



Town of Indian Head Smoke Signals

**ISSUE 68
WINTER 2020**

Town Hall

Office Hours

Monday - Friday
8:30 a.m.- 4:30 p.m.

Phone Numbers

Ofc: 301-743-5511
Fax: 301-743-9008

Holiday Closings

Town Hall, Public Works and the Community Affairs Office will be closed on the following days this quarter in observance of the holidays listed

**Friday, December 13 -
Closing at 12:30pm**

Christmas Holiday

Wednesday, December 25

Thursday, December 26

Friday, December 27

NO trash pick-up

NO yard waste pick-up

Recycling will be picked up

Friday, December 27th

New Year's Holiday

Wednesday, January 1

NO trash pick-up

***Yard waste pick-up, Thurs.**

Jan. 2nd*

Recycling will be picked up

Friday, January 3

Martin Luther King Day

Monday, January 20

NO trash pick-up

Presidents Day

Monday, February 17

NO trash pick-up

If you have a water or sewer emergency after hours, call 240-375-4061 to report your emergency. On-call Town personnel will handle the problem accordingly.

After hours non-emergency type problems can be reported by leaving a message on the Town Hall office number 301-743-5511. Be prepared to furnish your name, address, phone number and brief, but detailed description of the type of problem. Water cutoffs for non-payment are not considered emergencies and are only handled during Public Works regular business hours.

A lot will be happening around Town this Winter! Come out and enjoy a few!

Town Meeting: Town Meetings are the 1st Monday of every month unless it happens to fall on a holiday. The Winter Town Meetings will take place on Mon., Dec. 2, Mon., Jan. 6, & Mon., Feb. 3 at the Village Green Pavilion. The December meeting will start at 7:30pm. The Council has proposed a new meeting time of 5:00pm starting in January 2020. The final decision will be made at the December meeting following public comment. Please check the Town's website to verify the start time of the meetings in 2020.

Community Activities Committee: Tues., Jan. 14, & Tues., Feb. 11, at the Village Green Pavilion. NEW meeting time: 6:00pm. No meeting will be held in December

Planning Commission: Wed., Dec. 18, Wed., Jan. 15, & Wed., Feb. 19, 5:30pm Village Green Pavilion.

Parks & Rec. Commission: Wed., Dec. 18, 7:00pm Village Green Pavilion. No meetings scheduled for 2020 at this time.

Environmental Sustainability Committee: Wed., Dec. 18, 7:30pm Village Green Pavilion. No meetings scheduled for 2020 at this time.

Work Session: Wed. Dec. 18, Wed. Jan. 22 & Wed. Feb. 26, 3:30pm Town Hall.

Annual Tree Lighting Program: Tues., Dec. 3, 7:00pm Village Green Pavilion. Holiday music from I.H. Elementary, General Smallwood & H.E. Lackey students, refreshments, Santa & more! Free Admission - Everyone Welcome! Accepting unexpired canned goods & monetary donations at the door to benefit NETS



Program (Neighbors Eager to Serve). For information call 240-375-4061.

Gingerbread House Making

Class: Fri., Dec. 6, 6:00pm - 10:00pm and Sun., Dec. 8, 1:00pm - 5:00pm, Village Green Pavilion. Adults & children 5yrs. and older - Class sizes limited. \$13/single or \$15/pair (each additional person \$2.00 maximum four persons per house) Fee includes 1 house set, icing bullets & icing bags. Students bring their own decorations! Pre-registration & payment required. Call or email for available class openings! 240-375-4061 or karen@townofindianhead.org



Annual Holiday Festival & Vendor Fair: Tues., Dec. 10, 6:00pm - 9:00pm, Village Green Pavilion. Admission \$1.00 each/all ages. All donations & proceeds collected to be given to NETS Program (Neighbors Eager to Serve). Live holiday entertainment featuring: The Southern Maryland Line Dancers & The Doc Stevens Band. Children's activities & letters to Santa, delicious refreshments & hot apple cider, the Painter Family Running Antique Trains, gingerbread house contest, vendors/crafters sale and photos with Santa. Sponsored by the Town of Indian Head. For more information call 240-375-4061 or karen@townofindianhead.org



