

# SCOOP

The Latest



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**DECEMBER 2008**

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## ***Holiday Fun Facts!***

Many of us have holiday traditions and rituals that we repeat year after year. But do you know where some of these practices originated? The following are explanations for some of the most common household traditions:

### **Santa Clause**

A long time ago, a bishop named Nicholas lived in what is now the country of Turkey. No one knows much about him. But there are stories that he often helped children who were in need. Many years after his death, Nicholas was made a saint. In time, he became the patron saint of children. Today, the date of his death, December 6, is an important date in some countries in Europe. On the night before, children put out their shoes and hang up their stockings. Early the next morning, they rush to see what gifts Saint Nicholas left them. Saint Nicholas visits towns and cities, leads parades, talks to children, and often hands out small gifts. He is dressed as a bishop, of course, wearing a red or white robe and a tall, pointed hat.

### **Gift Giving**

The custom of giving gifts to relatives and friends on a special day in winter probably began in ancient Rome and northern Europe. In these regions, people gave each other small presents as part of their year-end celebrations.

### **Cards & Caroling**

In the 1800's, two more Christmas customs became popular...decorating Christmas trees and sending Christmas cards to relatives and friends. Many well-known

Christmas carols, including "Silent Night" and "Hark! The Herald Angels Sing," were composed during this period. In the United States and other countries, Santa Claus replaced Saint Nicholas as the symbol of gift giving.

### **Shop 'Til You Drop**

The celebration of Christmas became increasingly important to many kinds of businesses during the 1900's. Today, companies manufacture Christmas ornaments, lights, and other decorations not just at holiday time, but throughout the year. Other businesses such as growers of evergreen trees, holly, and mistletoe gear up months to years in advance of the Christmas spending spree. Many stores and other businesses hire extra workers during the Christmas season to handle the increase in sales. Today, many businesses bank on their holiday sales to take their ledgers from red to black.

### **Greens & Tree Decorating**

Many believe that the Christmas Tree was developed in part from the "Paradise Tree." This tree was an evergreen decorated with apples used in a popular play about Adam and Eve held on December 24 in medieval Germany. By 1605, some Germans decorated their homes with evergreens for Christmas. They trimmed the

trees with fruits, nuts, lighted candles, and paper roses. Later decorations included painted eggshells, cookies, and candies.

The first Christmas trees in the United States were used in the early 1800's by German settlers in Pennsylvania. During the mid-1800's, the custom of trimming Christmas trees spread rapidly throughout the world. Today, some form of Christmas tree is part of every Christmas celebration. Decorations include tinsel, bright ornaments, and candy canes. A star is mounted on top of many Christmas trees and other Christmas displays. It represents the star that led the wise men to the stable in Bethlehem where Jesus was born.



## **Seeking Volunteer Tax Preparers: Free Training Provided**

Persons wishing to enroll in the AARP Income Tax Training Program, please contact Ms. Joan Woodland in the Senior Information & Assistance office at 301-609-5712 or via email at woodlanj@charlescounty.org.

Training will be held Mondays and Fridays beginning January 5, 2009. Testing and certification will occur during the week of January 26.

## *December*

Every year at just this time,

In cold and dark  
December,

Families around the world

All gather to remember,  
With presents and with parties,

With feasting and with fun,

Customs and traditions for people old and young.

- Helen H. Moore

## Winter Heating Bills Got You Down?

No need to fret about home heating this winter! Did you know that many senior citizens qualify for energy assistance programs based upon their income? Don't be shy, apply!

For information about eligibility guidelines and other benefits for seniors, please call Senior Information & Assistance at 301-609-5712.

## Feeling Generous? Looking for a Year-End Tax Deduction?

Please consider making a tax-deductible contribution to the Charles County Fuel Fund. You can help your friends and neighbors right here in Charles County to stay safe and warm this winter and reap the tax benefits for yourself. Every little bit helps!

For information on how to contribute to the fuel fund, please contact Ms. Theresa Mason at 301-934-0118.

### Medicare Prescription Drug Plan Open Enrollment Ends December 31!

Open enrollment is the time for new beneficiaries to select a Medicare Prescription Drug Plan, or for existing beneficiaries to review their coverage and make any necessary changes.

Although open enrollment extends through December 31, you are encouraged to complete the necessary paperwork as early as possible to assure seamless prescription coverage in 2009.

If you need information about Medicare Part D, or assistance in selecting a plan, please contact a trained Senior Health Insurance Program (SHIP) Counselor today at 301-609-5712 to find the Medicare Prescription Drug plan that is right for you.

Program staff will also offer Medicare enrollment fairs at the Richard R. Clark Senior Center in La Plata on the following dates this month:

**10:00am-1:00pm . . . . December 15, 23, and 29**

## Gingerbread Folk

Making homemade gingerbread folk is a perfect activity for entertaining the grandchildren and reminding us of simple, old fashioned holidays. This quick and easy recipe leaves plenty of time for the fun part: the decorating!

### Dough Ingredients

- ¾ cup packed dark brown sugar
- 1 stick real butter, softened
- 2 large eggs
- ¼ cup molasses
- 3 ¾ cups all purpose flour
- 2 tsp ground ginger
- 1 ½ tsp baking soda
- ½ tsp ground cinnamon
- ½ tsp freshly grated nutmeg
- ½ tsp salt
- small, colored candies (optional)

### Icing Ingredients

- 1 cup confectioners sugar
- 1 to 2 Tbsp milk
- Food coloring (optional)



In a large mixing bowl, use an electric mixer to completely cream the sugar and butter together at low speed. Add the eggs and molasses and mix until all the liquid ingredients are well combined. In a separate bowl, sift together the flour, baking soda and spices. Slowly add these dry ingredients to the bowl containing the wet mixture and use a sturdy spoon to combine. Remove the dough from the bowl and wrap it in plastic wrap. Refrigerate the dough for approximately one hour until it is quite firm. (Hint: You can do this part before the grandchildren arrive, or take a little play or snack break while the dough refrigerates!)

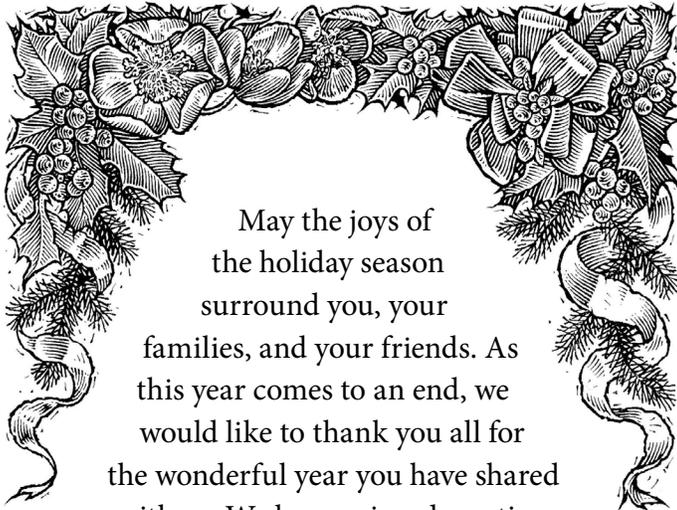
Remove the dough from the refrigerator. Preheat the oven to 350°. Let the dough return to room temperature for about 15 minutes while you assemble your cookie cutters, so it will be easier to roll and cut. Traditionally, boy and girl shapes are used for gingerbread, but you can also get creative and make toy soldiers, dogs, cats, etc. Just make sure that the cookies on each tray are approximately the same size so that they will bake evenly.

Spray the baking trays with non-stick cooking spray, or line with parchment paper. Using about ½ cup of dough at a time, roll onto a floured board to about ⅛ inch thickness. Cut dough with cutters and carefully transfer the shapes onto the prepared baking trays. You can re-roll the scraps and continue rolling and cutting the shapes.

Bake the cookies for about 10 minutes or until barely browned on the edges. Transfer the cookies to a cooling rack and let cool completely before decorating.

To prepare the icing, combine the confectioners sugar and milk, adding the milk in drops until the icing is at the desired thickness. It should be smooth enough to pipe, but not runny. Divide the icing into different bowls and add food coloring if desired. Decorate by frosting or piping the gingerbread folk with the icing and adding colorful candies, raisins or other edible items as desired.

