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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



Free Income Tax Preparation for Seniors & Moderate to Low-Income Adults

At the Richard R. Clark Senior Center

On January 5, 2015, Senior I&A staff will begin accepting calls for persons who wish to schedule an appointment for the Annual Income Tax Preparation program. Eligibility requirements are: Persons age 60 and older who earned \$70,000 or less in tax year 2014 may call 301-609-5712 to schedule an appointment. Adults younger than age 60 who earned \$40,000 or less in tax year 2014 may schedule an appointment by calling 301-609-5704.

You must bring the following items with you to your appointment: Identification or social security card; prior year tax return; all 1099 and W-2 forms, 2014 property tax bill; if itemizing, bring documentation of medical, mortgage and donation expenses.

This year's income tax preparation program will be offered Monday and Friday, February 2-April 13, 2015 at the Richard R. Clark Senior Center. This is a free service for persons who meet the eligibility guidelines.

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 sure to get everyone's attention. Participants might be able to touch or hold many of the reptiles. During all of the Raging Reptiles shows, respect and safety for the animals and participants takes front stage. You will be shown the proper way to handle the animals with attention to detail that assures a positive learning experience. Children 12 and younger must be accompanied by an adult.

Monday, Jan. 26 • 6:30-7:30 p.m.
Fee: \$5



Preregistration required
by Wednesday, Jan. 21

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.

Activities & Classes

Making Healthy New Year's Resolutions

Start the year off right by making a New Year's resolution. We will learn about action plans and how to take steps to set yourself up for success and get healthier in 2015. Presenter: Lisa Furlow, Nutritionist.

Monday, Jan. 5 10-11 a.m.
Fee: FREE

Hooray for Handwriting Day

Seniors will show off their penmanship abilities. We will use calligraphy pens, ball point pens, markers and pencils.

Tuesday, Jan. 6 10-11:30 a.m.
Fee: FREE

Council Meeting

Tuesday, Jan. 6 1-2 p.m.
Fee: FREE

Right at Home

Ron and Heather Hartman of Right at Home, provide a service that allows you or your loved one to remain at home and receive personal attention. Persons receive a level of care necessary to maintain their independence and ensure their safety.

Wednesday, Jan. 7 10 a.m.
Fee: FREE

Movie Matinee

Lars and The Real Girl is an endearing, intelligent, tender comedy. A sweet quirky guy who thinks he's found the girl of his dreams in a life sized doll named Bianca.

Thursday, Jan. 8 10-11:30 a.m.
Fee: FREE

Morse Code

Learn your name in Morse Code. Samuel Morse and Alfred Vail gave the first public demonstration of the telegraph Morse Code.

Thursday, Jan. 8 12:45-2 p.m.
Fee: FREE

The Evolution of the Lowly Stocking

Do you remember the first time you wore stockings? Were they cotton or nylon? We will discuss the different types of stockings we used to wear.

Monday, Jan. 12 10-11 a.m.
Fee: FREE

Beverlys Bingo

Monday, Jan. 12 1-2 p.m.
Fee: FREE

Food Labels

Donna Bailey will be here to discuss recent changes to the food labels and what you need to look for when shopping.

Tuesday, Jan. 13 10-11 a.m.
Fee: FREE

What a Difference a Few Years Make

Have you ever taken time to sit and think about years gone by? We will plan to do just that and list major milestones.

Tuesday, Jan. 13 12:45-1:45 p.m.
Fee: FREE

Visit with the Nurse

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

Wednesday, Jan. 14 10:15 a.m.-Noon
Thursday, Jan. 29 10:15 a.m.-Noon
Fee: FREE

The Life of Martin Luther King, Jr.

We will read and discuss Martin Luther King, Jr.'s timeline and life facts. Refreshments served.

Thursday, Jan. 15 10-11 a.m.
Fee: FREE

Fun and Games

Let's pull out all of our field games and host a day full of indoor competition.

Thursday, Jan. 15 12:45-2 p.m.
Fee: FREE

Chickenfoot Tournament

Seniors will compete against each other, may the best player win.

Tuesday, Jan. 20 10-11:30 a.m.
Fee: FREE

Clues & Cues that help us find the way!

Do you remember when you could stop at a full service gas station and ask the attendant for directions? These days it's not as easy. We will talk about clues you might use to help you find your way.

Tuesday, Jan. 20 12:45-1:45 p.m.
Fee: FREE

National Hugging Day

Today seniors will give hugs to everyone they come in contact with. The senior with the most hugs will win a prize.

Wednesday, Jan. 21 9 a.m.-2 p.m.
Fee: FREE

Nickel Bingo

Wednesday, Jan. 21 1-2 p.m.
Fee: 5¢/card

Senior Information & Assistance Outreach

Meet privately with Ruth Anderson-Cole, Senior I&A Program Specialist.

Thursday, Jan. 22 10 a.m.-Noon
Fee: FREE

Get Organized Month

A good way to start the New Year is to organize your living space making it easier to function. We will make a list to start getting things in order.