Ribbon purchase NOT required to attend the dinner. To place ribbon orders, call 240-375-4061 or email karen@townofindianhead.org. Ribbon deadline to place order is Monday, Dec. 9. \$2.00 donation per ribbon or 6/\$10. Live holiday music & entertainment. Co-hosted by Town of Indian Head & I.H. United Methodist Church. For more information call 240-375-4061 or email karen@townofindianhead.org

Potomac Heights VFD&RS

Santa Run: Sat., Dec. 21 starting around 4:30pm in Hunters Brooke subdivision, includes their 1st due response areas of Knotts Subdivision & Strauss Avenue from S. Poplar Lane to Hawthorne Road. Questions/Info. 301-743-7700

Indian Head VFD&RS Santa Run Through Town:

Mon., Dec. 23 starting around 6:00pm. Questions/Info: 301-743-3900



Christmas Tree Removal: Every Wednesday beginning Thurs. Jan. 2 (due to the holiday) through Jan. 29. Place discarded tree curbside with regular yard waste. Tree must be free of decorations. More information call 301-743-5511



Mayor's Message by Brandon Paulin

Hello everyone and Happy Holidays!

The weather has turned very chilly here lately. Signs have pointed towards a rough winter, make sure you're checking in on your neighbors and friends to ensure they stay warm this winter.

We have lots of events this holiday season! I hope to see you out and about having fun! Check out the events put into this newsletter or on the website.

The Velocity Center is in the final stretch! In just a few months the College of Southern Maryland will Open its doors to the public and become a hub of innovation in Southern Maryland! Keep an

Councilman's Cornerstone by Curtis

Seasons greetings to the people of Indian head. I want to thank you all for your continued support of the council and the town.

During this holiday season I ask that you take a moment to reflect on the past decade and contemplate how you want to prosper in the coming decade. A similar question should be asked of your town. The prosperity you envision is achieved through thoughtful

eye out for ribbon cutting dates.

The Boardwalk appears to be moving forward. Our hope is that in the spring we will break ground and it will be complete a few months after that. Once we know a definitive ground breaking date, we will let you know!

I hope everyone enjoys time with their families and friends this holiday season. Stay warm!

Until next time,
Brandon Paulin

planning and deliberate actions.

Our creator has a special fondness for our town so continue to put God first in all things.

Warmest regards

Curtis L. Smith
Councilman
Town of Indian Head

TOWN OF INDIAN HEAD OFFICIALS / BOARDS / PERSONNEL

Mayor

Brandon Paulin

Council

Ron Sitoula, Vice Mayor
Curtis Smith, Councilman

Town Manager

Ryan L. Hicks

Planning Commission

Mary Armstrong, Chair
Wayne Higdon
Anita Sampson
Thomas Gordon
Kelly White
Brian Israel
Anthony McFarland
Andrea Hornung, Base Rep.

Board of Zoning Appeals

Dennis Scheessele
Rose Chase
Rickie J. Posey

Ethics Commission

Mark Hobgood
Paul Scott James

Town Hall Staff

Annie Brady, Town Clerk
Ginger Foster, Finance Officer
Diane Campbell,
Deputy Finance Officer
Karen Williams,
Community Affairs
CPL Curtis #527, Community
Police Officer
Planchek, Code Enforcement
Eric Woodland,
Head of Operations
Calvin Barnes, Field Supervisor
EAST, Inc., Water/Wastewater

Town Website

www.townofindianhead.org

Upcoming Events at St. James Episcopal Church



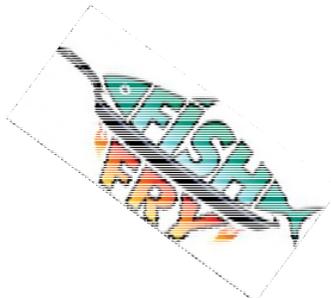
St James' Community Spaghetti Dinners - December 2nd and January 27th from 5 until 6:30 pm – There's no charge and ALL are welcome!

St James' Fish Fry Fridays - February 21st & 28th from 11am until 6pm

Fried Fish, Potato Salad, Cole Slaw, Hush Puppies, and Dessert

\$12 - Take Out Only

301-743-2366



St. James' Episcopal Church Delicious Shrove Tuesday Pancake Supper from 5 until 7 p.m. on February 25. The menu includes all-you-can-eat pancakes, sausages, scrapple, scrambled eggs, apple sauce and beverages. The cost is \$9 for adults and \$5 for kids 12 and under. For more information call Tom at 301-399-2778.