Makes approximately 18-24 cookies, depending on the size of cutters.



May the joys of the holiday season surround you, your families, and your friends. As this year comes to an end, we would like to thank you all for the wonderful year you have shared with us. We have enjoyed our time spent together.

We want to assure you, in these times of economic hardships, that we will continue to offer you the same fine services that you have come to expect and deserve.

As we look forward to 2009, many wishes for a happy and healthy New Year!

Sincerely,

Senior Center Staff  
Aging & Community Centers  
Division



Happy Retirement Joan!

Please join us as we wish Joan Wright, Senior Center Manager at Nanjemoy Senior Center, a happy, healthy, and fun retirement! Not only will staff miss her, but we know the participant's of the Center will miss her (or will they?... rumor has it she plans on joining).

Please plan to spend the day or drop by after lunch to visit with Joan. Refreshments will be served.

Thu, Dec 18 1:00-2:00pm

Annual Christmas Party

Charles County seniors, age 60 and older, are invited to attend this annual event sharing delicious food, fellowship, and entertainment. Vocalist Ellis Woodward is "almost" as traditional as the delicious turkey dinner with all the trimmings that will be served! He will certainly put you in the holiday spirit with sing-a-longs and dancing galore! Santa will stop in to pass out door prizes donated by senior citizens clubs and organizations. Please bring a canned food item to share with needy families.

Transportation is available through VanGO. Please call 301-609-7917 to make reservations no later than 4:30pm, December 3. No transportation arrangements will be made through the Senior Centers. Admission is free, but tickets are required and are available at all four Senior Centers. Sponsored by the Greater Waldorf Jaycees and the Charles County Department of Community Services.

Thu, Dec 11 • 10:30am-2:00pm

Fee: Free, but ticket required  
Location: Jaycees Community Center

Holiday Celebrations at the Senior Centers

Richard Clark Senior Center • CineMagic

Thu, Dec 18 10:30am-2:00pm

Indian Head Senior Center • Getaway Day to Nanjemoy!

Join us for a visit to Nanjemoy. Indian Head Senior Center Closed

Thu, Dec 18 10:30am-2:00pm

Nanjemoy Senior Center • Memories of Christmas Past

Thu, Dec 18 10:30am-2:00pm

Waldorf Senior Center • A Family Holiday Celebration

Thu, Dec 18 10:30am-2:00pm

Senior Center Holiday Closings  
All Senior Centers will be closed as follows:  
Holiday Decorating..... Wed, Dec 10, 2:00pm  
Christmas Holiday..... Wed & Thu, Dec 24-25  
New Year's Day .....Thu, Jan 1

## 32<sup>nd</sup> United Seniors of MD State Rally

Save the date and join us for a full day of interesting speakers from the highest ranks of State government with time set aside to meet with local delegations. The date is January 27, 2009.

## Christmas Connection

All Senior Centers are collecting new, unwrapped toys for needy area children for Christmas. Please be as generous as you can. The toys will be collected and distributed through the Christmas Connection's annual "shopping spree" for under privileged children. Boxes will be collected and taken to the La Plata Armory by December 10.

## Senior Centers Awarded Arts Alliance Grant

The four Senior Centers of Charles County have been awarded a grant by the Charles County Arts Alliance to enhance the creative arts programs available at each of the Centers. Funds will be matched by funds from Senior Services of Charles County, Inc.

## Central Registration

If you have not already done so, please stop and register on your next visit to a Center. To register, you must live in Charles County, and you or your spouse must be 60 years of age or older. Donations will be accepted and placed back into programs to benefit Senior Centers.

## Senior Bowling Tournament Winners

Congratulations to the winners of the Bi-County Senior Bowling Tournament!

Nineteen Seniors from Charles and St. Mary's Counties participated in the annual Bowling Tournament. Congratulations to all who participated.

## Men's

### Age Group 60-69

- 1<sup>st</sup> Place: Dick LaBarge
- 2<sup>nd</sup> Place: Jerry Dipreta

### Age Group 70-79

- 1<sup>st</sup> Place: Keith Wright
- 2<sup>nd</sup> Place: Ernie Tunney
- 3<sup>rd</sup> Place: George Dudley

### Age Group 80+

- 1<sup>st</sup> Place: Dan Leone
- 2<sup>nd</sup> Place: Dale Arbogast
- 3<sup>rd</sup> Place: Arthur Willett

## Women's

### Age Group 60-69

- 1<sup>st</sup> Place: Barbara Homan
- 2<sup>nd</sup> Place: Phyllis Martin
- 3<sup>rd</sup> Place: Pennie LaBarge

### Age Group 70-79

- 1<sup>st</sup> Place: Betty Smith
- 2<sup>nd</sup> Place: Marilyn Drew

### Age Group 80+

- Kassie Grove

**The Charles County Senior Show Troupe Presents...**

# Toyland

Stop by one of the holiday shows for good cheer that will leave you in the spirit for the holidays.

Dec 3, 10:30am. . . Richard R. Clark Senior Center

Dec 8, 10:30am. . . Nanjemoy Community Center

Dec 10, 11:00am. . . Brandywine Fire House, Surratts Senior Club

Dec 10, 12:30pm . . Meals on Wheels (Jaycee Hall) (singers only)

Dec 15, 10:30am. . . Genesis of La Plata

Dec 16, 11:15am . . . Civista Auxiliary Luncheon

Dec 17, 10:30am . . . Northern Senior Center



## Don't Forget to Get Your Flu Shot!

The Charles County Health Department will once again hold flu shot clinics at their location in White Plains. Appointments are not necessary. Please call 301-609-6900 for clinic dates and times. The Senior Centers will not be giving flu shots, or making appointments.



# CLARK SENIOR CENTER

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

**Special Events, Classes, and Ongoing Programs Planned Especially for You**

## Special Events

### Holidays at Our House

Trim the tree, sip eggnog, enjoy the music of the Mary Matula Elementary School Chorus while nibbling on homemade cookies with Senior Center staff.

Tue, Dec 2 11:00am

### Senior Show Troupe

Be sure to attend this year's free holiday performance, Toyland, performed by the talented Charles County Senior Show Troupe. Jump into the holiday spirit as they celebrate the season with song and dance.

Wed, Dec 3 10:30am

### Let the Good Times Roll!

Celebrate the coming of the new year in the company of good friends. Arrow Band will provide the music. Feel the excitement mount as the seconds count down to the lowering of our one-of-a-kind silver ball.

Tue, Dec 30 10:00am-Noon Fee: \$5

## Activities

### Book Chat

The selection for December will be *The Sunday Philosophy Club* by Alexander McCall Smith.

Thu, Dec 4 1:00pm

### Hand & Foot Canasta

Play this exciting canasta variation. The players will meet the first Friday of each month.

Fri, Dec 5 10:00am

### Notary Services

Notary services are available free of charge.

Fri, Dec 5 1:00-2:00pm

### Coin Appraisal

John Hankla will appraise your United States coins free of charge.

Wed, Dec 10 9:00am

### Genealogy

If you want to trace your family history, give this group a try. New members welcome.

Wed, Dec 10 10:00am

### Christmas Connection Collection

The annual collection for Christmas Connection will begin this month. Please help by donating toys, hats, mittens, gloves, or teen type gifts.

### Massage by Appointment

Appointments are available for a lay down or seated massage given by licensed certified massage therapist, Diane Kelly. Sign up required.

Fri, Dec 12 Appts: 10:00am-2:00pm  
Fee: 50¢ per minute

### Poetry Corner

Bi-monthly program that features the reading and discussion of favorite poems.

Fri, Dec 12 1:30pm

### Swap-N-Shop

Here's your chance to barter for a treasure. Bring in unwanted items to exchange for something you need. Money will not be part of the deal. The more people who participate the more fun it will be. If it is a success, we will hold the Swap Meet each month. All left over items must be removed from the building when the event is over.

Mon, Dec 15 11:30am

### Twelve O'clock Pizza

Your choice: pepperoni, cheese, veggie. Catered by Pizza Hotline.

Tue, Dec 16 Noon Fee: \$1.50/slice

### Sixty Singles

Meet new friends, go on outings, and have loads of fun!

Fri, Dec 19 11:00am

### I Remember...

Tape your memories on a disc you will keep.

