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Activity & Event Newsletter

301-246-9612 • 301-609-7639 • 301-753-1647 ✨ 4375 Port Tobacco Rd • Nanjemoy, MD 20662
Hours: Monday & Wednesday: 8:30 a.m.–8 p.m. • Tuesday, Thursday, & Friday: 8:30 a.m.–4:30 p.m. | www.CharlesCountyMD.gov

Winter Storm Emergency Preparedness

Home safety tips for seniors involve preparing for the cold and potential winter and ice storms.

Exposure to cold for lengthy periods of time can cause **frost-bite, hypothermia, and eventually, death.** The elderly are particularly susceptible to these dangers. Cold weather puts an added strain on the heart. Shoveling or other strenuous activities can prove deadly, particularly for people who do not exercise regularly.

Here is a free home safety checklist:

- Prevent hypothermia and prepare when there is a chance for heavy snow that can immobilize a region, because of downed power lines and blocked roads.
- Listen to NOAA Weather Radio, local radio, TV stations, or cable TV for weather updates. Be alert to changing weather conditions.
- Stay indoors during the storm. If you must go outside, several layers of lightweight clothing will keep you warmer than a single heavy coat. Gloves (or mittens) and a hat will prevent loss of body heat. Understand the hazards of wind chill.
- Walk carefully on snowy, icy sidewalks.

Article from the Washington Post, Dec. 2013.



Holiday Luncheon at the Nanjemoy Senior Center

Local owner Gary Fick of the Blue Dog Restaurant has agreed to provide the Nanjemoy Seniors with a holiday luncheon. The event is being provided through the generosity of Mr. Fick and other community sponsors at no charge to all who attend. The event will be held on **Monday, December 14** with time to be determined. Persons need to contact staff at the Nanjemoy Community Center, 301-246-9612 to make a reservation. You may call or stop by the center to register. This popular event will fill up quickly and persons are begin asked to sign up early.



Annual Tree Lighting Program

Join family and friends as we light the tree at Mt. Hope/Nanjemoy Elementary School. Enjoy holiday music performed by the school chorus. A certain jolly old elf is scheduled to visit as well.

Monday, Dec. 7, 6:30-7:30 p.m. • Fee: FREE

Activities & Classes

Stress Management Thoughts

With Christmas right around the corner, some seniors may be getting a little stressed. We will read an article on stress management.

Tuesday, Dec. 1 10-11 a.m.
Fee: FREE

Council Meeting

This is the meeting that all neighboring members need to attend. This is a great group of people raising funds to help the community.

Tuesday, Dec. 1 1-2 p.m.
Fee: FREE

Painting Ceramics

Donna Bailey will be here to assist the seniors with painting ceramics for Christmas gifts.

Wednesday, Dec. 2 10-11:30 a.m.
Fee: FREE

Nickel Bingo

Each Wednesday Dec. 2-30 1-2 p.m.
Fee: 5¢

Movie Matinee: A Heartland Christmas

It's a week before Christmas and holiday preparations are in high gear at Heartland. Lou is determined to make everything perfect, but when an avalanche traps a herd of horses, they have to band together to lead the rescue mission.

Thursday, Dec. 3 10-11:30 a.m.
Fee: FREE

Twelve Days of Christmas

This will be the beginning of our countdown for the twelve days of Christmas. Each day we will sing a Christmas carol and read a Christmas poem.

Thursday, Dec. 3 12:45-2 p.m.
Fee: FREE

Healthy Hearts for the Holidays

Bill Leebel from the Department of Health will talk about having a healthy heart for the holidays. As seniors, we don't need to stress out.

Monday, Dec. 7 10-11 a.m.
Fee: FREE

Monday Bingo

Come and join the seniors for a day of fun winning useful prizes. It's just too much fun to miss.

Monday, Dec. 7-28 1-2 p.m.
Fee: FREE

Paper Airplane Launch

December is the month the Wright Brothers made history. It marks the time when Orville and Wilbur succeeded in building and flying the world's first airplane.

Tuesday, Dec. 8 10-11 a.m.
Fee: FREE

Humane Society

Ms. Gonzalas will tell us how different animals hibernate for the winter.

Tuesday, Dec. 8 1-2 p.m.
Fee: FREE

Snowball Toss

Competition involving tossing snowballs into the snowman's mouth.

Wednesday, Dec. 9 10-11:30 a.m.
Fee: FREE

Play On a Page

The Open Window is a short story written by Herman Jenson. Mr. Jenson likes his solitude when working on his novels. We will find out what happens with the window open.

Monday, Dec. 14 10 a.m.-Noon
Fee: FREE

Wii Bowling Tournament

Teams will compete against each other.