Special Thanksgiving Day service at Christ Church, Durham, 11/28 at 10 am

12/1 - Advent worship at 8 & 10:30 am

12/5 - Leading worship at Genesis Healthcare, La Plata, 3 pm

12/8 - Advent worship at 8 & 10:30 am

12/14 - Carol Sing at Genesis Healthcare, La Plata

12/15 - Advent Lessons & Hymns: single service at 10 am

12/22 - Christmas Pageant at single service at 10 am

12/24 - Christmas Eve services at 6 & 10 pm

12/29 - Christmas Lessons & Carols: single service at 10 am

1/4/20 - Celebration of the Epiphany with 12th night dinner

1/12/20 - Celebration of the Baptism of Our Lord at 8 and 10:30 am

2/26/20 - Ash Wednesday services at noon and 7 pm.

Ashes To Go - location and time to be announced.

CIVIC EVENTS CALENDAR

American Legion Meeting
2nd Wednesday of each month - 8:00pm
Senior Community Center
301-283-0105

Western Charles/Indian Head Chapter 126 of the National Association of Retired Federal Employees (NARFE) meets the 1st Thursday of each month (Except July & August) 301-743-9445 or 301-743-3055

RELIGIOUS SERVICES

St Mary's Star of the Sea Church
Sunday Services 7:30, 9:00 & 11:00am
Saturday Services 5:00 pm
Confessions Saturdays 4:00 to 4:30pm
Special Devotions 7:30am mass on the 1st Friday and 1st Saturday of each month
301-753-9177

Indian Head Baptist
Sunday School 9:15am
Sunday, Morning Worship 10:30am
Sunday Bible Study 6:00pm
Thursday Prayer Meeting 6:30pm
301-743-3707

St James Episcopal
Sunday 8:00, 9:15 & 10:30am
Sunday School 9:45am
301-743-2366

Indian Head Church of the Nazarene
Sunday School 9:45am
Sunday AM Worship 11:00am
Sunday PM Worship 6:00pm
Wednesday Adult Bible Study 7:00pm
301-743-5768

Indian Head United Methodist Church
Sunday School 9:30am
Worship 11:00am
301-743-2312

Greater Spiritual Fellowship Community Church
Sunday School 9:30am
Sunday Worship 11:00am
Tuesday Discipleship Training 7:30pm
Thursday Bible Study 7:30pm
301-743-6014

Congregation SHA'ARE Shalom
Services 1st Friday, 2nd & 4th Saturday every month. 301-645-4606
301-645-4606

Indian Head Worship Center
Sunday Christian Education 9:30am
Sunday Morning Service 11:00am
Sunday Youth & Young Adult Service 6:30pm
Tuesday Bible Study 7:30pm
Friday Evangelical Service 7:30pm
301-743-7772

Cornerstone AME
Sunday Morning Service 10:30am
301-743-6607

New Life Christian Ministries, Int'l
Worship Service—Sunday 11:00am
Bible Study—Tuesday 7:00pm
240-377-8919



Indian Head Center for the Arts

November 15-December 15: Holiday Décor Fundraiser

Get Ready for the Holidays with custom décor created by our very own Artisan, Michael Holt of Indian Head, MD. Having just completed his Wreath Seminar, Michael will be donating his talents to benefit the Black Box Theatre. Prices range from \$50-\$80. Visit our website for more details.

November 23rd: Free Movie Night for Adults 18th and Older. Visit us Friday at 7:30pm for John Wick 3. Must bring ID.

December 6,7,8,13,14,15

Farndale Avenue: A Christmas Carol. The Indian Head Black Box Players are Proud to Present this fun Holiday Romp. Join us while we follow the Farndale Avenue Estate Townswomen as they attempt to put on A Christmas Carol. With the official title of *Farndale Avenue Housing Townswomen's Guild Dramatic Society's Production of A CHRISTMAS CAROL*, You are sure to laugh this Holiday Season. Written by David McGillivray and Walter Zerling Jr., brought by special arrangement with Samuel French Inc. Don't miss this performance, directed by JR Cook.