Fri, Dec 19 1:30pm

### Sisters At Heart

This breast cancer support group, led by Roberta Kieliger, is for breast cancer survivors. This is your opportunity to give and receive the love and support that is needed once diagnosis is made.

Mon, Dec 22 11:30am

### Social Security

All your social security information can be updated right here. This service is available to everyone regardless of age.

Tue, Dec 30 9:30am-1:00pm

### Caregivers Support Group

Information and support provided for those caring for older adults. Open to the public. Facilitator: Cindy Olmsted, Long Term Coordinator, Charles County Department of Community Services.

Wed, Dec 31 2:00pm

## Special Presentations

### Simple Self Defense

Join retired police officer, Mark Butler, as he discusses ways to prevent attack through awareness of your surroundings, and to protect yourself if, in fact, you are attacked. Demonstrations of self defense tactics. Open to everyone.

Fri, Dec 5 10:30am

### Iceland: Land of Fire & Ice

Learn about this beautiful country that lies on top of thermal water. No oil needed to heat the homes during the cold winter months. The Facilitator is Charlotte Eichman, a native of Iceland. Taste a traditional holiday food made from shrimp.

Tue, Dec 9 10:30am

### Down Home Cookin'

This month is set aside for a sweet treat. Facilitator: Bobbie Reynolds

Wed, Dec 10 10:00am

### The History of Trinity Episcopal Parish

The Parish, established in 1744, consists of Trinity Church Newport and Old Field. History buffs, here's another good one! Facilitator: Carol Morris

Tue, Dec 16 11:00am

### Strengthen Your Mind

This is part four of a five part series, based on the book *Strengthen Your Mind* by Kristen Einberger and Janelle Sellick. Session emphasis sense of hearing. Facilitator: Leah T. Jones

Wed, Dec 17 11:00am

### Caregiving Tips

This group, led by Maria Brewer, is geared towards helping caregivers take care of disabled adults.

Wed, Dec 17 10:00-11:30am

## Classes

### Fitness Orientation

Learn how to use the equipment properly and develop your own exercise program.

Tue, Dec 2 3:30pm Fee: \$2

### Strength Training

Sign up for this great fitness workout with our own fitness trainer, Mike Butler. All fitness levels welcome.

Wed, Dec 10-Jan 30 9:15-10:15am

# CLARK SENIOR CENTER

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

**Hours of Operation • 9:00–4:00, Mon-Fri**

Luncheon at Noon—Reservation/Registration Required

Reserve Lunch by 10:00am the preceding day.

Calendar items marked by an \* require reservation/appointment

## Holiday Party

# CineMagic

This presentation, performed by the Baltimore Showcase, pays tribute to Hollywood's greatest musicals. Come prepared for a toe tapping event, full of holiday cheer. Enjoy a delicious luncheon with your Senior Center friends.

**Thu, Dec 18 • 10:30am-1:00pm**

Registration Deadline: Wed, Dec 10, 10:00am

Fee: \$2, plus a generous donation for lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards Drop In ..... 9:00-4:00 Spanish ..... 10:00-11:30 Duplicate Bridge ..... 10:00-2:00 Ceramics ..... 10:00-2:00 2N1 Club ..... 10:15-11:00 Bridge ..... 10:00-1:30 Primetimers ..... 11:30-1:00 Square Dancing ..... 1:00-3:00 Pinochle ..... 1:00-3:00 Circuit Training ..... 2:30-3:30	Flex & Stretch ..... 8:30-9:30 Billiards Drop In ..... 9:00-4:00 Sewing ..... 9:30-12:30 Gentle Yoga ..... 10:00-11:00 Fine Arts ..... 10:00-2:00 AFEP ..... 10:30-11:00 Bridge ..... 10:00-3:15 Easy Craft ..... 1:00-1:45 Checkmate Chess ..... 1:00-2:00 So. Md. Pitch ..... 1:00-4:00 Line Dancing ..... 1:00-2:00 Weekly Workout ..... 5:30-6:45	Billiards Drop In ..... 9:00-4:00 Strength Training ..... 9:15-10:15 Quilting, Etc ..... 9:30-Noon Crochet Club ..... 10:00-11:00 Bingo ..... 10:30-1:50 Bridge ..... 10:00-3:15 Pinochle ..... 12:30-3:00 Powder Puff Billiards ..... 1:00-4:00	Flex & Stretch ..... 8:30-9:30 Billiards Drop In ..... 9:00-4:00 Investment Club ..... 10:00-11:30 Stained Glass ..... 10:00-Noon AFEP ..... 10:30-11:00 Canasta ..... 12:30-3:00 Reflections ..... 1:00-1:30	Veteran's Assist ..... 9:00-Noon Project Linus ..... 9:00-2:00 Billiards Drop In ..... 9:00-4:00 Strength Training ..... 9:15-10:15 Oil Painting/Acrylics ..... 10:00-2:00 Bingo ..... 10:30-2:30 Wii Friday ..... 11:00-Noon Gentle Yoga ..... 11:00-Noon Pinochle ..... 12:30-3:00
<b>1</b> Greenback Investment ..... 10:00	<b>2</b> Cookie Sales ..... 9:00-11:00 <b>Holidays at Our House ... 11:00</b> Fitness Orientation ..... 3:30	<b>3</b> RRCSC Council Meeting ..... 9:30 <b>Senior Show Troupe ..... 10:30</b>	<b>4</b> Beg Line Dancing ..... 1:00 <b>Book Chat ..... 1:00</b>	<b>5</b> Hand & Foot Canasta ..... 10:00 <b>Simple Self Defense ..... 10:30</b> <b>Notary Services ..... 1:00</b>
<b>8</b> Greenback Investment ..... 10:00	<b>9</b> Cookie Sales ..... 9:00-11:00 <b>Iceland: Land of Fire &amp; Ice ..... 10:30</b> <b>Free Bowling at Waldorf AMF ..... 11:00-1:00</b>	<b>10</b> Coin Appraisal ..... 9:00 HealthScope/Visit the Nurse .. 10:00 Genealogy ..... 10:00 Down Home Cookin' ..... 10:00  <b>Senior Center Closes at 2:00pm</b>	<b>11</b> <b>Annual Jaycees Holiday Party ..... 10:30-2:00</b>  <b>Senior Centers Closed</b>	<b>12</b> Massage by Appt ..... 10:00-2:00* Poetry Corner ..... 1:30
<b>15</b> <b>Swap-N-Shop ..... 11:30</b> <b>Medicare Enrollment Fair . . 10:00</b>	<b>16</b> Cookie Sales ..... 9:00-11:00 <b>History of Trinity Episcopal Parish ..... 11:00</b> Twelve O'clock Pizza ..... Noon	<b>17</b> Caregiving Tips ..... 10:00-11:30 Strengthen Your Mind ..... 11:00	<b>18</b> So. MD Health Express ..... 9:00 <b>Hearing Professionals. . . . 10:00</b> <b>Holiday Party Cine-Magic . 10:30</b>	<b>19</b> Sixty Singles ..... 11:00 I Remember ..... 1:30
<b>22</b> Sisters At Heart Meeting ..... 11:30	<b>23</b> Cookie Sales ..... 9:00 <b>Medicare Enrollment Fair . 10:00</b>	<b>24</b> HealthScope/Visit the Nurse .. 10:00 <b>Strengthen Your Mind . . . . 11:00</b> No clogging or tap	<b>25</b> <b>Christmas Holiday</b> <b>Senior Center Closed</b>	<b>26</b> <b>Christmas Holiday</b> <b>Senior Center Closed</b>
<b>29</b> <b>Medicare Enrollment Fair . 10:00</b>	<b>30</b> Social Security ..... 9:30 Let the Good Times Roll! ..... 10:00-Noon	<b>31</b> Caregiver Support ..... 2:00	<div style="background-color: black; color: white; padding: 10px; font-size: 2em; font-weight: bold; display: inline-block;">DECEMBER</div>	

# INDIAN HEAD SENIOR CENTER

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

## Special Events, Classes, and Ongoing Programs Planned Especially for You

### Special Events

#### Memories of Christmas Past

Join us for a holiday filled with cheer and laughter as we celebrate this special occasion at the Nanjemoy Senior Center. Fun and games will prevail with door prizes throughout the day. Entertainment will be provided by Mr. James Musgrove, and everyone will have a chance to sing along with their favorite Christmas carols. The afternoon will include Jingle Bell Bingo with prizes.

