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NANJEMOY Community CENTER

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 overtime can cause frostbite, 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.

Tips for home safety:

- ❄ Prevent hypothermia by preparing your home if there is a chance for heavy snow.
- ❄ Listen to NOAA Weather Radio, radio and/or 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.
- ❄ Avoid unnecessary travel when a winter storm warning has been issued.
- ❄ Understand the hazards of wind chill, walk carefully on snowy, icy, sidewalks.

Article from the Washington Post, Dec. 2013.

Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, the Nanjemoy Community Center will be closed. Tune in to local radio and television for closing announcements. You may also call the inclement weather line at 301-934-9305 extension 5197.

ANNUAL CHRISTMAS PARTY

Start the holiday season off at the Jaycees Senior Christmas Party! Bring your dancing shoes and appetite. The Greater Waldorf Jaycees will prepare a delicious holiday meal for everyone to enjoy. Vocalist, Ellis Woodward, will put you in the holiday spirit with sing-a-longs and dancing galore. Santa will stop in to hand out door prizes donated by senior clubs, councils, and organizations. This event is free; however, tickets are required. Everyone is sure to have a great time with new and old friends. Please bring a canned food item to share with needy families.

**Location: Jaycees
Community Center,
Waldorf**

**Thursday, Dec 11,
10:30 a.m.-2 p.m.**

**Fee: FREE (ticket
required)**



Activities & Classes

Rosa Parks Bus Ride Anniversary

Who remembers the Montgomery bus boycott? For the rest of her life, Rosa Parks remained a symbol of the Civil Rights Movement.

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

Beverlys Bingo

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

Fall Prevention Awareness

Falls are the leading cause of injury related emergency department visits for older adults, the major cause of hip fractures, and responsible for more than half of fatal head injuries. Please come here this presentation. Facilitator: Debi Shanks

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

Council Meeting

All resident of Nanjemoy are invited to attend this meeting.

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

Visit With the Nurse

Ms. Lagana will be here to check blood pressures, body weight and answer general health questions.

Wednesday, Dec.. 3 10:15 a.m.- Noon
Wednesday, Dec. 17 10:15 a.m.- Noon
Fee: FREE

National Bingo Month

Nickel Bingo will be played by the seniors.

Wednesday, Dec. 3 1-2 p.m.
Fee: 5¢/card

Depression and the Holidays

Many of us look forward to the holidays with excitement, but there are those who are deeply saddened, lonely, and even depressed this time of year. Learn why this happens, and what you can do to help yourself or someone you love.

Thursday, Dec. 4 10-11 a.m.
Fee: FREE

Movie Matinee

A Song For The Season.

Thursday, Dec. 4 10-11:30 a.m.
Fee: FREE

Three of the Same

There are a lot of adjustments to be made when a new addition comes into the home. We will take time to list those changes.

Monday, Dec. 8 10:30-11:30 a.m.
Fee: FREE

Food Demo

Donna Bailey, of the Maryland Extension Office will teach us to make a special gift for someone. Each person who signs up will go home with a lovely gift.

Tuesday, Dec. 9 10-11:30 a.m.
Fee: \$2

Greetings from the Grandkids

Getting kids to narrow down their career choices not only requires them to think but involves you as grandparents to offer suggestions.

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

Deck the Halls

Seniors will decorate, enjoy tea and cookies, while listening to Christmas music.

Monday, Dec. 15 10-11:30 a.m.
Fee: FREE

Yes, Virginia, There is a Santa Claus

Not believe in Santa Claus! You might as well not believe in fairies. Seniors will complete a word search around this title.

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

Oh, Dear, Dear, Deer

Christine from the Humane Society will discuss deer.

Tuesday, Dec. 16 1-2 p.m.
Fee: FREE

National Bake Cookie Day

We will bake and decorate Christmas cookies for all to share.

Wednesday, Dec. 17 10-11:30 a.m.
Fee: FREE

Nanjemoy Senior Center Christmas Party

Bernard Spriggs will be our special guest, sharing music selections and singing your favorite tunes. Be sure to sign up for this holiday event.

Thursday, Dec. 18 10:30 a.m.-2 p.m.
Fee: FREE (lunch donation required)

Get in the Spirit Breakfast

Join your friends for a "Get in the Spirit Breakfast" before shopping. Sponsored by the Nanjemoy Senior Center Council.

Monday, Dec. 22 9:30-11 a.m.
Fee: \$3/person

Christmas Craft

Everyone will be given a chance to decorate a wreath and center piece for their holiday table.

Tuesday, Dec. 23 10-11:30 a.m.
Fee: \$1/pp

The Twelve Days of Christmas

A popular Christmas song is "Twelve Day of Christmas" persons will get to match the saying with the days.

Wednesday, Dec. 24 10-11 a.m.
Fee: FREE

Open Games

Everyone has a chance to play a game of their choice.

Wednesday, Dec. 24 10-11:30 a.m.
Fee: FREE

What did you do for Christmas?

We will talk about what we did for the holiday and gifts we received.

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

Resolution Bingo

Monday, Dec. 29 1-2 p.m.
Fee: FREE

What are your plans for the New Year?

We will try and put into words some of the changes we would like to see for 2015 and talk about how we will usher in the New Year.

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

New Year's Eve Countdown Party

There will be games, music, and the balloon drop at 12 Noon.

Wednesday, Dec. 31 10:30 a.m.-2 p.m.
Fee: FREE

Special Events

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! Light refreshments provided.

Monday, Dec. 1 6:30-8:30 p.m.
Fee: FREE

West Charles Community Church

This month WCCC is offering Bible Club. The program is open to Teen Kids: 1-5 grades, Octane Teens 6-12 grade.