Tickets are on sale now. Adult: \$15 Senior/Student/Military: \$12 Friday and Saturday Performances December 6,7,13,14 @8:00pm Sunday Performances December 8 & 15 @ 3:00pm

December 22nd Free Family Holiday Movie. Visit our website to see what's coming. Wear your best "Ugly" Holiday sweater, bring the kids, and enjoy a movie.

January 18th: Annual Jazz Concert.

January 24th: Free Movie Night. Must be 18 or older.

February: Performance Dates will be announced on our website.

V Monologues

We are excited to bring back the Vagina Monologues. Benefitting women and children in need, this performance will be heartbreaking, humorous, and always thought provoking.

Ms. Story's Living History

She's Back! Ms. Story's Living History will be returning in February 2020. Bringing important Historical figures to life on stage, local performing artist Shemika Berry is back by demand. Fun and important for all ages, you are sure to be entertained and educated by Ms. Story.

Calling All Artists. Do you have a talent in the arts? We are looking to feature your work or your talents on Our Stage. The Black Box is thrilled to support artisans, painters, photographers, quilters, and so much more. Visit our website and send us a message. We would love to showcase you.

Venue Rental. The Black Box is an Excellent location for your event. We have some of the Most Affordable rates in the County for Performers, Comedians, Bands, Playwrights, Parties and more.

Town of Indian Head Useful Information

Town Codes

- **Burning**—No burning is allowed within the Town.
- **Animal Control**—Dogs must be kept on the owner’s property unless properly restrained. The Charles County Animal Control provides animal enforcement within the Town. Call 301-932-1713 if you have a problem.
- **Abandoned or Inoperative Vehicles** are prohibited within the Town and may not be kept on the street for more than 24 hours or on private property, with certain exceptions. Call Code Enforcement at 301-743-5511 ext. 101 with any questions.
- **Property Maintenance**—Every dwelling and lot shall be kept free from trash and garbage. Weeds and grass must be cut and kept shorter than 10 inches.
- **Building Code**—The Town has an adopted building code. Any new construction or remodeling, including, but not limited to porches, fences, sheds and garages, requires inspection and a building permit from the Town.

Code Enforcement

Planchek administers the Residential Property Maintenance and Building Codes for the Town of Indian Head. The Code Enforcement Officer does daily inspections throughout Town to check for code compliance. When a property is not up to code, the Code Enforcement Officer will issue a violation letter to address the code violation. Depending on the type of violation, the days for corrective action can be between 7 to 30 days. After the specified number of days, a fine letter will be issued for an additional 7 to 30 days, followed by a citation if the violation has still not been addressed. At the time that the citation is issued, the violation may be taken to court, or the Town may complete the needed property maintenance and lien the property for any costs incurred. The Town’s Code Enforcement also does rental license inspections, and building permit inspections.

If you have any questions about the Code Enforcement process, if you would like to report a Code Enforcement violation, or if you need to speak with the Code Enforcement Officer in reference to an inspection, please call 301-743-5511 ext. 101.

Recycling/Yard Waste

Solid waste products such as glass jars and bottles, newspapers, plastic bottles and metal cans will be picked up at the curb every **Thursday** within the Town of Indian Head. Place these items in your recycling bin—no need to separate them.

Yard waste will be collected on **Wednesdays**, year-round, weather permitting. Grass clippings and leaves must be placed in brown paper bags or in a trash container marked “Yard Waste” and placed at curbside. Brush must be bundled and must not be any longer than four feet (4’) in length. Individual pieces of brush must not be any larger than six inches (6”) in diameter. Both Recycling and Yard Waste must be curbside by no later than 7:30AM. Bulk trash can be scheduled year-round on **Wednesdays**. Fee of \$50 (cash or money order **ONLY**) per scheduled pick-up must be paid in advance at time of scheduling at Town Hall. All items must be curbside by 7:00am on the prescheduled pick-up day but not earlier than 48 hours prior to pick-up day.

Utility Rates

The Town bills for utilities on a quarterly basis. Please make note that you will be receiving a bill four times a year (July, October, January and April). ***You are encouraged to make an estimated payment monthly toward your quarterly bill.*** For more information you can call Town Hall at: 301-743-5511.