Thu, Dec 18 10:00am-1:45pm  
Fee: \$3, plus a generous donation for lunch

### Activities

#### Seated Massage

Stiff and aching back and shoulders? Let our certified massage therapist work out the kinks for you. Offered by Catherine Payne, C.M.T.

Fri, Dec 12 9:30am-Noon  
Fee: 50¢ per minute

#### Scrabble Tournament

The competition is heating up – so reserve your spot early for the tournament.

Fri, Dec 12 & 19 11:00am  
Wed, Dec 17 11:00am

#### The Right Spice...Nutmeg, Ginger, & Cinnamon

These are the spices that bring back memories of home and holidays spent with family and friends. When these fragrant spices fill the air everyone becomes hungry for what's in the oven. Why is that? What affect do nutmeg, ginger and cinnamon have on us? Sample some goodies, discover the origin, benefits, and uses of these well-known spices.

Mon, Dec 15 1:00pm Fee: Free

#### Book Club with Lena

Facilitated by Lena Cox of the Potomac Branch of the Charles County Public Library.

Wed, Dec 17 11:00am

#### Write It Down

Express emotions without fear or criticism. You can't deal with anger, resentment or guilt until you are aware of what you are feeling. No matter where you are in your life, reflective writing can improve mental, physical, emotional and spiritual health. So it's time to be honest and get out those pens. You will receive a personalized journal to start your journey backward or forward.

Fri, Dec 19 1:00pm

#### Cider & Gingerbread

Breathe in the scrumptiously scented aroma of brewing cider and homemade gingerbread. Relax with others and enjoy this holiday treat.

Tue, Dec 23 11:15am Fee: Free

#### Wii Workout

Workout on Wednesdays with the Nintendo Wii, a video-based game where one can play active games like bowling, baseball, boxing, and tennis. This is a great opportunity to get some exercise while playing a game.

Wed, Ongoing 1:00pm

### Special Presentations

#### Senior Information & Assistance Outreach

This program provides persons age 60 and older and their families access to information regarding programs, services, and various benefits. Beth Fiske, Senior I&A Specialist.

Tue, Dec 9 10:00am-Noon

### Classes

#### Line Dancing

This group is having so much fun. Don't miss out! Led by Geneva Johnson.

Thu, Dec 4 1:00pm Fee: Free

#### Card Factory

Create and design your own personal greeting card for Christmas, New Year, or any occasion. All supplies included, plus ideas for quotes, poems and sentiments.

Wed, Dec 17 1:00pm Fee: \$1/per card  
Mon, Dec 29 11:00am Fee: \$1/per card  
Tue, Dec 30 11:00am Fee: \$1/per card

#### Fitness Training

Each Monday (with Sally) 9:15am  
Each Wednesday (with Clarissa) 9:15am

#### Arthritis Foundation Exercise Program (AFEP)

Designed to help those who have joint and/or muscle problems achieve improved mobility, muscle strength, and endurance in order to improve the performance of their daily activities.

Tue/Wed/Thu, Ongoing 10:30am

#### Flex & Stretch-Video

Each Fri, Ongoing 9:15am

#### Oil Painting

Oil and acrylics for all levels. Instructor: Award-winning artist, Sara Francis.

Wed, Ongoing TIME Fee: \$7.50/class

## Holiday Door Wreath

Here is an opportunity to make a beautiful holiday wreath. We provide the pine wreath, grapes, ribbon, and flowers. Your door will be the talk of the town!

Mon, Dec 22 12:30pm Fee: \$5



## Wash Your Hands

It is well-documented that the most important measure for preventing the spread of germs and diseases is hand washing. Did you know there is a proper technique to make your hand-washing more effective? Come and learn the proper way to wash your hands to help keep you and your loved ones from getting sick this winter. There will be a demonstration showing where germs are on your hands and how important it is to wash your hands. The use of anti-bacterial soap and hand sanitizer will also be discussed. For your health, don't miss it!



Thu, Dec 4 11:00am



# INDIAN HEAD SENIOR CENTER

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

**Hours of Operation • 9:00–3:00, Mon-Fri**  
 Luncheon at Noon—Reservation/Registration Required  
 Reserve lunch by 10:00am the preceding day.  
 Calendar items marked by an \* require reservation/appointment



## O' Little Town of Indian Head

A perfect little town. The type of place of which you've always dreamed...

You can build your own home or store front in the "Little Town of Indian Head." Norman Rockwell had the right idea... "a simpler time and place." For nine days, anyone can create their own unique house, business, or outdoor scene. Don't miss out on this very special project of creativity and personal expression. All supplies included.

Mon-Fri, Dec 1-12

Various times (see calendar)

Fee: \$1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Billiards/Cards ..... 9:00 Fitness Training ..... 9:15 Bingo ..... 10:00 <b>O' Little Town of Indian Head</b> ..... 10:30	<b>2</b> Billiards/Cards ..... 9:00 Stitchin' Chicks & Crafts ..... 9:00 AFEP ..... 10:30 <b>O' Little Town of Indian Head</b> ..... 11:15 Reflections ..... 1:00	<b>3</b> Billiards/Cards ..... 9:00 Fitness Training ..... 9:15 Oil Painting ..... 10:00 AFEP ..... 10:30 <b>O' Little Town of Indian Head</b> ..... 11:15 Wii Workout ..... 1:00	<b>4</b> Billiards/Cards ..... 9:00 AFEP ..... 10:30 Wash Your Hands ..... 11:00 Line Dancing ..... 1:00 <b>O' Little Town of Indian Head</b> ..... 1:00	<b>5</b> Billiards/Cards ..... 9:00 Flex & Stretch-Video ..... 9:15 Ceramics ..... 10:00 Canasta & Bid Whist ..... 10:00 <b>O' Little Town of Indian Head</b> ..... 10:30 Sing Time ..... 1:00
<b>8</b> Billiards/Cards ..... 9:00 Fitness Training ..... 9:15 Bingo ..... 10:00 <b>O' Little Town of Indian Head</b> ..... 10:30 Sing Time ..... 1:30	<b>9</b> Billiards/Cards ..... 9:00 Stitchin' Chicks & Crafts ..... 9:00 <b>Senior I&amp;A Outreach</b> ..... 10:00 AFEP ..... 10:30 <b>Free Bowling Waldorf AMF</b> ..... 11:00-1:00 <b>O' Little Town of Indian Head</b> ..... 11:15 Gospel Time ..... 1:00	<b>10</b> Billiards/Cards ..... 9:00 Fitness Training ..... 9:15 Oil Painting ..... 10:00 AFEP ..... 10:30 <b>O' Little Town of Indian Head</b> ..... 11:15 Wii Workout ..... 1:00 <b>Senior Center Closes at 2:00pm</b>	<b>11</b> <b>Annual Jaycees Holiday Party</b> ..... 10:30-2:00 <b>Senior Centers Closed</b>	<b>12</b> Billiards & Cards ..... 9:00 Flex & Stretch Video ..... 9:15 Seated Massage ..... 9:30-Noon Ceramics ..... 10:00 Canasta & Bid Whist ..... 10:00 <b>O' Little Town of Indian Head</b> ..... 10:30 Scrabble Tournament ..... 11:00
<b>15</b> Billiards/Cards ..... 9:00 Fitness Training ..... 9:15 Bingo ..... 10:00 <b>The Right Spice</b> ..... 1:00	<b>16</b> Billiards/Cards ..... 9:00 Stitchin' Chicks & Crafts ..... 9:00 AFEP ..... 10:30 <b>Senior Council Lunch</b> ..... Noon Reflections ..... 1:00	<b>17</b> Billiards/Cards ..... 9:00 Fitness Training ..... 9:15 Oil Painting ..... 10:00 AFEP ..... 10:30 Book Club with Lena ..... 11:00 Scrabble Tournament ..... 11:00 Wii Workout ..... 1:00 Card Factory ..... 1:00	<b>18</b> <b>ROAD TRIP!</b> <b>To Nanjemoy Senior Center Holiday Party</b>	<b>19</b> Billiards/Cards ..... 9:00 Flex & Stretch-Video ..... 9:15 Canasta & Bid Whist ..... 10:00 Ceramics ..... 10:00 Scrabble Tournament ..... 11:00 <b>Write It Down</b> ..... 1:00
<b>22</b> Billiards/Cards ..... 9:00 Fitness Training ..... 9:15 Bingo ..... 10:00 <b>Holiday Door Wreath</b> ..... 12:30	<b>23</b> Billiards/Cards ..... 9:00 Stitchin' Chicks & Crafts ..... 9:00 AFEP ..... 10:30 <b>Cider &amp; Gingerbread</b> ..... 11:15 Reflections ..... 1:00	<b>24</b> Billiards/Cards ..... 9:00 Fitness Training ..... 9:15 Oil Painting ..... 10:00 AFEP ..... 10:30 Wii Workout ..... 1:00	<b>25</b> <b>Christmas Holiday Senior Center Closed</b>	<b>26</b> <b>Christmas Holiday Senior Center Closed</b>
<b>29</b> Billiards/Cards ..... 9:00 Fitness Training ..... 9:15 Bingo ..... 10:00 Card Factory ..... 11:00 Sing Time ..... 1:00	<b>30</b> Billiards/Cards ..... 9:00 Stitchin' Chicks & Crafts ..... 9:00 AFEP ..... 10:30 Card Factory ..... 11:00 Reflections ..... 1:00	<b>31</b> Billiards/Cards ..... 9:00 Fitness Training ..... 9:15 Oil Painting ..... 10:00 AFEP ..... 10:30 Wii Workout ..... 1:00	<div style="background-color: black; color: white; padding: 10px; font-size: 2em; font-weight: bold; display: inline-block;">DECEMBER</div>	

