours: 9 a.m.–4 p.m., Monday–Thursday
Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10 a.m. the preceding day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Room9:00 Racquetball9:30 Cards & Games10:30 Pinochle11:00 Lunch12:00	Fitness Room9:00 Racquetball9:00 Open Studio Art10:00 Cards & Games10:30 Lunch12:00	Fitness Room9:00 Racquetball9:30 Cards & Games10:30 Lunch12:00	Fitness Room9:30 Racquetball9:30 Cards & Games10:30 Pinochle11:00 Lunch12:00	
		1 Basketball10:00 Deck the Halls10:00 AFEP10:30 Small Group Fitness11:30 Enhance Fitness1:00 Fitness Room Orientation1:00	2 Total Body Conditioning 9:30 Watercolors10:30 Bingo10:30 Zumba11:00 Grocery Distribution...11:30 December Birthday Celebration12:30 Chair One Fitness1:00	3 Centers Closed
6 Zumba9:30 Coffee & Convo9:30 Chair Yoga10:30 Tech Time10:30 Enhance Fitness1:00	7 Mobile Library9:00 Total Body Conditioning9:30 Yoga10:30 Destress for Christmas .10:30 Let's Play Spades10:30 Line Dancing11:30 Pastor Chris & Friends ...1:00 Group Walk1:00	8 Basketball10:00 Movie: Jingle All the Way10:00 AFEP10:30 Small Group Fitness11:30 Enhance Fitness1:00 Inspirations1:00	9 Total Body Conditioning9:30 Watercolors10:30 Bingo10:30 Intro to Pickleball11:00 Zumba11:00 Chair One Fitness1:00	10 Centers Closed
13 Zumba9:30 Chair Yoga10:30 Tech Time10:30 Enhance Fitness1:00	14 Total Body Conditioning9:30 Yoga10:30 Gingerbread Cookie Decorating & Holiday Gift Wrapping10:30 Line Dancing11:30 Group Walk1:00	15 Basketball10:00 Movie: Last Holiday ...10:00 AFEP10:30 Small Group Fitness11:30 Enhance Fitness1:00 Fitness Room Orientation1:00	16 Total Body Conditioning9:30 Holiday Sweater10:15 Bingo10:30 Watercolors10:30 Zumba11:00 Chair One Fitness1:00	17 Centers Closed
20 Zumba9:30 Waldorf Senior Center Council9:30 Chair Yoga10:30 Tech Time10:30	21 Total Body Conditioning9:30 Yoga10:30 Hot Cocoa Bar10:00 Christmas Karaoke10:30 Line Dancing11:30 Group Walk1:00	22 Basketball10:00 Movie: Elf10:00 AFEP10:30 Small Group Fitness11:30	23 Total Body Conditioning9:30 Watercolors10:30 Zumba11:00 Chair One Fitness1:00	24 Christmas Holiday  Centers Closed
27 Zumba9:30 Widow to Widow10:00 Chair Yoga10:30 Tech Time10:30	28 Mobile Library9:00 Total Body Conditioning9:30 Yoga10:30 Line Dancing11:30 Group Walk1:00 New Years' Time Capsule...2:30	29 Basketball10:00 Brrr Bingo10:30 AFEP10:30 Small Group Fitness11:30	30 Total Body Conditioning9:30 Watercolors10:30 Zumba11:00 Chair One Fitness1:00	31 New Year's Holiday  Centers Closed

The responsibility to yourself...

Taking care of your ONE beautiful body is serious business. Just like a prescribed medication from your doctor, exercise is something that, taken in doses, can add years to your life not to mention a plethora of other major benefits.

All four of our senior centers offer a variety of classes and fitness equipment to assist you in your journey to wellness.

Not sure where to start? Call us!

Deborah Shanks 301-609-5711

Nate Schultz 240-448-2810

NEW* Step Plus

Basic step aerobics with mat exercise

A class with cardio plus conditioning. Class can be done with or without a step. This class will strengthen leg muscles and help with balance. We welcome instructor, Pam Roberts, and hope you will join her!

Richard R. Clark Senior Center

Thursdays, 10 a.m.

Fee: FREE

Biking with Nate

December 3rd, 11 a.m.

Indian Head Rail Trail (White Plains side)

Breathe Easy

Build lung capacity and relax!

