

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

Diabetes Informational Presentation

1 out of 3 American adults has prediabetes. If you have prediabetes, you can make changes now to improve your health and prevent type 2 diabetes. Learn ways to prevent type 2 diabetes and help make a healthy lifestyle change.

Wednesday, Oct. 9, 10 a.m. Fee: FREE

Managing Stress as a Caregiver

This discussion will include a caregiver stress test, best practices and tips for caregivers and suggestions for coping with the holidays as a caregiver.

Thursday, Oct. 10, 11 a.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, Oct. 11, 5-7 p.m. Fee: 5¢ per card

Friday Films

Grab your wand and come watch Harry Potter. Delve into the wizarding world while enjoying some Harry Potter themed snacks.

Friday, Oct. 18, 11 a.m. Fee: FREE

Let's Take a Trip

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

Tuesday, Oct. 22, 1 p.m. Fee: FREE

Vaping Information Presentation

What are vapes? Do you know what is in e-cigarettes? Do you know they are tobacco products? There are 10 reasons why you should never try vaping, and this will be shared with you during a tobacco and e-cigarette/vaping educational presentation provided by MaryBeth Klick of the Charles County Department of Health.

Tuesday, Oct. 29, 10 a.m. Fee: FREE

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.,

Glass Ghost, Oct. 7 Fee: \$5

Casual Crafting, Oct. 21 Fee: FREE

Leaf Bowl, Oct. 28 Fee: \$5

I&A Services

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

Thursday, Oct. 17, 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

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, Oct. 4 & 18, 9 a.m.-4 p.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesdays, Oct. 8 & 29, 10:30 a.m. Fee: FREE

Community Day

The Department of Social Services and Maryland Insurance Administration will have representatives at the center to assist and answer questions.

Wednesday, Oct. 16, 10 a.m.-1 p.m. Fee: FREE

Mobile Food Market

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

Wednesday, Oct. 16, 12-2 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, Oct. 16, 5 p.m. Fee: FREE

22nd Annual Nanjemoy Heritage Day

Celebrate 22 years of history, family, and fun at our 22nd Annual Nanjemoy Heritage Day. Event features a parade and car show, entertainment, vendors, food and more.

Saturday, Oct. 19, 11:30 a.m. - 3 p.m.

Fee: Prices set by vendors, FREE admission.

Billiard/Game Room

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

Computer Lab

Print, copy, fax services available.

Monday-Friday, 8:30 a.m.-4:30 p.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, 3-4 p.m. Fee: FREE

Shop the Rack - Community Closet

New and gently use clothing items for free.

Tuesdays, 1-4:30 p.m. &

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



Halloween

Halloween Bingo

Enjoy a Halloween themed bingo. Wear your costume and earn extra bingo cards. Snacks provided.

Thursday, Oct. 31, 12:45 p.m.
Fee: \$.5 per card

NANJEMOY SENIOR/COMMUNITY CENTER

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

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 <p style="text-align: center;">Fitness</p> 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 <p style="text-align: center;">Fitness</p> 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 <p style="text-align: center;">Fitness</p> 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 <p style="text-align: center;">Fitness</p> 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 <p style="text-align: center;">Fitness</p> AFEP 10:00 Walking Club 1:00
	<p>1</p> Core Fitness 11:15	<p>2</p> Walk Maryland @ Chapel Point Park 10:00	<p>3</p> Tai Chi 10:00 Autumn Fest @ IHSC – 9:30 a.m.	<p>4</p> Community Program WIC Services 9:00
<p>7</p> Senior Council Meeting 10:00 Artistic Aesthetics: Glass Ghost 1:00	<p>8</p> Flex and Stretch 10:00 Community Program Mobile Library 10:30	<p>9</p> Dominos 10:00	<p>10</p> Total Body Conditioning 11:00 Caregivers Presentation 11:00	<p>11</p> Senior Tech Appts 8:30 Community Program Sr. Council Bingo 5:00–7:00
<p>14</p> Indigenous People's Day  All Centers Closed	<p>15</p> Core Fitness 11:15	<p>16</p> Billiards 8:30 Community Program Dept. of SS 10:00 MD Insurance Admin 10:00 Mobile Food Market 12:00 So MD Food Bank 5:00	<p>17</p> I & A Services 9:30	<p>18</p> Friday Films 11:00 Community Program WIC Services 9:00 22nd Annual Heritage Day Saturday, Oct. 19th 11:30–3:00
<p>21</p> AFEP/Balance 10:00 Artistic Aesthetics: Casual Crafting 1:00	<p>22</p> Shop the Rack 1:00 Let's Take a Trip 1:00	<p>23</p> Games and Puzzles 1:00	<p>24</p> Bingo 12:45	<p>25</p> AFEP 10:00
<p>28</p> Artistic Aesthetics: Leaf Bowl 1:00	<p>29</p> Computer Lab 8:30 Vaping Presentation ... 10:00 Community Program Mobile Library 10:30	<p>30</p> Fitness Room 8:30	<p>31</p> Halloween Bingo 12:45	