# NANJEMOY SENIOR CENTER

4375 Port Tobacco Rd • Nanjemoy, MD 20662 • 301-246-9612 or 301-609-7639

**Special Events, Classes, and Ongoing Programs Planned Especially for You**

## Special Events

### Charles County Show Troupe

The Charles County Senior Show Troupe presents Toyland directed by Debi Shanks. Come and jump into that holiday spirit with the Center Stars as they celebrate the holiday season with song and dance.

Mon, Dec 8 10:30am

## Activities

### Deck the Halls

Get in the holiday spirit as we listen to holiday music, sing carols, and beautify the Center with holiday decorations. Refreshments will be served.

Mon, Dec 1 10:00am

### Wii Games

Join us as we try the Wii games.

Tue, Dec 2 1:00pm

### Free Senior Bowling Day

Seniors are invited to enjoy free bowling games, shoes, and coffee at the AMF Lanes in Waldorf. There will be donuts and door prizes. Sponsored by Senior Services of Charles County, Inc.

Wed, Dec 9 11:00am-1:00pm  
Registration Deadline: Dec 2 (limited space)

### New Zealand Video

Learn about the county of New Zealand as we watch the video. You won't even need a plane ticket.

Mon, Dec 15 10:00am

### Foxy Red Hatters

Newcomers welcome! Come, join the fun with the Foxy Red Hatters for Christmas.

Wed, Dec 17 10:00am

### Checkers Tournament

The winner gets a prize for winning the most games.

Wed, Dec 24 10:00am

### Reminiscing

Using our memories and the *Good Old Days* magazine, we'll reminisce about holidays and family traditions of long ago.

Tue, Dec 30 1:00pm

### New Year's Eve Whine & Cheese Party

Join us for the end of the year celebration while we whine about all the happenings of the past year, whether good or bad. We will snack all morning and have desserts after lunch.

Wed, Dec 31 10:00am-1:45pm

## Presentations

### Myths & Facts About Well Water

Lindsay Cox from the Charles County Health Department will discuss how to use, maintain, and protect your water source.

Thu, Dec 4 10:30am

### Fun with Holiday Foods

Donna Bailey, Extension Educator with the University of Maryland Cooperative Extension will discuss healthy and decorative foods and bring a recipe book.

Thu, Dec 4 1:00pm

## Tree Lighting Ceremony at Nanjemoy Community Center

Help light the tree while enjoying music by the Henry E. Lackey High School band and the Mt. Hope/Nanjemoy Elementary School chorus. Enjoy a special visitor from the North Pole. Light refreshments will be provided. Pictures are available for \$3. All ages are welcome.

Mon, Dec 1 6:30-8:00pm

## Senior Information & Assistance Outreach

Facilitator: Beth Fiske, Senior I&A Program Specialist with the Aging & Community Centers Division.

Tue, Dec 23 10:00am

### Reflections

Join us for a non-denominational discussion on biblical themes. Facilitator: Rudolph Datcher.

Wed, Ongoing 12:45pm

## Classes

### Holiday Greens Table Arrangements

Spruce up your holiday table with a festive arrangement made from fresh greens. When finished you will have created a beautiful centerpiece.

Tue, Dec 16 1:00pm

### Craft – Holiday Decoration

We'll make a decoration for the holidays.

Tue, Dec 23 1:00pm

### Yoga for Heart Health

Designed to increase flexibility, strength, and heart health. Sponsored by Suburban Hospital and NIH. Consult a physician before beginning any exercise program. Instructor: Sally Rudd.

Thu, Ongoing 10:15-11:15am Fee: Free

### Ceramics

Instructor: Margaret Dunlap

Tue, Ongoing 9:00am-1:00pm  
Fee: \$1/class (plus supplies)

### Basic Computer Class

Preregistration required. This is an evening class. Instructor: Nancy Dudley

Wed, Ongoing 6:30-8:30pm  
Fee: \$54/6 weeks

### Strength Training

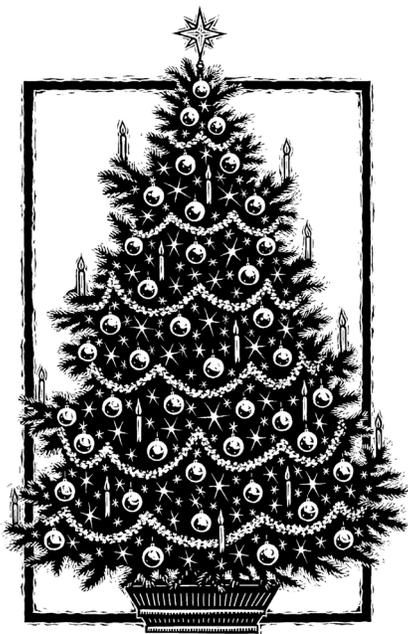
No program Dec 8.

Mon with Sally Rudd 11:00am  
Wed with Clairisa Bryant 11:00am  
Fee: Fitness Card

### AFEP (Arthritis Foundation Exercise Program)

No program Dec 11, 18, 25.

Tue/Thu, Ongoing 9:45am



# NANJEMOY SENIOR CENTER

4375 Port Tobacco Rd • Nanjemoy, MD 20662 • 301-246-9612 or 301-609-7639

**Hours of Operation • 9:00–2:00, Mon–Thu**  
 Luncheon at Noon—Reservation/Registration Required  
 Reserve lunch by 10:00am the preceding day.  
 Calendar items marked by an \* require reservation/appointment

## Memories of Christmas Past

Join us for a holiday filled with cheer and laughter as we celebrate this special occasion with the Indian Head Senior Center as our guests. Fun and games will prevail with door prizes throughout the day. Entertainment will be provided by Mr. James Musgrove, and everyone will have a chance to sing along with their favorite Christmas carols. The afternoon will include Jingle Bell Bingo with prizes.

Sponsored in part by the Maryland State Arts Council, Senior Services of Charles County, Inc., Charles County Arts Alliance, and the Nanjemoy Senior Center Council.