Thursday, Jan. 22 12:45-1:45 p.m.
Fee: FREE

Tin Can Snowmen

Seniors will make snowmen using tin cans.

Monday, Jan. 26 10-11:30 a.m.
Fee: FREE

Celebrating Breakfast

Over the years, we have been told that breakfast is the most important meal of the day, or if you want to have a good day at school or work start the day with a hearty breakfast. Let's talk about how you really feel about breakfast.

Tuesday, Jan. 27 10-11 a.m.
Fee: FREE

Listening is an Important Skill

Conversation is a good way to become familiar with others, and having good listening skills are essential. We will test each other and determine if you are a good listener.

Wednesday, Jan. 28 10-11 a.m.
Fee: FREE

Ceramics, Ceramics

Donna Bailey provides ongoing assistance to persons working on their ceramic projects. Includes: painting and/or glossing. When finished we are planning to enter them in the 2015 County fair.

Thursday, Jan. 29 10-11:30 a.m.
Fee: FREE

Special Events

Raging Reptiles

See pg. 1.

Monday, Jan. 26 6:30-7:30 p.m.
Fee: \$5/person

Family BINGO

Bring the whole family for this fun night!
Prizes and light refreshments provided.

Friday, Jan. 23 • 6-8 p.m. • Fee: \$2/player



January 2015 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 Board Games . . . 9:30-11:00 Exercise with LaMont 11-11:45 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	Computer Lab . . . 8:30-8:00 Fitness Room . . . 8:30-8:00 Billiards Drop In . 8:30-8:00 Board Games . . . 9:30-11:00 Strength Training 11-11:45 Nickel 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	Computer Lab . . . 8:30-4:30 Fitness Room . . . 8:30-4:30 Billiards Drop In . 8:30-4:30	
			1 New Year's Holiday Senior Center Closed	2 New Year's Holiday Senior Center Closed	3
5 Making Healthy New Year's Resolutions . . . 10:00-11:00 Beverly's BINGO 1:00	6 Hooray for Handwriting 10:00 Council Meeting 1:00	7 Right at Home 10:00 Nickel Bingo 1:00	8 Movie Matinee 10:00 Morse Code 12:45	9 Make it and Take it . . 10:00	10
12 The Evolution of the Lowly Stocking 10:00 Beverly's BINGO 1:00	13 Food Labels 10:00 What a Difference a Few Years Make 12:45	14 Visit the Nurse 10:15-Noon Nickel Bingo 1:00	15 The Life of Martin Luther King, Jr. 10:00 Fun and Games 12:45	16 Craft Corner 10:00	17
19 Martin Luther King Jr. Holiday Senior Center Closed	20 Chickenfoot Tournament 10:00 Clues and Cues That Help Us Find Our Way 12:45	21 National Hugging Day 9:00 Nickel Bingo 1:00	22 Senior I&A Outreach 10:00 Get Organized Month 12:45	23 Family BINGO 6:00-8:00	24
26 Tin Can Snowman . . . 10:00 Beverly's BINGO 1:00 Raging Reptiles . . . 6:30-7:30	27 Celebrating Breakfast 10:00 Open Games 1:00	28 Listening is an Important Skill 10:00 Nickel Bingo 12:30	29 Ceramics, Ceramics . . 10:00 Visit the Nurse 10:15-Noon	30 Craft Corner 10:00	31

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.



NANJEMOY
Community
CENTER

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.

What is Cabin Fever?

Cabin fever, while not an actual disease as the name suggests, is a state of restlessness, depression and irritability brought on by an extended stay in a confined space or a remote, isolated area. The lack of environmental stimulation can have real, tangible side effects that have a detrimental impact on anyone suffering from this condition. There is little documented evidence, but many speculate that those who might be mentally unbalanced can be dramatically affected.



Here are a few suggestions on how to overcome cabin fever:

- Go outside anyway
- Get plenty of sunshine
- Stay active
- Make Your Environment More Cheery
- Entertain
- Grow indoor plants
- Eat good mood food
- Engage in Goal-Oriented Activity.

Try to get together with friends for lunch or just visiting with each other over a cup of tea. The key is to keep active, mentally and or physically. Walking outside in the cold weather may not sound appealing, but a cup of tea or coffee and good conversation is always enjoyable.

✱ **Jan. 23**
Family BINGO

✱ **Jan. 26**
Raging Reptile Show Nanjemoy Community Center

✱ **Feb. 6**
Sweetheart Dance
Age 6-12

✱ **Feb. 13**
Mt. Hope Elementary School Valentine's Dance

✱ **Feb. 12**
Valentine's Day Party with The Winstons Duo

The Winstons Duo Performance

The Winstons are returning to Nanjemoy for this year's Annual Valentine's Day Celebration. The Duo will be on stage showcasing dance moves and singing popular Motown songs. Lunch will be served at Noon followed by Bingo games and prizes. Sign up no later than Monday, February 9.

**Thursday, February 12,
10:30 a.m.- 2 p.m.**

Fee: \$5/pp (and a generous lunch donation)