Water & Sewer Rates

Minimum rate for all residential customers **\$ 70.40**
(per dwelling unit per quarter) plus
\$6.85 for every 1,000 gallons used
Minimum rate for all commercial customers **\$212.80**
(per unit per quarter) plus
\$6.85 for every 1,000 gallons used

Bay Restoration Fee

\$15.00 to State of Maryland Comptroller’s office for the Bay Restoration Fund

Trash Rates

Residential/Multiple Residential Rate: \$ 85.00 (per dwelling unit per quarter) - Billed quarterly for twice a week curbside pickup and one (1) recyclable products pickup per week.

Commercial Rate

Category I	Dumpster (4cu yds)	\$495.00 per quarter
Category II	Maximum 2 cans	\$95.00 per quarter (per unit)
	Each additional can	\$46.00 per quarter

All residential and commercial units within the Town of Indian Head shall avail themselves of the

WINTER AND HOLIDAY FIRE SAFETY

With the weather getting colder and the Holiday season approaching, we turn our thoughts to warming our homes and spending time with family and friends. Unfortunately, this time of year is also full of busy days and nights. As we try to find time to shop, attend gatherings and go through our other daily routines we unfortunately, get so busy and caught up in the hustle and bustle of this time of year that we tend to pay less attention to the details and take many shortcuts. We tend to pay less attention to details especially when it comes to heating our home during the cold months, cooking for family and decorating for the Holiday season that can lead to tragedy from fire damage, injuries and even deaths.

Did you know?

- According to the United States Fire Administration (USFA), fires occurring during the holiday season claim the lives of over 400 people, injure 1,650 more, and cause over \$990 million in damage annually.
- In addition, about 3,500 Americans die each year in fires and about 20,000 are injured with 80% of all fire deaths occurring in the home.

In an effort to make this time of year incident free and safe for all, the Indian Head Volunteer Fire Department and Rescue Squad Inc. would like to offer the following Fire safety tips for all:

Home Heating:

The leading cause of residential fires during the winter months is heating appliances and the misuse of these devices. The following are some safety tips that we need to follow when using alternative forms of heating devices within your home such as space heaters;

- Be sure to follow the manufacturer's operating and maintenance instructions.
- When buying a space heater, be sure to look for the UL or FM testing laboratory label. This label ensures the heater has been tested by a safety laboratory.
- Ensure the heater is equipped with an emergency tip-over device. This will ensure that if the heater is knocked or tipped over it will shut off automatically.

Carbon Monoxide Poisoning:

Carbon monoxide is an odorless and tasteless gas that can make you and your family members sick and can even cause death. Some symptoms of carbon monoxide poisoning include headache and dizziness, nausea, convulsions, respiratory arrest that can lead to death. Carbon monoxide is produced by the incomplete combustion of fuel products such as fuel oil, propane, natural gas and even the log in your fireplace. If you heat your home with any of these types of fossil fuels, please follow these simple tips to help keep your family safe;

- Be sure to install at least one Carbon Monoxide alarm in your home.
- These devices should be placed either in the hallways or in the sleeping areas of the home.
- Purchase a device that is electric with a battery backup to ensure they work in the event of a power failure.
- Should your detector go into alarm, leave your home as is and contact the fire department. By opening windows and doors in an attempt to ventilate the home, the fire department could get false readings on their meters.

- Be sure to replace the battery in these devices annually just as you would in a smoke alarm to ensure their operability. In addition, if these devices are 10 years old or older replace them with new ones.

Cooking Safety:

The kitchen is the heart of the home, especially during the holidays. Family, especially the children love to be involved with the preparations. Safety in the kitchen is important all year but especially during the holiday season when there is a lot of activity and people at home.

Cooking equipment, most often a range or stovetop is the leading cause of reported home fires and home fire injuries in the United States. In addition, cooking equipment is also the leading cause of unreported fires and associated injuries this time of year. Here are some cooking safety tips to help keep you and your family safe in the kitchen.

