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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

Seniors & Their Prize Winning Quilt

Ms. Anna Craig visits the center frequently and thought it would be a great project for participants to make a quilt. Each senior was given a square of fabric to display a picture of their choice. They decided as a group to feature things that are reflective of the Nanjemoy Community such as beavers, eagles, crabs, farm animals, owls, catfish, turtles, fox, and many others. Pictures were found on the internet and magazines then traced on fabric squares and painted. Some of the seniors were a little hesitant but once Ms. Craig and others encouraged everyone to do a least one square, the entire group was successful. A little help was offered placing each piece on the quilt to create the finished product. The quilt was entered in the Charles County Fair Senior Room, and it won First Place.



In addition, Ethel Tibbs, Mary Cole, and Anna Craig entered ceramic pieces they had completed this year and proudly won First Place. Congratulations to everyone for this award winning project that will hang on display at the senior center.

Mt. Hope Thanksgiving

Persons are invited to the annual Senior Citizen Community Thanksgiving Dinner held at the Mt. Hope/Nanjemoy Elementary School. Staff, students, as well as organizations in the community, have pooled their resources creating this celebration. Register at the senior center.

Friday, Nov. 13, Noon-2 p.m. • Fee: FREE

Energy Assistance

Do you need help paying your Electric and Heating Bills?

The Office of Home Energy (OHEP) helps eligible Maryland residents pay their utility bills, minimize the strain when the cold weather sets in, and make energy cost more affordable by providing grants under the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP).

**Applicants must reapply for this program every year after July 1 making sure their benefits continue each year. This is an important program and is extremely beneficial as the cold weather moves in. Seniors age 60+ can receive application assistance; obtain information or schedule an appointment to apply by contacting our Aging and Disability Resource Center staff at 1-855-843-9725 or 301-609-5712.*



Activities & Classes

Alzheimer's & Related Dementias

A representative from the Health Department will come to talk about Alzheimer's and dementia.

Monday, Nov. 2 10-11:30 a.m.
Fee: FREE

Mondays Bingo

Each Monday, Nov. 2-30 1-2 p.m.
Fee: FREE

Remembering the Decades

The fabrics of our daily lives create memories that last a lifetime. We will go back in time and see just how much we remember.

Tuesday, Nov. 3 10-11 a.m.
Fee: FREE

Council Meeting

Tuesday, Nov. 3 1-2 p.m.

Medicare Changes

Alease Kouadio from the Medicare organization will tell us about the new changes.

Wednesday, Nov. 4 10-11 a.m.
Fee: FREE

Nickel Bingo

Each Wednesday, Nov. 4-25 1-2 p.m.
Fee: 5¢

America Diabetes Month

A representative from the Charles County Health Department will be here to discuss diabetes.

Thursday, Nov. 5 10-11 a.m.
Fee: FREE

Protecting Your Skin

Learn ways to protect your skin by drinking water, eating nutritionally rich meals, controlling stress, using sunscreens, and moisturizing.

Thursday, Nov. 5 12:45-1:45 p.m.
Fee: FREE

Decorate Bulletin Board

Seniors will make strings of leaves that will be decorated with words of thanks.

Monday, Nov. 9 10-11 a.m.
Fee: FREE

A Food to Fix that Goes Further

Donna Bailey will give us recipes that we can fix and freeze for a later day.

Tuesday, Nov. 10 10-11 a.m.
Fee: FREE

How Would You Handle This?

This story is about a teenager working and saving her money and having to hide it from her father. Seniors will listen and give their opinions.

Tuesday, Nov. 10 12:45-1:45 p.m.
Fee: FREE

Nutrition

Lisa Furlow, Nutritionist with the Department of Community Services will offer a presentation on the avocado and kiwi along with a taste test.

Thursday, Nov. 12 10-11 a.m.
Fee: FREE

Pursuit of Happiness Week

Happiness is something everyone searches for in their life. Discussion will follow on what makes us happy and how can we share our happiness with others.