Wednesday, Dec. 3,10,17 6-8 p.m.
Fee: FREE

December 2014

Event Calendar



Programs for All Ages



Youth



Tots & Younger Children



Adults



Seniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Computer Lab . . . 8:30-8:00 Fitness Room . . . 8:30-8:00 Billiards Drop In . 8:30-8:00 Walking Club 9:15-9:45 Crochet Club . . . 9:30-11:30 Board Games . . . 9:30-11:00 BINGO 1:00-2:00 Open Games 6:30-7:30	Computer Lab . . . 8:30-4:30 Fitness Room . . . 8:30-4:30 Billiards Drop In . 8:30-4:30 Walking Club 9:15-9:45 Board Games . . . 9:30-11:00 AFEP 11:00-11:30 Card Games 12:30-1:30	Computer Lab . . . 8:30-8:00 Fitness Room . . . 8:30-8:00 Billiards Drop In . 8:30-8:00 Walking Club 9:15-9:45 Board Games . . . 9:30-11:00 Strength Training 11:00-11:30 Video Fit 6:30-7:30	Computer Lab . . . 8:30-4:30 Fitness Room . . . 8:30-4:30 Billiards Drop In . 8:30-4:30 Walking Club 9:15-9:45 Board Games . . . 9:30-11:00 AFEP 11:00-11:30 Card Games 12:30-1:30	Computer Lab . . . 8:30-4:30 Fitness Room . . . 8:30-4:30 Billiards Drop In . 8:30-4:30	
1 Rosa Parks Bus ride Anniversary 10:00 Beverly's Bingo 1:00 Annual Tree Lighting Program at Mt. Hope 6:30-8:30	2 Fall Prevention Awareness 10:00 Council Meeting 1:00	3 Visit with the Nurse . . 10:15 National Bingo Month Nickel Bingo 1:00	4 Depression and the Holidays 10:00 Movie Matinee- A Song for the Season 10:00	5 Games & Puzzles 10:30	6
8 Three of the Same . . . 10:30 Beverly's Bingo 1:00	9 Food Demo 10:11:30	10 Greeting from the Grandkids 10:30 Nickel Bingo 1:00	11 Jaycee's Christmas Party Senior Center Closed Community Center OPEN	12 Games & Puzzles 10:30	13
15 Deck the Halls 10:00 Beverly's Bingo 1:00	16 Yes, Virginia There is a Santa Clause 10:00 Oh, Dear, Dear, Deer . . . 1:00 Senior Council Luncheon . . 1:00	17 National Cookie Day . 10:00 Senior I&A 10:00-Noon Visit the Nurse . 10:15-Noon Community Center will close at 1 p.m. and Re-open at 4:30 p.m.	18 Nanjemoy Senior Center Christmas Party. 10:30-2:00	19 Craft Corner 10:30	20
22 Get in the Spirit Breakfast 9:30-11:00 Beverly's Bingo 1:00	23 Christmas Craft 10:00	24 The Twelve Days of Christmas 10:00 Open Games . . . 10:00-11:30 Nickel Bingo 1:00 Community Center closing at 4:30 p.m.	25 Thanksgiving Holiday Senior Center Closed	26 Thanksgiving Holiday Senior Center Closed	27
29 What did you do for Christmas 10:00 Resolution BINGO 1:00	30 Plans for the New Year 10:00	31 New Year's Eve Countdown Party 10:30-2:00 Nickel Bingo 1:00 Community Center closing at 4:30 p.m.			

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

Please contact the Center directly for details on programs that are listed on the calendar, but not on page 2.



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.

Christmas Connection

Christmas Connection is a volunteer and interagency partnership that provides holiday cheer to seniors and families in need. Community Services leads the "Adopt-a-Senior" portion of the project and is currently seeking volunteers to prepare and deliver holiday food baskets to seniors who have been determined to be needy and without support of family during the holidays.

Persons wishing to volunteer to prepare and deliver a holiday food basket for a senior may call Senior I&A at 301-609-5712 or 301-934-9305, ext 5143.

Seniors who are eligible for assistance and wish to receive a holiday food basket from the Christmas Connection should call Senior I&A at 301-609-5712.

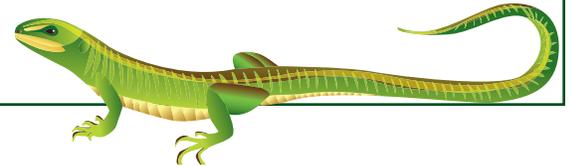
- * **Dec. 1**
Tree lighting at Mt. Hope Elementary
- * **Dec. 8-12**
Santa's Secret Shop at Mt. Hope Elementary
- * **Dec. 12**
Supper with Santa at Mt. Hope Elementary
- * **Jan. 26**
Raging Reptile Show Nanjemoy Community Center

Raging Reptiles Show

Discover the wonderful world of reptiles. Enjoy this interactive and educational reptile show from Raging Reptiles. Learn interesting facts about some not so slimy and creepy animals. Participants might be able to touch or hold many of the reptiles. Children 12 and younger must be accompanied by an adult.

Monday, Jan. 26, 6:30-7:30 • Fee: \$5

Pre-registration required
by Wednesday, Jan. 26.



Senior Centers Holiday Schedule

All Senior Centers will be closed in December as follows:

Holiday Party
Wednesday Dec. 17,
at 1 p.m.

Christmas Holiday
Thursday, Dec. 25 &
Friday Dec. 26

New Year's Day
Thursday, Jan. 1 &
Friday Jan. 2