This class takes breathing to a whole new level. Specific exercises designed to enhance lung performance and air volume. Accompanied with some stretches your body will thank you for.

Richard R. Clark Senior Center • Wednesdays, 10 a.m.

Fee: FREE

Tai Chi Tea

SAVE THE DATE, Thursday, January 13th from 1 – 2:30 p.m. This event is open for all Tai Chi for Health and Tai Ji Quan students. The tea will be held at the Indian Head Village Green Pavilion at 100 Walter Thomas Rd, Indian Head. The afternoon will include Tai Chi and Tai Ji Quan movements, Tai Chi principles, and a traditional tea. Please sign-up for this event with your instructor.

Chair One Fitness

This new class is a comprehensive chair exercise program designed for individuals who have complications standing during a fitness regimen. Perfect for senior citizens, people with balance deficits, injuries, disabilities, or those suffering from obesity. It is designed to keep individuals mobile to ensure they remain progressive in daily function and/or recovery. This program was designed to deliver a fun interactive workout that uplifts people while providing a total body workout.

Waldorf Senior & Rec Center • Thursdays, 1 p.m.

Fee: Fitness Card

Zumba

Dancing releases endorphins which in turn automatically lifts spirits and releases tension and stress. In Zumba dance, many different genres of music are played and specific choreographed moves taught that are easy to follow.

Fee: Fitness Card.

Waldorf Senior & Rec Center

Mondays, 9:30 a.m., Cali

Thursdays, 11:00 a.m., Jan

Richard R. Clark Senior Center

Tuesdays, 11:00 a.m., Jan

Thursdays, 11:30 a.m., Cali



Small Group Fitness

Nothing but personal attention here!

Is your body not moving like you want it to? Been inside too long?

This class is perfect to get back to the swing of things or for someone new to fitness! Group is small which is intended for personal attention and to focus on you and your path to wellness.

John Lewis is your instructor and is encouraging and motivated to get you moving and strong!

Richard R. Clark Senior Center • Wednesdays, 9 a.m.

Fee: Fitness Card

Waldorf Senior & Rec Center • Wednesdays, 11:30 a.m.

Fee: Fitness Card



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
		1 Lemon Pepper Tilapia Lemon Parsley Rice Green Beans w/ Tomatoes Breadstick Peaches Fruit Punch Juice	2 Ground Turkey Meat Sauce Whole Wheat Spaghetti & Mozzarella Cali. Blend Vegetables Breadstick Raisins Grape Juice	3 Senior Centers Closed No Lunch Service
6 Sweet and Sour Pork Brown Rice Roasted Tomatoes Whole Wheat Dinner Roll Black Bean Mango Salad Raisins Fruit Punch Juice	7 ¼ Herb Roasted Chicken Parsley Mashed Potatoes Roasted Carrots Whole Wheat Roll Cantaloupe Fruit Punch Juice	8 Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli Cornbread Summer Fruit Salad Pineapple Juice	9 Chicken Salad on Lettuce Bed Whole Wheat Bread (2) Broccoli Salad Pears Orange Juice	10 Senior Centers Closed No Lunch Service
13 Unstuffed Cabbage w/ Ground Turkey Roasted Sweet Potatoes California Blend Veggies Whole Wheat Dinner Roll Pineapple Chunks Pineapple Juice	14 Ginger Lime Chicken Mashed Sweet Potato Broccoli Dinner Roll Mandarin Oranges Apple Juice	15 Sloppy Joe on Whole Wheat bun 5 Blend Veggies Roasted Potatoes Raisins Grape Juice	16 Christmas Lunch Prime Rib Au Jus White Rice Asparagus & Roasted Tomatoes Dinner Roll Cooked Apples Chocolate Cake Grape Juice	17 Senior Centers Closed No Lunch Service
20 Salmon Cake Brown Rice Zucchini Blend Biscuit Mandarin Oranges Pineapple Juice	21 Tuna Salad Sandwich on Whole Wheat Bun Cranberry Salsa Salad Pasta Salad Mandarin Oranges Apple Juice	22 Ground Turkey Spanish Rice Green Beans Garlic Breadstick Pineapple Pineapple Juice	23 Christmas Holiday  No Meal Service	24 Senior Centers Closed  Christmas Holiday
27 Christmas Holiday  No Meal Service	28 BBQ Beef Cubes Sweet Potato Casserole Broccoli Whole Wheat Bread Fruit Cocktail Orange Juice	29 Chicken Parmesan Noodles Roasted Brussel Sprouts Breadstick Diced Mango Fruit Punch Juice	30 Lime Basil Baked Whiting w/ Mango Lime Salsa Brown Rice Green Beans Biscuit Diced Peaches Grape Juice	31 Senior Centers Closed  New Year's Holiday