Monday, Nov. 16 10-11 a.m.
Fee: FREE

Model Railroad Crossword Puzzle

Model train engines and cars will be on display. From the puzzle we will find out how the tracks are laid out.

Tuesday, Nov. 17 10-11:30 a.m.
Fee: FREE

Chaos Never Dies Day

September being the ninth month, this game is centered around the number nine. Seniors will work in pairs to come up with the correct answer.

Tuesday, Nov. 17 12:45-1:45 p.m.
Fee: FREE

Carbonated Beverage Day

National carbonated day was created to warn people of the dangers of caffeine. We will discuss different sodas.

Wednesday, Nov. 18 10-11 a.m.
Fee: FREE

Senior Information and Assistance

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

Thursday, Nov. 19 10:15 a.m.-Noon
Fee: FREE

Thanksgiving Day Celebration

Join us to talk about what we are most thankful for this year and make a list to post on the board. At noon enjoy a delicious meal of turkey and all of the trimmings and special dessert.

Thursday, Nov. 19 10:30-Noon
Fee: Lunch donation

Open Games

Seniors will have a choice to play old games and try some of our newer games.

Thursday, Nov. 19 12:45-2 p.m.
Fee: FREE

Family Bingo

Bring the whole family for this fun night! Prizes, refreshments, and food to purchase is available.

Friday, Nov. 20 6-8 p.m.
Fee: \$2/player

This & That

Seniors will have to match words having opposite meanings which are called antonyms.

Monday, Nov. 23 10-11 a.m.
Fee: FREE

National Pomegranate Month

Have you ever eaten pomegranate before? If not, join us and try this pretty red fruit.

Tuesday, Nov. 24 10-11:30 a.m.
Fee: FREE

Celebrating Common Sense Day

Have you ever watched a TV program that shows people doing ridiculous things? Are they using common sense or what? Common sense is developed by observing and being taught about basic common rules of living.

Tuesday, Nov. 24 12:45-1:45 p.m.
Fee: FREE

History of Thanksgiving

Seniors will read and discuss how Thanksgiving first started.

Wednesday, Nov. 25 10-11:30 a.m.
Fee: FREE

Common Clichés

To celebrate Cliché Day, sentences will be read and the seniors will finish these popular sayings.

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

Veterans Day Program

During this Veterans Day Celebration we will have retired veterans as our guest, sing patriotic songs and recite poems about Veterans. Join us to pay tribute to all veterans, past and present, who have unselfishly served our Country.

