

NANJEMOY SENIOR/COMMUNITY CENTER

4375 Port Tobacco Rd • Nanjemoy, MD 20662 • 301-246-9612

Get your Latest SCOOP online!

Program Highlights

Let's Take a Trip

This month let's learn about Japan including historical, geographical, and other interesting facts. We will also sample some Japanese cuisine. Prior signup is required.

Tuesday, Sept. 10, 1 p.m. Fee: FREE

Hypertension Workshop

This workshop is for people who have been diagnosed with hypertension, who want to learn how to better manage their condition. See page 14 for details.

Monday, Sept. 16, 10 a.m. Fee: FREE

Active Shooter Drill

Building Security officer Terence McCants will be here to share and review safety procedures and actions that can be taken in various emergency situations including active shooter scenarios.

Thursday, Sept. 19, 10 a.m. Fee: FREE

Medicare Presentation

Julie Hammonds will be here to provide and answer questions about the current updates for Medicare. I&A appointments start at 9:30 a.m.

Thursday, Sept. 19, 12:30 p.m. Fee: FREE

Senior Council Bingo Fundraiser

Evening nickel bingo with the Nanjemoy Senior Center Council. Food sales at the event to benefit the senior council on behalf of the Nanjemoy Senior and Community Center.

Friday, Sept. 20, 5 p.m. Fee: 5¢ per card

Senior Center Spirit Week:

Decades Luncheon and Talent Show

Join us for a fun filled, spirited week to celebrate National Senior Centers Month. Show your spirit for your center by participating in themed days. The week will finish with an all-centers talent show at 10:30 a.m.

Monday-Friday, Sept. 23-27 Check the calendar for each day's events. See pg. 3 for more information.

Ongoing Programs

Artistic Aesthetics

Weekly project to express your creativity. Fee due at registration. Prior signup is required. Limited space available.

Mondays, 1 p.m.,

Fall Topiary, Sept. 9 Fee: \$5

Casual Crafting, Sept. 16 Fee: FREE

Fabric Pumpkins, Sept. 23 Fee: \$5

Casual Crafting, Sept. 30 Fee: FREE

I&A Services

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds. See Staff or call 301-934-6737 for an appointment.

Thursday, Sept. 19, 9:30 a.m. Fee: FREE

Nickel Bingo

Join us for bingo every week!

Thursdays, 12:45 p.m. Fee: 5¢ per card

Health & Fitness Programs

Arthritis Foundation Exercise Program (AFEP)

Evidence-based exercise program. Gentle all go with cardio and strength training exercises. Designed to get a full body workout with consideration given to those with mobility impairments. Video may be used as needed.

Mondays & Fridays, 10 a.m. Fee: FREE

Pickleball

Are you new to pickleball and looking to learn about the necessary skills of this fun sport? Join us for our pickleball group and gain an understanding of the rules while practicing basic skills in a non-competitive environment.

Tuesdays, 9 a.m. Fee: FREE

Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m. Fee: FREE

Core Fitness

Core work, muscle work, and flexibility.

Tuesdays, 11:15 a.m. Fee: Fitness Pass

Tai Chi

Yang Style Tai Chi 24 form. This style uses upright movements and covers 20 different postures.

Thursdays, 10 a.m. Fee: Fitness Pass

Total Body Conditioning

Whole-body workout, standing and sitting, using free weights.

Thursdays, 11 a.m. Fee: FREE

Community Programs

Age restrictions for drop-in use of Community Rooms are 13-17 with adults 18+ independent use. Like us on Facebook!!

WIC Services

Fridays, Sept. 6 & 20, 9 a.m.-4 p.m. Fee: FREE

Southern Maryland Food Bank

The Southern Maryland Food Bank will be giving away free hot meals, first come, first served with a family limit of 7 meals. Meals will be served out of a food truck in front parking lot. The center will not be indoor accessible after hours.

Wednesday, Sept. 11, 5 p.m. Fee: FREE



Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Sept. 17, 10:30 a.m. Fee: FREE

Mobile Food Market

Maryland Food Bank is giving away free fresh and shelf-stable food distribution. Open to the public.

Wednesday, Sept. 18, 12:00 p.m.-2:00 p.m.