**Thu, Dec 18 • 10:00am-1:45pm**

Fee: \$3 plus a generous donation for lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>1</b> Fitness Room/Billiards ..... 9:00 Walking Club ..... 9:15 Crochet Club ..... 9:30 Board Games ..... 9:30 Deck the Halls ..... 10:00 Strength Training ..... 11:00 Bingo ..... 12:45 <b>NCC Tree Lighting .... 6:30-8:00</b>	<b>2</b> Fitness Room/Billiards ..... 9:00 Ceramics ..... 9:00 Walking Club ..... 9:15 Board Games ..... 9:30 AFEP ..... 9:45 Wii games ..... 1:00	<b>3</b> Fitness Room/Billiards ..... 9:00 Walking Club ..... 9:15 Board Games ..... 9:30 Guessing Game ..... 10:00 Strength Training ..... 11:00 Reflections ..... 12:45	<b>4</b> Fitness Room/Billiards ..... 9:00 Walking Club ..... 9:15 Board Games ..... 9:30 AFEP ..... 9:45 Yoga for Heart Health ..... 10:15 <b>Myths &amp; Facts About Well Water ..... 10:30</b> Fun with Holiday Foods ..... 1:00
<b>8</b> Fitness Room/Billiards ..... 9:00 Walking Club ..... 9:15 Crochet Club ..... 9:30 Board Games ..... 9:30 <b>Charles County Show Troupe ..... 10:30</b> Bingo ..... 12:45	<b>9</b> Fitness Room/Billiards ..... 9:00 Walking Club ..... 9:15 Healthscope/Visit the Nurse .. 10:15 <b>Free Senior Bowling Day Waldorf AMF ..... 11:00-1:00</b>	<b>10</b> Fitness Room/Billiards ..... 9:00 Walking Club ..... 9:15 Board Games ..... 9:30 Guess the Senior ..... 10:00 Strength Training ..... 11:00 Reflections ..... 12:45 <b>Senior Center Closes at 2:00pm</b>	<b>11</b> <b>Annual Jaycees Holiday Party ..... 10:30-2:00</b>  <b>Senior Centers Closed</b>
<b>15</b> Fitness Room/Billiards ..... 9:00 Walking Club ..... 9:15 Crochet Club ..... 9:30 Board Games ..... 9:30 <b>New Zealand Video ..... 10:00</b> Strength Training ..... 11:00 Bingo ..... 12:45	<b>16</b> Fitness Room/Billiards ..... 9:00 Ceramics ..... 9:00 Walking Club ..... 9:15 Board Games ..... 9:30 AFEP ..... 9:45 <b>Holiday Greens Table Arrangement ..... 1:00</b>	<b>17</b> Fitness Room/Billiards ..... 9:00 Walking Club ..... 9:15 Board Games ..... 9:30 Foxy Red Hatters ..... 10:00 Strength Training ..... 11:00 Reflections ..... 12:45	<b>18</b> Fitness Room/Billiards ..... 9:00 Walking Club ..... 9:15  <b>Holiday Party • Memories of Christmas Past ..... 10:00-1:45</b>
<b>22</b> Fitness Room/Billiards ..... 9:00 Walking Club ..... 9:15 Board Games ..... 9:30 Crochet Club ..... 9:30 Strength Training ..... 11:00 Bingo ..... 12:45	<b>23</b> Fitness Room/Billiards ..... 9:00 Ceramics ..... 9:00 Walking Club ..... 9:15 Board Games ..... 9:30 AFEP ..... 9:45 <b>Senior I&amp;A Outreach ..... 10:00</b> <b>Craft - Decoration ..... 1:00</b>	<b>24</b> Fitness Room/Billiards ..... 9:00 Walking Club ..... 9:15 Board Games ..... 9:30 Checkers Tournament ..... 10:00 Healthscope/Visit the Nurse .. 10:15 Strength Training ..... 11:00 Reflections ..... 12:45	<b>25</b> <b>Christmas Holiday Senior Center Closed</b>
<b>29</b> Fitness Room/Billiards ..... 9:00 Walking Club ..... 9:15 Board Games ..... 9:30 Crochet Club ..... 9:30 Strength Training ..... 11:00 Bingo ..... 12:45	<b>30</b> Fitness Room/Billiards ..... 9:00 Walking Club ..... 9:15 Board Games ..... 9:30 Crochet Club ..... 9:30 Strength Training ..... 11:00 Bingo ..... 12:45	<b>31</b> Fitness Room/Billiards ..... 9:00 Walking Club ..... 9:15 Board Games ..... 9:30 <b>New Years Eve Whine &amp; Cheese Party ..... 10:00</b> Strength Training ..... 11:00 Reflections ..... 12:45	

# WALDORF SENIOR CENTER

3092 Crain Hwy (Jaycees Bldg) • Waldorf, MD 20601 • 301-638-4420

**Special Events, Classes, and Ongoing Programs Planned Especially for You**

## Special Events & Activities

### Holiday Door Wreath

Decorate your home or entry with your own handmade holiday wreath. All supplies included, but feel free to bring something special that you would like to highlight on your wreath. Instructor: Ruthenia Rose.

Tue, Dec 2 10:00am Fee: \$10

### Get in the Spirit Breakfast

Don't poop out at the mall because you didn't eat a good breakfast. Join your friends for a "Get in the Spirit Breakfast" before you go shopping. Boost your energy with a home-made healthy and hearty breakfast. Sponsored by the Waldorf Senior Center Council.

Thu, Dec 4 9:30am Fee: \$4  
Registration Deadline: Dec 2

### Bowling Tournament

The competition is tough. Two teams of five will battle it out for bragging rights and may-be a prize or two.

Tue, Dec 9 & 23 11:00am

### Decorate Holiday Cookies

Spend the morning decorating delicious sugar cookies then swap with your friends. Hot chocolate and music too. Please sign up.

Tue, Dec 16 10:30am

### Happy Birthday Bingo

Yes, even Bingo has a birthday. Who was the first to play bingo? Find out while you play Happy Birthday Bingo. Special prizes and birthday cake for everyone.

Wed, Dec 17 10:30am

### Holiday Ornaments

Decorate a special holiday ornament. All supplies provided by the Senior Council. Sign up required.

Wed, Dec 17 10:30am

## Special Presentations

### Giving Wisely...Avoiding Scams & Con Artists

Good and bad charities and organizations abound at this time of year. How can we tell which is which? Please join Mr. Jason Russo as he gives a lesson on what to look out for, and how to tell the good from the bad.

Wed, Dec 3 10:30am

## Senior Information & Assistance

### Outreach

Program provides persons age 60 and older and their families access to information on programs, services, and benefits. Beth Fiske, Senior I&A Program Specialist.

Wed, Dec 17 10:30am

### What is Long Term Care?

U.S. Statistics on Long Term Care needs. Do I need to go to a nursing home? Or can I stay at home? What will Medicare and Medicaid will cover? Presenter: Harry Burstyn, Benefit Consultant.

Wed, Dec 10 10:30am



### Senior Prescription Drug Assistance Enrollment Workshop

To help you understand the new Maryland "donut hole" subsidy, and other changes to Medicare Part D, Maryland's Senior Prescription Drug Assistance Program (SPDAP) will hold a series of FREE Workshops. Here

you'll get personal, one-on-one assistance from unbiased, State of Maryland representatives who will help you understand the new \$1,200 "donut hole" subsidy, evaluate your current plan, and make any changes that you may need for the following year. For more information, call 1-800-215-8038, or see staff at your Senior Center for scheduling details.

Mon, Dec 15 9:00am-Noon & 1:00-3:00pm

## Classes

### CSM Class

#### Set Your Intentions & Goals

Jump start the New Year by getting your intentions and goals down on paper through "treasure mapping" as seen in the film *The Secret*. A visual tool and a fun, crafty way to set and manifest your 2009 intentions and goals.

Wed, Dec 10 9:00am-3:00pm  
Fee: \$30 age 60+; \$40 age 59 and younger

#### New! Walk Away the Pounds

Video-based walking program...three miles in 45 minutes. Fun music paced perfectly to keep you walking at just the right fat burning speed! BOOST the walk by adding our comfy soft hand weights. End with a relaxing stretch for legs, back, and core!

**Mile 1:** 15 mins. of non-stop muscle moving steps to get you started.

**Mile 2:** 12 mins. of speed walking.

**Mile 3:** 15 mins. to continue blasting calories as your burn body fat.

Tue, Ongoing 10:00am

#### Water Based Oils Class

Learn basics of brush strokes and composition. Material list provided. Instructor: Pat Arnold.

Tue, Ongoing Noon Fee: \$6/class

#### Ceramics

Tue, Ongoing 10:00am Fee: \$1

#### Watercolor Class

Basics of brush strokes and composition. Material list provided. Instructor: Pat Arnold. No class Dec 11 & 25.

Thu, Ongoing 10:00am Fee: \$6

## A Family Holiday Celebration



Join our Center family in celebration of the season. Morning refreshments, a fun sing-a-long with the Fathers & Sons Quartet. A delicious holiday menu followed by Jingle Bell Bingo for holiday prizes.