Thursday, Nov. 12
Noon-2 p.m. • Fee: FREE



November 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 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>Computer Lab . . . 8:30-4:30</p> <p>Fitness Room . . . 8:30-4:30</p> <p>Billiards 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 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>Computer Lab . . . 8:30-4:30</p> <p>Fitness Room . . . 8:30-4:30</p> <p>Billiards 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 Drop In . 8:30-4:30</p>	
<div style="border: 1px solid black; padding: 10px; background-color: #fff9c4;"> <p>Ice Cream Social</p> <p>\$1 per sundae per visit during Center hours!</p> </div>					
<p>2</p> <p>Alzheimer's & Related Dementias 10:30-11:30</p> <p>Monday Bingo 1:00</p>	<p>3</p> <p>Remembering the Decade 10:00-11:00</p> <p>Council Meeting 1:00-2:00</p>	<p>4</p> <p>Medicare Changes 10:00-11:00</p> <p>Nickel Bingo 1:00</p>	<p>5</p> <p>America Diabetes Month 10:00-11:00</p> <p>Protecting your Skin 12:45-1:45</p> <p>Card Games 12:45-2:00</p>	<p>6</p> <p>Craft Corner 10:00</p>	<p>7</p>
<p>9</p> <p>Decorate the Bulletin Board 10:00-11:00</p> <p>Monday Bingo 1:00</p>	<p>10</p> <p>Foods to Freeze 10:00-11:00</p> <p>How would you handle this 12:45-1:45</p>	<p>11</p> <p style="text-align: center;">Center Closed</p> <p style="text-align: center;">Veterans Day</p>	<p>12</p> <p>Nutrition 10:00-11:00</p> <p>Veterans Day Program 12:45-2:00</p> <p>Card Games 12:45-2:00</p>	<p>13</p> <p>Open Games 10:00</p> <p>Mt. Hope Annual Thanksgiving Day Celebration . . Noon-2:00</p>	<p>14</p>
<p>16</p> <p>Pursuit of Happiness Week 10:00-11:00</p> <p>Monday Bingo 1:00</p>	<p>17</p> <p>Train Crossword Puzzle 10:00-11:30</p> <p>Chaos Never Dies Day 12:45-1:45</p>	<p>18</p> <p>Carbonated Beverage Day 10:00-11:00</p> <p>Nickel Bingo 1:00</p>	<p>19</p> <p>Senior information and Assistance 10:15-Noon</p> <p>Thanksgiving Day Celebration . . 10:30-Noon</p>	<p>20</p> <p>Craft Corner 10:00</p> <p>Family Bingo 6:00-8:00</p>	<p>21</p>
<p>23</p> <p>This & That . . . 10:00 -11:00</p> <p>Monday Bingo 1:00</p>	<p>24</p> <p>National Pomegranate Month 10:00-11:30</p> <p>Celebrating Common Sense Day 12:45-1:45</p>	<p>25</p> <p>History of Thanksgiving . 10:00-11:30</p> <p>Nickel Bingo 1:00</p>	<p>26</p> <p style="text-align: center;">Center Closed</p> <p style="text-align: center;">Thanksgiving Holiday</p>	<p>27</p> <p style="text-align: center;">Center Closed</p> <p style="text-align: center;">Thanksgiving Holiday</p>	<p>28</p>
<p>30</p> <p>Common Cliches 10:00-11:00</p> <p>Monday Bingo 1:00</p>					



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.

Annual Christmas Party

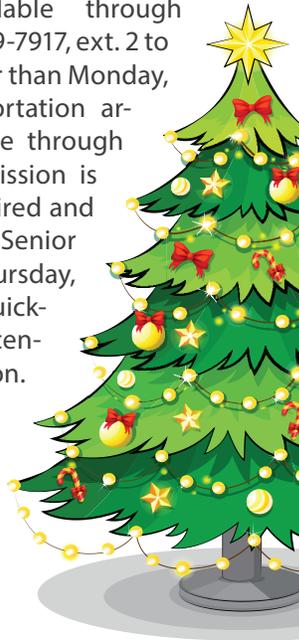
Thursday, Dec. 10 • 10:30 a.m.-2 p.m.
Fee: FREE (ticket required)

Location: Jaycees Community Center, Waldorf

Charles County seniors, age 60 and older, are invited to attend this annual event sharing delicious food, fellowship, and entertainment. 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. Please bring a canned food item to share with needy families.

Transportation is available through VanGO. Please call 301-609-7917, ext. 2 to make reservations no later than Monday, December 7. 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 beginning Thursday, November 5. Tickets go quickly so be sure to visit the center and get your ticket soon.

This annual event is sponsored by the Greater Waldorf Jaycees and we wish to thank them for their ongoing support of senior activities.



**A sneak peek
at upcoming
events**

- * **Oct. 21**
Flu Vaccination
at Western
County Family
Medical Center
- * **Oct. 23**
Monster Mash
Dance
- * **Oct. 30**
Family Bingo
- * **Nov. 19**
Thanksgiving
Program

SENIOR GAME DAY

Thursdays, Nov. 3-24 • 12:45-2:30 p.m.
Fee: FREE

Join us for card games, new friends and time to socialize. Players Choice is a new activity to be held Thursdays afternoons. Card games will include spades, rummy, bid-whist, or pinochle knuckle. It is sure to be a fun afternoon.