Charles County Luncheon Program

Available at Noon • Days Vary By Center

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

Clark Senior Center..... Tuesday–Thursday
Indian Head Senior Center.... Monday–Thursday

Nanjemoy Senior Center Monday–Thursday
Waldorf Senior Center Monday–Thursday

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.

Let Explore 2021 & 2022

Trips sponsored by Action Travel Tours 301-645-1770

2021 Trip List -- Dates subject to change based on vendor confirmation

A Message from Travel Leaders/Action Travel Tours: Travel has returned! Happy Holidays... We have a full itinerary of longer domestic and international trips for 2022. Please call to make your reservation if you are like me and are ready to return to safe travel. **** 2N1 Sponsored Trip**

December 2, 2021: Holiday Celebration at Winterthur and Longwood Gardens.

DATE CHANGE. Join us as we travel to Brandywine Valley to enjoy history, antiques and the sights and sounds of Winterthur Estate for the Holidays. And then to Longwood Gardens decked out for the Christmas season. The light show alone at Longwood Gardens makes it worth the trip.

December 7-9, 2021: Rockettes' Christmas Spectacular in New York City. Join us for 2 nights in NYC when it's decorated in all its' holiday glamor. We stay in the heart of Times Square at The Edison Hotel, with center mezzanine seats for the fabulous Rockettes at Radio City. This leaves plenty of time for sightseeing, shopping, dining, theater and more.

Looking Towards 2022

March 31, 2022: Cherry Blossom Luncheon Cruise and MGM Casino or Outlets. – Take in the sights and sounds that DC has to offer as you sail the Potomac River dressed in beautiful pink cherry blooms. Then try your luck in the fabulous MGM casino or find a deal at the Tangier Outlets

April 24 – May 1, 2022: American Queen Mississippi Cruise Memphis to New Orleans. The Lower Mississippi River has stories to share – a legacy that flows from Memphis to the Gulf of Mexico. Embark on more than just a cruise, and return with more than memories: experience, understanding, an enlightened perspective. Let us introduce you to the American South and show you all the great sights and port cities as we cruise the legendary Mississippi river between Memphis to New Orleans. A new chapter awaits as we cruise around each river bend.

****May 23-30, 2022: California Dreamin' Monterey, Yosemite, and Napa. Optional 2 Night San Francisco Post Tour Extension.** This is a leisurely travel itinerary that is the essence of Northern California, from fine wine and freshly caught seafood to vibrant cities and nature on an epic scale. Discover Monterey's Fisherman's Wharf and Sacramento's Old Town. Witness the stunning views along 17 Mile Drive. Meet a local farmer and taste his farm's produce. Marvel at the unspoiled beauty of Yosemite National Park. Glide on the pristine waters of Lake Tahoe on a paddle wheeler. Sip local wines in Napa Valley and enjoy a farm-to-table lunch. From \$3,009 per person double occupancy including air from BWI

May 29, 2022: Kennedy Center Memorial Day Choral Concert and Lunch. Music Celebrations Int'l, American Veterans Center and the US Air Force Band present a Memorial Day Choral Festival honoring veterans past and present who have sacrificed so much. Celebrate the true meaning of Memorial Day honoring those who have served with rousing patriotic music. Prior to the 3pm concert we will enjoy a delicious lunch at the Alexandria Fish Market.

June 13-17, 2022: Action Travel Tours' 35th Annual Mystery Trip, Third Time is a Charm. Add a little adventure to your life...Sign up for the original Southern Maryland Mystery Trip and travel with Action Travel Tours to a destination unknown. Help us celebrate 35 years of Mystery Itineraries, Friendships and Memories!! First Clue: We won't be going to 2019's Mystery Destination of Salem, Rockport and Gloucester, MA.