*Don't forget...our Annual Bake Sale will be ongoing during our holiday celebration.*

**Thu, Dec 18 • 10:30am-2:00pm**

Reservation Deadline: Dec 11  
Fee: \$7

# WALDORF SENIOR CENTER

3092 Crain Hwy (Jaycees Bldg) • Waldorf, MD 20601 • 301-638-4420

**Hours of Operation • 9:00–3:00, Mon-Thu**  
 Luncheon at Noon—Reservation/Registration Required  
 Reserve lunch by 10:00am the preceding day.  
 Calendar items marked by an \* require reservation/appointment

## Pilates

Strengthen the back, abdominal muscles, hips, and improve posture. Slow movement that stresses quality not quantity and proper breathing techniques. Instructor: Debi Shanks.

Mon, Ongoing 2:00pm  
 Fee: Fitness Card

## Yoga

Instructor: Trudy Carlson.  
 No class Dec 23.

Tue, Ongoing 1:30pm  
 Fee: Fitness Card

## Reflections

Non-denominational discussion on biblical themes. Facilitator: Janice Tibbs, Pastor Chris Ogne.

Tue, Ongoing 12:30pm

## Strength Training

Low-impact aerobics with resistance training to increase strength, cardiovascular endurance, and flexibility. Instructor: Debi Shanks. No class Dec 10, 24.

Wed, Ongoing 2:00pm  
 Fee: Fitness Card

## Drop-In Line Dance

Learn new and classic line dances. Instructor: Cindy Bladen. No class Dec 23.

Tue, Ongoing 10:00am  
 Fee: Fitness Card

## Total Body Conditioning

Focus on strength, endurance, and flexibility. Instructor: Clarissa Bryant. No Class Dec. 11, 18 & 25.

Tue/Thu, Ongoing 9:00am  
 Fee: Fitness Card

## \*Drop-In Line Dance (at Elite Gymnastics Ctr)

Instruction on the newest line dances and popular steps. No class Dec 11.

Thu, Ongoing 10:30am  
 Fee: Fitness Card



DECEMBER			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>1</b> Bridge ..... 10:00 Pilates ..... 2:00  <b>No St. Charles Senior Club Today</b>	<b>2</b> Total Body Conditioning ..... 9:00 Ceramics ..... 10:00 Drop In Line Dance ..... 10:00 <b>Visit the Nurse ..... 10:00</b> <b>Holiday Door Wreath ..... 10:00</b> Walk Away the Pounds ..... 10:00 Pinochle ..... 11:00 Water Based Oils ..... Noon Reflections ..... 12:30 Hata Yoga ..... 1:30	<b>3</b> AFEP ..... 10:00 <b>Giving Wisely ..... 10:30</b> Bingo ..... 11:00 Lunchtime Trivia ..... 12:15 Cards & Games ..... 1:00 Strength Training ..... 2:00	<b>4</b> Total Body Conditioning ..... 9:00 *Drop-In Line Dance ..... 10:30 <b>Get in the Spirit Breakfast . . 9:30</b> Watercolor Class ..... 10:00 <b>Family Connection Center . 10:30</b> Bingo ..... 11:00 Cards & Games ..... 1:00
<b>8</b> St. Charles Senior Club ..... 10:00 Bridge ..... 10:00 Pilates ..... 2:00	<b>9</b> Total Body Conditioning ..... 9:00 Ceramics ..... 10:00 Drop In Line Dance ..... 10:00 Walk Away the Pounds ..... 10:00 Pinochle ..... 11:00 <b>Free Bowling Waldorf</b> <b>AMF ..... 11:00-1:00</b> Bowling Tournament ..... 11:00 Water Based Oils ..... Noon Reflections ..... 12:30 Hatha Yoga ..... 1:30	<b>10</b> AFEP ..... 10:00 <b>Visit the Nurse ..... 10:00</b> Bingo ..... 10:30 CSM Class/Set Your Goals & Intentions ..... 9:00-3:00pm <b>Long Term Care? ..... 10:30</b> Lunchtime Trivia ..... 12:15 Word Games ..... 1:00  <b>Senior Center Closes at 2:00pm</b>	<b>11</b> <b>Annual Jaycees Holiday Party ..... 10:30-2:00</b>  <b>Senior Centers Closed</b>
<b>15</b> <b>Senior Prescription Drug Assistance Enrollment Workshop ..... 9:00-Noon and ..... 1:00- 3:00</b> Bridge ..... 10:00 Senior Council Lunch ..... 12:30 Pilates ..... 2:00  <b>No St. Charles Senior Club Today</b>	<b>16</b> Total Body Conditioning ..... 9:00 Drop In Line Dance ..... 10:00 Ceramics ..... 10:00 Walk Away the Pounds ..... 10:00 <b>Decorate Holiday Cookies . 10:30</b> Pinochle ..... 11:00 Water Based Oils ..... Noon Reflections ..... 12:30 Hatha Yoga ..... 1:30	<b>17</b> AFEP ..... 10:00 <b>Holiday Ornaments ..... 10:30</b> <b>Happy Birthday Bingo .... 10:30</b> <b>Senior I&amp;A ..... 12:30-2:30</b> Lunchtime Trivia ..... 12:15 Cards & Games v1:00 Strength Training ..... 2:00	<b>18</b> <b>A Family Holiday Celebration ..... 10:30-2:00</b> *Drop-In Line Dance ..... 10:30
<b>22</b> Bridge ..... 10:00 Pilates ..... 2:00  <b>No St. Charles Senior Club Today</b>	<b>23</b> Drop In Line Dance ..... 10:00 Ceramics ..... 10:00 Walk Away the Pounds ..... 10:00 Pinochle ..... 11:00 Bowling Tournament ..... 11:00 Water Based Oils ..... Noon Reflections ..... 12:30	<b>24</b> <b>Christmas Holiday Senior Center Closed</b>	<b>25</b> <b>Christmas Holiday Senior Center Closed</b>
<b>29</b> Bridge ..... 10:00 Pilates ..... 2:00  <b>No St. Charles Senior Club Today</b>	<b>30</b> Total Body Conditioning ..... 9:00 Ceramics ..... 10:00 Drop In Line Dance ..... 10:00 Walk Away the Pounds ..... 10:00 Pinochle ..... 11:00 Water Based Oils ..... Noon Reflection ..... 12:30 Hatha Yoga ..... 1:30	<b>31</b> AFEP ..... 10:00 Bingo ..... 10:30 Word Games ..... 1:00 Strength Training ..... 2:00	

Need to exercise?  
Can't get to your class?

## Get Fit In Charles County

Program airs on County  
Cable Channel 95  
8:30am & 6:30pm every  
Monday, Wednesday &  
Friday.

Join Physical Fitness  
Coordinator, Debi Shanks, and  
some of her friends as they take  
you through a gentle, arthritis-  
based half hour class.



### Senior Center Plus Hours:

Richard Clark Senior Center  
Tuesday-Friday • 9:00am-2:00pm

Waldorf Senior Center  
Tuesday-Thursday • 9:00am-2:00pm

Nanjemoy Senior Center  
Tuesday-Thursday • 9:00am-2:00pm

Indian Head Senior Center  
Monday-Friday • 9:00am-2:00pm

## Senior Council News Items

### Clark Senior Center

- Cookie sales continue on Tuesdays
- Taking Holiday Cookie orders
- Donated two turkeys for door prizes
- Co-sponsored Holiday Party and Let the Good Times Roll New Year Party

### Indian Head Senior Center

- Council sponsored activities: Adopted two families for Christmas, Holiday raffle (fund raiser), Cider & Gingerbread, door prizes and Bingo prizes for Holiday Party at Nanjemoy Senior Center

### Nanjemoy Senior Center

- Provided materials for Holiday Greens Table Arrangement and Deck the Halls event
- Provided refreshments and door prizes for Holiday program along with Indian Head Senior Center
- Provided gifts for children at NCC Tree Lighting

### Waldorf Senior Center

- Council sponsored activities: Get in the Spirit Breakfast, Holiday Ornaments & Cookies, Happy Birthday Bingo, Family Holiday Celebration

## Red Hat Corner



- Red Hat Mama's meet the third Monday of each month.
- Foxy Red Hatters meet the second Tuesday of each month.
- Victorian Red Hatters meet the fourth Wednesday of each month.
- Fancy Free Red Hatters meet the first Wednesday of each month.
- Red Hat SophistikatZ meet the second Thursday of each month.
- Sassy Red Hatters meet the third Friday of each month.