- The leading cause of fires in the kitchen is unattended cooking.
- Be sure to stay in the kitchen when you are frying, broiling or baking any food. If you must leave the kitchen for even a short period, have an adult watch the cooking or turn the stove off.
- If you are simmering, roasting or broiling, be sure to check it regularly and use a timer to remind you of cooking times.
- **STAY ALERT!** Be sure to get plenty of rest and try to stay away from alcohol to reduce your chances of fatigue and altered mental status.
- Be careful around the burners and heating elements, keep all potholders, oven mitts and other combustibles away from the heat.
- Be sure to wear short, close fitting or tight rolled sleeves when cooking. Loose clothing can dangle over the stove burners and can catch on fire.
- Be sure to have a 3 feet "Kid-Free Zone" around the stove and oven to prevent children from getting too close to the appliances and possibly being burned.

If a fire on the stove occurs, please remember the following:

- Stay calm.
- Smother the fire by placing a lid on top of the pan.
- Turn the burner off and allow the pan to cool completely before removing it from the stove.
- If a fire occurs in the oven, leave the door closed, as fresh air will cause the fire to accelerate.
- Turn the oven off and allow it to cool completely before opening the door.
- Be sure to use only the appropriate fuel in these heaters, using the wrong or inappropriate fuels can lead to an explosion, fire and serious injury.
- If you use a fireplace for heating, your home, be sure to have it professionally cleaned and inspected each year.
- Always use a fire screen and burn only appropriate materials.
- Be sure to properly dispose of the ashes in a metal container and store it away from your home.

Decorations:

- Be sure to purchase and use only UL or FM approved indoor and outdoor lighting and decorations.
- Be sure all electrical cords are in proper working condition with no frayed or damaged areas.
- Never attempt to repair any lighting or extension cords; this could cause a fire due to a short circuit.
- Never overload electrical outlets, all the manufacturers strongly recommend not to link more than three strands of lights together on one extension cord or power supply.
- Be sure to connect all lighting to the extension cords before plugging the cord into an outlet to reduce a power surge on the electrical system.

- Check all wiring periodically, they should never be warm or hot to the touch. If they do become warm or hot, you should disconnect them immediately and replace them.
- Be sure to turn off or unplug all lighting and decorations when you are not at home or go to bed.

Christmas Trees:

According to the United States Fire Administration, during the past 5 years U.S. fire departments have responded to an average of **250 home fires** that started with Christmas trees per year. **These fires caused an average of 14 deaths, 26 injuries, and \$13.8 million in direct property damage annually.**

- If you use a live Christmas tree be sure to choose a freshly cut one. The needles should be green and hard to pull off the branches.
- Tap the tree on the ground and see if the needles fall off, if they do the tree has begun to dry out and could be a severe fire hazard.
- Before setting the tree up in your home be sure to cut one to two inches off the trunk to allow the tree to draw water from the stand more evenly.
- Be sure to use a stand with a base for better balance and a deep-water reservoir to immerse the trunk. This will allow for ample water helping to keep the tree fresh.
- Be sure to check the water level daily and add water as needed.
- Keep the tree away from all heat sources such as fireplaces, heat registers and portable heaters to prevent it from drying out.
- Be sure to set the tree up out of traffic areas to prevent it from being knocked over and from blocking your exit from the home in the event of an emergency.
- Be sure to dispose of your tree properly before it dries out by taking it to a recycling center or having it hauled away by a community pick-up service.
- If you are using an artificial tree, be sure that it has the UL or FM label on it.

Smoke detectors

- Did you know that having smoke detectors in your homes increase your survival rate by **50%** thanks to early warning.
- Ensure that you have these vital lifesaving devices installed on every level of your home and in your bedrooms as well.
- **According to the new Maryland Law, if you are replacing your existing battery operated smoke alarms you must replace them with a new 10-year battery device. This includes even the ones that are hard-wired with battery backup.**
- On Saturday, November 2nd the Indian Head Vol. Fire Department partnered with the Red Cross for a smoke alarm program. They visited 39 homes within the Town of Indian Head and installed 89 new 10-year battery powered smoke alarms.
- If you are in need of these life saving devices, please contact the Fire Station or the Community Affairs Office.

The Indian Head Volunteer Fire Department & Rescue Squad would like to wish everyone a Happy and Safe Holiday Season. By following these basic safety tips, you and your family will enjoy a Fire Safe Holiday Season.

For more information on Fire/Life Safety or if you have any questions contact the fire station at 301-743-3900 or 301-753-9400 or the Town Community Affairs Office at 301-743-2479.



