

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

Senior Council Thanksgiving Luncheon

The Nanjemoy Senior Council will host a Thanksgiving themed lunch. Please see the Nanjemoy Senior Council to register in advance. Last day to register is Wednesday, Nov. 6.

Tuesday, Nov. 12, 11 a.m. Fee: Donation

Healthy Holiday Swap

Come get some healthy ideas and tips to swap out some unhealthy options to get through the holidays with our nutritionist Brittney.

Wednesday, Nov. 13, 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, Nov. 15, 5-7 p.m. Fee: 5¢ per card

Let's Take a Trip

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

Tuesday, Nov. 19, 1 p.m. Fee: FREE

Warning Signs of Alzheimer's

Learn to recognize common signs of the disease and next steps to take, including how to talk to your doctor.

Monday, Nov. 25, 10 a.m. Fee: FREE

Bingocize

Please join Laura for a new 10-week health promotion program that combines bingo with fun, inclusive exercises for everyone!

Mondays, 11 a.m. Fee: FREE

Ongoing Programs

Artistic Aesthetics

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

Mondays, 1 p.m.,
Casual Crafting, Nov. 4, Fee: FREE
Pressed Flower Frames, Nov. 18, Fee: \$5
Casual Crafting, Nov. 25, 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, Nov. 14, 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

(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, Nov. 8 & 22, 9 a.m.-4 p.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Nov. 19, 10:30 a.m. Fee: FREE

Community Day

The Southern Maryland Food Bank will be offering free giveaways of prepackaged meals and hygiene products.

Wednesday, Nov. 20, 12 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, Nov. 20, 12-2 p.m. Fee: FREE

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

Pizza & Painting

Pizza and Painting is back! Open to all ages. Activity will consist of a fall inspired pre-sketches 8 x 10 canvas with painting supplies provided. Pizza meal consists of two slices of pizza, pepperoni or cheese, seasonal fruit and a bottle of water. Pizza selection made at signup with payment. Design will be shared on our Facebook page. Limited availability.

Friday, Nov. 8, 12:30 p.m. Fee: \$8

Recreation Programs

Date Night Cuisine

Hands on cooking class that will teach you how to make a meal that is Instagram worthy. Classes will cover a variety of cooking aspects. Best part, you get to eat what you cook. November's selection is Thanksgiving Show Stoppers. Register with the link below.

Friday, Nov. 22, 12 p.m. Fee: \$40

https://charlescountymd.myrec.com/info/activities/program_details.aspx?ProgramID=31015

DIY Etching

We will teach you how to take stencils and ordinary glasses and create two unique masterpieces. All supplies included or bring your own glassware.

**No pyrex or plastic.

Tuesday, Nov. 26, 5 p.m. Fee: \$20

residents/\$25 non-residents



FRIDAY FILMS

Start preparing for the holiday fun with this heartwarming film, Instant Family while enjoying snacks.

Friday, Nov. 15, 11 a.m. • Fee: FREE

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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 Pickleball (weather permitting) 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
				1 Shop the Rack 8:30
4 Senior Council Meeting 10:00 Bingocize 11:00 Artistic Aesthetics: Casual Crafting 1:00	5 Closed for  Election Day	6 Dominos 10:00 <u>Community Program</u> Vaccine/Flu Clinic 9:00	7 Total Body Conditioning 11:00 Bingo 12:45	8 Senior Tech Appts 8:30 <u>Community Program</u> WIC Services 9:00 Pizza & Painting 12:30
11 Closed for  Veterans Day	12 Senior Council Thanksgiving Luncheon 11:00	13 Billiards 8:30 Nutrition Presentation 11:00 All Senior Centers Close at 2 p.m.	14 I & A Services 9:30	15 Friday Films 11:00 Sr. Council Bingo 5:00
18 AFEP/Balance 10:00 Bingocize 11:00 Artistic Aesthetics: Pressed Flower Frames 1:00	19 Shop the Rack 1:00 Let's Take a Trip 1:00 <u>Community Program</u> Mobile Library 10:00	20 Games and Puzzles 1:00 <u>Community Program</u> MobileFoodMarket 12:00 So Md Food Bank 12:00	21 Bingo 12:45	22 AFEP 10:00 <u>Community Program</u> WIC 9:00 Date Night Cuisine 12:00
25 Alzheimers Presentation 10:00 Bingocize 11:00 Artistic Aesthetics: Casual Crafting 1:00	26 Computer Lab 8:30 <u>Community Program</u> DIY Glass Etching 5:00	27 Fitness Room 8:30	28 Closed for  Thanksgiving Holiday	29 Closed for  Thanksgiving Holiday