Tuesday, Dec. 15 10 a.m.-Noon
Fee: FREE

The Bill of Rights

What is the Bill of Rights? December 15, 1791, was the day the Bill of Rights was accepted as part of the Constitution.

Tuesday, Dec. 15 12:45-1:45 p.m.
Fee: FREE

Holiday Gifts

Donna Bailey (Maryland University Cooperative Extension) will make healthy holiday gifts.

Wednesday, Dec. 16 10-11:30 a.m.
Fee: FREE

Information & Assistance

Through the Senior Information & Assistance Outreach Program, the elderly, age 60 and older and their families, may access information about programs, services, and benefits.

Thursday, Dec. 17 10 a.m.-Noon
Fee: FREE

Seniors Holiday Party

We will have our annual Christmas Party featuring Bernie Spriggs singing popular tunes.

Thursday, Dec. 17 11 a.m.-2 p.m.
Fee: \$3

Family Bingo

Come on out and join us for some family fun.

Friday, Dec. 18 6-8 p.m.
Fee: \$2/player

Christmas Craft

Seniors will decorate wreaths.

Monday, Dec. 21 10-11:30 a.m.
Fee: FREE

Holiday Word Search

Numerous words are used frequently. This is a holiday puzzle full of hidden words.

Tuesday, Dec. 22 10-11 a.m.
Fee: FREE

Cookie Exchange

We are inviting community members to join us for a cookie exchange. Everyone will bake or buy cookies to exchange. Hot spiced tea will be served.

Tuesday, Dec. 22 12:45-1:45 p.m.
Fee: FREE

The Price is Right

Come on down and see if you can win yourself a new car or trip to the Bahamas.

Wednesday, Dec. 23 10-11:45 a.m.

Table Talk

What did you do to celebrate the Christmas holidays? Coffee, tea, and crumpets will be served.

Monday, Dec. 28 10-11 a.m.
Fee: FREE

Movie Matinee: Home Is Where the Heart Is

This is a gospel stage play about the Anderson family and the strength that comes from the love they share for each other and their home.

Tuesday, Dec. 29 10-11 a.m.
Fee: FREE

National Day of the Horse

We will have a day at the races. Only one senior will win a trophy.

Tuesday, Dec. 29 12:45-1:45 p.m.
Fee: FREE

Open Games

Open games is a day you may choose to play games, or sit and talk.

Wednesday, Dec. 30 9-11:30 a.m.
Fee: FREE

New Year's Party

Come join us as we celebrate the New Year. We will have the balloon drop and a toast with sparkling apple cider. We get a chance to dress up. DJ Lloyd Jackson will be spinning the oldies but goodies.