Indian Head Senior Center



The Indian Head Senior Center is located on the Village Green in the Old Post Office. Our address is 100 Cornwallis Square. If you are at least 60 years young we encourage you to be a part of our fast-paced center, where we encourage our seniors to be independent, physically, mentally, spiritually and socially

Getting Ready for Winter.



On Saturday, October 12, 2019 we hosted our 14th Annual Breast Cancer Awareness Fitness Walk. We raised over **\$7,616** for **Sisters at Heart**; a breast cancer support group established in 2007. We want to thank all of those who participated and donated for a wonderful cause.

Ongoing activities at the senior center to keep you healthy and moving

➤ **First Class is Free of Charge**

Arthritis Foundation Exercise Foundation (AFEP) – This seated program is a community-based recreational exercise program that was originally developed by the Arthritis Foundation in 1987. Every Tuesday and Thursday at 10:30 a.m.

Seated Massage – 1st and the 3rd Friday of each Month – Sign up is required.

Jewelry Club – Meets Tuesdays at 9:30 a.m.

TOPS – Take Off Pounds Sensibly – Meets every Thursday 9:30 a.m. Cost \$32.00/year.

Quilt N’ Chicks – Meets every Wednesday at 10:00 a.m.

Hooked on Yarn – Bring your hook to crochet or knit. Meeting every Wednesday at 9:30 a.m.

Line Dancing Every 1st and 2nd Thursday starting at 1:00 p.m. – the cost is a fitness card.

Chair Pilates Every Tuesday and Thursday morning at 9:15 a.m. – the cost is a fitness card.

Fitness Training Every Monday and Wednesday morning at 9:15 a.m. – the cost is a fitness card.

Seated Yoga Integral Yoga can be done from a chair or on a mat. For all levels and abilities every Friday at 9 a.m. – the cost is a fitness card.

Fitness Room – *Try out our new Nu-Step equipment in the fitness room.*

Pool Table – Everyday all day. Come and challenge a senior and show us your skills.

Fitness Cards are \$20 for 10 visits.

<http://www.charlescountymd.gov/cs/aging/senior-centers>



Indian Head Senior Center

What to look forward to at Indian Head Senior Center..

- Watch Repairs – 1st and 3rd Monday
- Car Detailing – 2nd Monday of every month – Cost \$30.00

NOVEMBER

- **Nov 19, 2019 9:30 a.m.**
Learn how to Live Well with our High Blood Pressure Workshop
- **Nov 26, 2019 11:15 a.m.**
Minute to Win it – Put your skills to the test and challenge yourself to 60 second mini games
- **Nov 18, 22 and Dec 16, 2019 10 a.m.**
Love to Receive a Card - Come Join us and handwrite a card for your loved ones around the holidays

DECEMBER

- **Dec 5, 2019 9 a.m.**
Christmas Market – Come shop around for jewelry, ceramics and etc – Come shop around for jewelry, ceramics and other handmade items
- **Dec 17, 2019 10:45 a.m.**
Rock Around the Christmas Tree with us for our annual Christmas Party – Cost \$5.00

JANUARY

- **2020** marks a year of “How to Be a Better You”. The Indian Head Senior Center Staff is always researching programs to offer to help our seniors to be a better and healthier person. Join us in 2020.

Have a safe Holiday
Indian Head Senior Center



<http://www.charlescountymd.gov/cs/aging/senior-centers>

BUSINESS HIGHLIGHTS

CLARITY COFFEE HOUSE
M-F 6 AM Wkend 7AM



CLARITY

(240) 377-8190 4175 Indian Head Hwy
Info@ClarityCoffeeShop.com Indian Head, Maryland 20640
www.ClarityCoffeeShop.com

Michelle's Cakes
4336 Indian Head Hwy,
Indian Head MD, 20640

301 246.9007
www.michellescakes.net
michellescakes@yahoo.com
Find Me On Facebook



Hilltop Salon & Tanning, LLC
Full Service Salon

Susan Mc Cormick
owner/manager

4171 Indian Head Hwy.
Indian Head, MD.20640

301-743-5902 301-753-6600

hilltopsalon@verizon.net



DALE'S SMOKEHOUSE
301-743-6777

Dale Hayes/Pam Hundley 4645 Indian Head Hwy
dalessmokehouse@aol.com Indian Head, MD 20640