Advertise your chapter here!  
Call 301-609-5701

## Cookies! Cookies! Cookies!

The Clark Senior Center Council Cookie Bake Sale is each Tuesday, through December, at the Center. Choose from any of the following varieties:

<b>Sugar Free</b>	Lemon
<b>Regular</b>	Cranberry Blueberry, Sugar, Chocolate Chip, Macadamia, Oatmeal Cranberry, Chocolate Reeses Pieces, and Turtle

The cost is three for \$1 or \$4 for a dozen. Orders are taken Tuesday mornings.

**Beginning in January, cookie sales will only be offered the second and fourth Tuesdays of each month.**

# SENIOR MENU

All meals include 1% Milk

## 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> Pineapple Juice Swedish Meatballs Buttered Noodles Orange Glazed Carrots Whole Wheat Bread Citrus Salad	<b>2 • BRUNCH FOR LUNCH</b> Orange Juice Turkey Sausage Egg Omelette Stewed Tomatoes Hash Brown Potatoes Muffin Pink Grapefruit Sections	<b>3</b> Fruit Blend Juice Beef Stew with Stew Vegetables Spinach Salad Rice Pudding Whole Wheat Bread Seedless Grapes	<b>4</b> Grape Juice Liver and Onions Mashed Potatoes Lima Beans Cornbread Deluxe Fruit Salad	<b>5</b> Soup of the Day with Crackers Ham and Cheese Sandwich on Whole Wheat Bread Pineapple Bean Salad Cucumber Onion Vinaigrette Cantaloupe
<b>8</b> Pineapple Juice Salmon Cake Zucchini Blend Curried Rice Salad Biscuit Mandarin Oranges	<b>9</b> Apple Juice Chicken Marsala Parsley Potatoes Baby Sweet Peas Whole Wheat Bread Apricots	<b>10</b> Orange Juice Stuffed Cabbage Mashed Potatoes Seasoned Corn Tropical Fruit Salad	<b>11</b> <b>Annual Jaycees Holiday Party 10:30-2:00</b>  <b>Senior Centers Closed</b>	<b>12</b> Grape Juice Meat Lasagna Three Bean Salad Pacific Blend Vegetables Dinner Roll Banana
<b>15</b> Fruit Blend Juice BBQ Pork Sandwich Confetti Rice Steamed Spinach Pineapple Chunks	<b>16</b> Apple Juice ¼ Baked Chicken Red Beans and Rice Scalloped Tomatoes Whole Wheat Bread Deluxe Fruit Salad	<b>17 • BIRTHDAY</b> Soup of the Day with Crackers Italian Sausage on Roll Green Peppers and Onions with mustard Carrots Coleslaw Fruited Jello <b>Birthday Cake</b>	<b>18</b> Grape Juice Beef Brisket Roasted Red Skin Potatoes Cranberry Salsa Salad Green Beans Dinner Roll Pecan Pie Hot Apple Cider	<b>19</b> Pineapple Juice Meatloaf with Gravy Mashed Potatoes Broccoli Whole Wheat Bread Pears
<b>22</b> Cranberry Juice Fish Sandwich Hawaiian Baked Beans Zucchini Blend Peaches	<b>23</b> Soup of the Day w/crackers Chef Salad with Ham, Turkey, Egg, and Cheese Dressing Macaroni Salad Carrot Raisin Salad Whole Wheat Bread Fruited Jello	<b>24</b> Apple Juice Stuffed Peppers Asian Blend Vegetables Buttered Noodles Whole Wheat Bread Citrus Salad	<b>25</b> <b>Christmas Holiday Senior Center Closed</b>	<b>26</b> <b>Christmas Holiday Senior Center Closed</b>
<b>29</b> Apple Juice Turkey Divan Scalloped Potatoes Baked Beans Biscuit Seedless Grapes	<b>30</b> Grape Juice Oven Fried Chicken AuGratin Potatoes Collard Greens Wheat Bread Cantaloupe	<b>31</b> Fruit Blend Juice Sloppy Joe on Roll Chuckwagon Vegetables Tomato & Mozzarella Salad Pears	<b>DECEMBER</b>	

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 is available at all Senior Centers for those participating in the CACFP program.

## The Charles County Luncheon Program Available at Noon • Days Vary By Center

The program is available to any Charles County resident, age 60 or older, for a donation. The cost of the lunch is \$5.50. The suggested donation for your meal is \$3. All donations are used to provide meals for seniors in Charles County. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.50. Lunch reservations must be made by 10:00am the preceding day. We greatly appreciate your assistance in keeping our costs down. Party and special event meals are full priced at \$5.50, plus a small fee.

**Indian Head Senior Center . . . Mon-Fri**  
**Nanjemoy Senior Center . . . . Mon-Thu**

**Clark Senior Center . . . . .Tue-Fri**  
**Waldorf Senior Center . . . .Mon-Fri**

The Charles County Department of Community Services is pleased to offer this edition of The Latest SCOOP, a monthly publication listing events and programs from your local-area Senior Centers. We invite you to participate in the many programs and special events offered. Suggestions and comments concerning the programs and services offered by Charles County's Senior Centers are welcomed and encouraged.

### Charles County Commissioners

Wayne Cooper, President  
 Edith J. Patterson, Ed.D., Vice President (Dist. 2)  
 Reuben B. Collins, II (Dist. 3)  
 Samuel N. Graves, Jr. (Dist. 1) • Gary V. Hodge (Dist. 4)



Equal Opportunity County • Say No To Drugs



### Department of Community Services

Karen Lehman Cieplak  
 Director

8190 Port Tobacco Road • Port Tobacco, MD  
 301-934-9305 • 301-932-6004 • 301-870-3388  
 MD Relay: 711 • Relay TDD: 1-800-735-2258

Visit us at [www.charlescounty.org/cs](http://www.charlescounty.org/cs)

**Mission Statement** – 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.

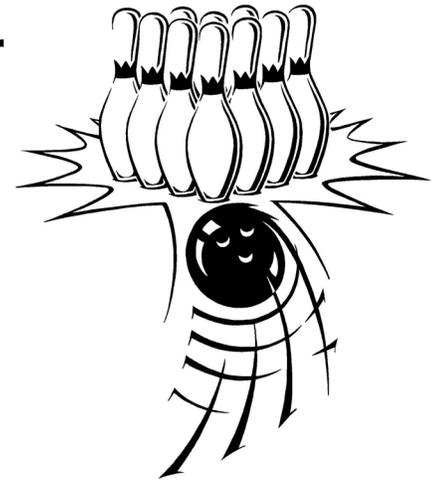
**Vision Statement** – Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

**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.

## Holiday Free Senior Bowling

Seniors are invited to free bowling games, shoes, and refreshments at Waldorf AMF. Sponsored by Senior Services of Charles County.

**Tue • Dec 9 • 11:00am**  
 Registration Deadline: Dec 5, 11:00am



### Senior Services Trips

For reservations or more information please call 301-645-2800.

Grand American Tours & Cruises presents...

### National Park Highlights

8 Days, 7 Nights

Tour the fabulous city of Las Vegas, visit Grand Canyon National Park and overnight in the Park. Drive across the famous Route 66, the Kaibab National Forest, the Painted Desert and overnight at an historic lodge. Jeep tour to Monument Valley, Lake Powell, cruise Antelope Canyon. Visit Bryce Canyon National Park. Trip includes roundtrip airfare from Baltimore, seven breakfasts, seven night's lodging, motorcoach, tour director, taxes, admission fees, baggage handling.

Trip Date: Apr 20-27, 2009  
 \$2,100 per person, dbl occupancy  
 \$400 deposit at sign up, balance due by Feb 13.

## Inclement Weather Policy for Senior Centers

The Charles County Department of Community Services, Aging & Community Centers Division, adheres to the following policy: when Charles County Public Schools are closed due to inclement weather, the 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. The Department of Community Services will also provide closing information as soon as possible through the Inclement Weather Hotline. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

**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.

Department of Community Services  
 8190 Port Tobacco Road  
 Port Tobacco, MD 20677