Wednesday, Dec. 30 • 6-9 p.m. • Fee: \$4



December 2015

Event Calendar

 Programs for All Ages
 Youth

 Tots & Younger Children
 Adults

 Seniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Computer Lab ... 8:30-8:00</p> <p>Fitness Room ... 8:30-8:00</p> <p>Billiards</p> <p>Drop In ... 8:30-8:00</p> <p>Board Games ... 9:30-11:00</p> <p>Exercise with LaMont ... 11:00-11:45</p> <p>Bingo ... 1:00-2:00</p> <p>Open Games ... 6:30-7:30</p>	<p>Walk Fit ... 9:30-10:30</p> <p>Computer Lab ... 8:30-4:30</p> <p>Fitness Room ... 8:30-4:30</p> <p>Billiards</p> <p>Drop In ... 8:30-4:30</p>	<p>Computer Lab ... 8:30-8:00</p> <p>Fitness Room ... 8:30-8:00</p> <p>Billiards</p> <p>Drop In ... 8:30-8:00</p> <p>Strength Training ... 11:00-11:45</p> <p>Nickel Bingo ... 1:00-2:00</p> <p>Open Games ... 6:30-7:30</p>	<p>Walk Fit ... 9:30-10:30</p> <p>Computer Lab ... 8:30-4:30</p> <p>Fitness Room ... 8:30-4:30</p> <p>Billiards</p> <p>Drop In ... 8:30-4:30</p>	<p>Computer Lab ... 8:30-4:30</p> <p>Fitness Room ... 8:30-4:30</p> <p>Billiards</p> <p>Drop In ... 8:30-4:30</p>	
	<p>1</p> <p>Stress Management Thoughts ... 10:00-11:00</p> <p>Council Meeting ... 1:00</p>	<p>2</p> <p>Painting Ceramics ... 10:00-11:30</p> <p>Nickel Bingo ... 1:00</p>	<p>3</p> <p>Movie Matinee: Heartland Christmas ... 10:00-11:30</p> <p>Twelve Days of Christmas ... 12:45-2:00</p>	<p>4</p> <p>Craft Corner ... 10:00</p>	<p>5</p>
<p>7</p> <p>Healthy Hearts for the Holidays ... 10:00-11:00</p> <p>Monday Bingo ... 1:00</p> <p>Annual Tree Lighting at Mt. Hope Elementary School ... 6:30-7:30</p>	<p>8</p> <p>National Influenza Week ... 10:00-11:00</p> <p>Paper Airplane Launch ... 10:00-11:00</p> <p>Humane Society ... 1:00-2:00</p>	<p>9</p> <p>Snowball Toss ... 10:00-11:30</p> <p>Nickel Bingo ... 1:00</p>	<p>10</p> <p>Senior Holiday Party ... 10:30-2:00</p>	<p>11</p> <p>Open Games ... 10:00</p>	<p>12</p>
<p>14</p> <p>Play on a Page ... 10:00-Noon</p> <p>Monday Bingo ... 1:00</p>	<p>15</p> <p>Wii Bowling Tournament ... 10:00-Noon</p> <p>The Bill of Rights ... 12:45-1:45</p>	<p>16</p> <p>Holiday Gifts ... 10:00-11:30</p> <p>Senior Center will close at 1:00</p>	<p>17</p> <p>Information & Assistance ... 10:00-Noon</p> <p>Seniors Holiday Party ... 11:00-2:00</p>	<p>18</p> <p>Craft Corner ... 10:00</p> <p>Family Bingo ... 6:00-8:00</p>	<p>19</p>
<p>21</p> <p>Christmas Craft ... 10:00-11:30</p> <p>Monday Bingo ... 1:00</p>	<p>22</p> <p>Holiday Word Search ... 10:00-11:00</p> <p>Cookie Exchange ... 12:45-1:45</p>	<p>23</p> <p>Price is Right ... 10:00-11:45</p> <p>Nickel Bingo ... 1:00</p>	<p>24</p> <p>Center Closed Christmas Holiday</p>	<p>25</p> <p>Center Closed Christmas Holiday</p>	<p>26</p>
<p>28</p> <p>Table Talk ... 10:00-11:00</p> <p>Monday Bingo ... 1:00</p>	<p>29</p> <p>Movie Matinee: Home is Where the Heart Is ... 10:00-11:00</p> <p>National Day of the Horse ... 12:45-1:45</p>	<p>30</p> <p>Open Games ... 9:00-11:30</p> <p>New Year's Eve Party ... 6:00-9:00</p> <p>Nickel Bingo ... 1:00</p>	<p>31</p> <p>Center Closed New Year's Holiday</p>		

Ice Cream Social
 \$1 per sundae per visit during Center hours!



The Charles County Department of Community Services is pleased to offer this edition of the Nanjemoy Community Center Newsletter, a monthly publication listing events and programs.

CHARLES COUNTY COMMISSIONERS



Equal Opportunity County

Department of Community Services

8190 Port Tobacco Road
Port Tobacco, Maryland 20677
301-934-9305 • 301-870-3388

MD Relay: 711
Relay TDD: 1-800-735-2258

Learn more at...

www.CharlesCountyMD.gov



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. We support and encourage efforts to grow a diverse workplace.

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.

Joining Forces

Maryland Legal Aid's Joining

Forces project is a free, statewide legal telephone hotline specifically for low-income individuals who have served in any branch of the military. Callers receive direct and immediate access to legal assistance and brief advice on a wide range of civil legal issues.



Have you served in the military? If you are financially eligible for the hotline services and have served in the military, regardless of your military discharge status, you can call the veterans hotline at 443-863-4040 for help with your civil legal issues. Maryland Legal Aid does not handle criminal matters. The veterans hotline will provide assistance with a number of civil legal issues, including but not limited to:

Consumer Rights: Bankruptcy, Debt Collection, Foreclosure, Wage Garnishment

Family Law: Child Support, Custody and Visitation, Divorce, Domestic Violence

Government Benefits: SNAP (Food Stamps), SSI & SSDI, Temporary Cash Assistance, Unemployment

Housing: Breach of Lease, Evictions, Foreclosure, Landlord/Tenant issues

Veterans Benefits: Disability, Education, Pensions, Upgrades and Discharges

A sneak peek at upcoming events

- ❁ Jan. 18
Center Closed
Martin Luther
King's birthday
- ❁ Jan. 29
Family Bingo
- ❁ Feb. 11
Senior Center
Valentines
Program

Senior Centers Holiday Schedule

All Senior Centers will be closed in December as follows:

Department Holiday Party

Senior Centers will close at **1 p.m. on Wednesday, Dec. 16**, allowing staff to enjoy the party.

Christmas Holiday

Thursday, Dec. 24 & Friday, Dec. 25

New Year's Eve & New Year's Day

Thursday, Dec. 31 & Friday, Jan. 1