Billiard/Game Room

Monday-Friday, 8:30 a.m. Fee: FREE

Computer Lab

Print, copy, fax services available.

Monday-Friday, 8:30 a.m. Fee: 10¢ per side

Fitness Room

Open to those who have already completed the Fitness Room Orientation.

Monday-Friday, 8:30 a.m.-4:30 p.m. Fee: FREE

Narcotics Anonymous

Tuesdays, 3:00 p.m. Fee: FREE

Shop the Rack - Community Closet

New and gently use clothing items for free.

Tuesdays, 1 p.m. & Fridays, 8:30 a.m.

Fee: FREE

Recreation Programs

Register for Recreation Programming online at:

Charles County Recreation, Parks & Tourism: (myrec.com)

Future/Toddler Chef

Wednesday, Sept. 25. 3:30-4:30

Save the Date - Saturday, Oct. 19th



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Senior Center Hours: 9 a.m.–3 p.m., Mon–Friday
 Luncheon at Noon–Reservation/Registration Required
 Reserve lunch by 10 a.m. the preceding day.
 Community Center Hours:
 8:30 a.m.–4:30 p.m., Mon–Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards 8:30 Computer Lab 8:30 Fitness Room 8:30 Senior Tech Appts 8:30 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Fitness AFEP 10:00	Billiards 8:30 Causal Crafting 8:30 Computer Lab 8:30 Fitness Room 8:30 Senior Tech Appts 8:30 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Shop the Rack 1:00 Narcotics Anonymous 3:00 Fitness Flex & Stretch 10:00 Core Fitness 11:15	Billiards 8:30 Causal Crafting 8:30 Computer Lab 8:30 Fitness Room 8:30 Senior Tech Appts 8:30 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Fitness Walking Club 11:00	Billiards 8:30 Causal Crafting 8:30 Computer Lab 8:30 Fitness Room 8:30 Senior Tech Appts 8:30 Lunch 12:00 Nickel Bingo 12:45 Dominos 1:00 Games/Puzzles 1:00 Fitness Tai Chi 10:00 Total Body Conditioning 11:00	Billiards 8:30 Causal Crafting 8:30 Computer Lab 8:30 Fitness Room 8:30 Shop the Rack 8:30 Senior Tech Appts 8:30 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Fitness AFEP 10:00 Walking Club 1:00
2 Centers Closed 	3 Pickleball 9:00 Core Fitness 11:15	4 Games/Puzzles 1:00	5 Tai Chi 10:00	6 <u>Community Program</u> WIC Services 9:00
9 Senior Council Meeting 10:00 Artistic Aesthetics: Fall Topiary 1:00	10 Pickleball 9:00 Flex and Stretch 10:00 Let's Take a Trip 1:00	11 Dominos 1:00 <u>Community Program</u> Southern Maryland Food Bank 5:00	12 Total Body Conditioning 11:00 <u>Community Program</u> Charles County Fair	13 Have Fun at The Fair! <u>Community Program</u> Charles County Fair
16 Hypertension Workshop 10:00 Artistic Aesthetics: Casual Crafting 1:00	17 Pickleball 9:00 Core Fitness 11:15 <u>Community Program</u> Mobile Library 10:30	18 Billiards 8:30 <u>Community Program</u> Mobile Food Market 12:00	19 I & A Services 9:30 Active Shooter Drill 10:00 Medicare Presentation 12:30	20 Council Bingo 5:00 <u>Community Program</u> WIC Services 9:00 9/21 Walk to End Alzheimer's
23 AFEP/Balance 10:00 Artistic Aesthetics: Fabric Pumpkins 1:00 SENIOR SPIRIT WEEK Jersey Day	24 Pickleball 9:00 Shop the Rack 1:00 SENIOR SPIRIT WEEK Pajama Day	25 Decades Luncheon 11:00 <u>Recreation Program</u> Future/Toddler Chef 3:30 SENIOR SPIRIT WEEK 70's Retro Day	26 Bingo 12:45 SENIOR SPIRIT WEEK Crazy Hair/Hat Day	27 Registration Deadline for Heritage Day 8:30 All Centers Talent Show ... 10:30 SENIOR SPIRIT WEEK Nanjemoy Center Color Day - Green
30 Artistic Aesthetics: Casual Crafting 1:00				