Vincent Ippolito
President/Pharmacist

Indian Head Care Pharmacy
The pharmacist you know the care you deserve

Hometown Pharmacy 301-684-2580
www.indianheadcare.com 301-684-2693
4115 Indian Head Hwy.
Indian Head, MD, 20640

State Farm®
Providing Insurance and Financial Services
Home Office, Bloomington, Illinois 61710



David Dixon, Agent

3A North First Street
Indian Head, MD 20640-1801
Bus 301 743 7200 Fax 301 743 5790
Cell 240 299 6490
dave.dixon.gzme@statefarm.com



The greatest compliment you can give is a referral.



Annual Tree Lighting Program
Tuesday, Dec. 3
7:00p.m.
Indian Head Village Green Pavilion

Holiday music from I.H. Elementary, General Smallwood & H.E.Lackey students,
Refreshments, Santa & More!

FREE ADMISSION - EVERYONE WELCOME!

Accepting Unexpired Canned Goods & Monetary Donations @ Door To Benefit NETS Program (Neighbors Eager To Serve)
For Information call (240)375-4061

GINGERBREAD HOUSE MAKING CLASS



Celebrating
25 Years
of Fun!

Friday, Dec. 6
6:00-10:00pm



Sunday, Dec. 8
1:00-5:00pm

Indian Head Village Green Pavilion

Adults & Children 5 yrs. and older — Class Sizes Limited

\$13/single or \$15/pair (each additional person \$2.00 maximum four persons per house)

Fee includes 1 house set, Icing bullets & Icing Bags—Students bring own decorations!

Pre-Registration & Payment Required

- Karen 240-375-4061 or email karen@townofindianhead.org

Call or email for available class openings!

Don't Forget the Holiday Festival & Gingerbread House Contest on Tuesday, Dec. 10 6-9p.m.



ANNUAL

Holiday Festival & Vendor Fair

TUESDAY, DEC. 10 6:00 - 9:00 P.M.

Indian Head Village Green Pavilion



Live Holiday Entertainment
featuring:

*The Southern Maryland
Line Dancers*



**The Painter Family
Running Antique
Trains**



**& The Doc Stevens
Band!**



Photos w/Santa



**Children's Activities
& Letters to Santa**

ADMISSION: \$1.00 EACH/ALL AGES
All donations & proceeds collected to be given
to NETS (Neighbors Eager To Serve) Program

Delicious Refreshments
& Hot Apple Cider



**Gingerbread House
Contest**



**Vendors/
Crafters
Sale**



Sponsored by the Town of Indian Head—For more information call 240-375-4061 or karen@townofindianhead.org

Town of Indian Head

Community Dinner & Memorial Ribbon Ceremony

Saturday, Dec. 14

6:00-8:00 p.m.



Indian Head Village Green Pavilion

FREE Community Dinner Open to the Public

Ribbon Purchase NOT required to attend the Community Dinner

To place Ribbon Orders, call 240-375-4061
or email karen@townofindianhead.org

Ribbon Deadline to place order is Monday, Dec. 9
\$2.00 donation per Ribbon or 6/\$10.00



**LIVELY
HOLIDAY
MUSIC**

&

ENTERTAINMENT

CO-HOSTED BY
TOWN OF INDIAN HEAD AND
I.H. UNITED METHODIST CHURCH

FOR MORE INFORMATION -
240-375-4061
[KAREN@TOWNOFINDIANHEAD.ORG](mailto:karen@townofindianhead.org)

Town of Indian Head

Annual Christmas

Tree Removal



Every Wednesday,

Jan. 2 (Thursday), 8, 15, 22, 29

More Information: (301)743-5511

Indian Head V.F.D. & R.S. Santa Run Through Town



Monday, Dec. 23

Starting around 6:00pm

Questions/Info IHVFD & RS 301-743-3900



Potomac Heights V.F.D. & R.S. Santa Run



Saturday, Dec. 21

Starting around 4:30pm

in Hunters Brooke Subdivision, includes their
1st Due Response Areas of Knotts Subdivision
& Strauss Ave. from S. Poplar Lane
to Hawthorne Road

Questions/Info PHVFD&RS 301-743-7700