

# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

## Community Programs

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

### Billiard/Game Room

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

### Computer Lab

Print, copy, fax services available 10¢ per side.  
Monday-Friday, 8:30 a.m.-4:30 p.m. Fee: FREE

### Fitness Room

The fitness room is 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.

### Shop the Rack – Community Closet

New clothes have arrived. Shop our free closet and supplement your wardrobe!

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

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

### Make a Change for Life – Diabetes Class Series (Final Two Classes)

LifeStyles presents a free class series on healthy eating, exercise, and managing diabetes. This class series is open to the public and offer a variety of tips and information to make a change for life!

Monday, Jun. 5 & Wed, Jun. 14, 10-11:30 a.m.  
Fee: FREE

### Dance Fitness Workshop

Open to members of the community age 18+.  
Mondays, Jun. 5-12 & 26, 5:30 – 6:30 p.m.  
Fee: \$30 for workshop or \$7 drop-in class fee

### WIC Services

WIC services are now available to the public. Appointments preferred, but not required.  
Fridays, Jun. 9 & 23, 9 a.m. - 4 p.m. Fee: FREE

### Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Jun. 13, 10 a.m.- 12:30 p.m.  
Fee: FREE

### Mobile Food Market

Maryland Food Bank distribution. Fresh and shelf-stable pantry items.

Wednesday, Jun. 21, 10 a.m.-12 p.m.  
Fee: FREE - While supplies last

### New Hope Food Distribution

Shelf-stable pantry items provided.  
Thursday, Jun. 22, 11:30 a.m.  
Fee: FREE - While supplies last

## Building Better Caregivers – 6-Week Workshop

A community-based workshop where classes are highly participatory, where mutual support and success build the participants' confidence in their ability to manage their caregiving tasks and maintain a fulfilling life.  
Thursdays, Jun. 15-29, 10 a.m.-12 p.m.  
Fee: FREE

## Recreation Programs

Register for Recreation Programming online at: <https://charlescountymd.myrec.com/info/facilities/details.aspx?FacilityID=14733>

### Love Taekwondo – 6-Week Workshop

Learn basic kicking, punching, and forms along with basic self-defense. Returning students will continue their belt training. Opportunity to promote to next belt (optional). Develop self-confidence and discipline which learning taekwondo movements. Maximum of 20 students.  
Mondays, Jun. 5-Jul. 12, 6-6:45 p.m. Fee: \$95

## Senior Center Programs

### Artistic Aesthetics

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

Mondays, 1 p.m.

Lemon & Check Charger Sign, Jun. 5, Fee: \$3  
Casual Crafting, Jun. 12,  
Fee: \$5 for week access to center crafting materials

Patriotic Coin Bag, Jun. 26, Fee: FREE

### Painting & Pizza

Join us this month and paint a pre-sketched canvas and enjoy two slices of pizza (pepperoni or cheese), fruit, and a bottle of water. This month's design will be a mushroom fairy house. All supplies provided. Space is limited. Prior registration with payment is required.

Friday, Jun. 9, 12:30 p.m. Fee: \$8

### Fresh Conversations – 6 Part Series

This monthly program offers an array of nutrition, wellness, and health-related topics to older adults. The sessions are filled with interactive activities, lively discussions, tasting opportunities, and physical activity demonstrations. Each month, participants will receive a vibrantly colored newsletter featuring relevant research-based information, physical activity tips, mind-stimulating games, easy low-cost recipes, and an area to write down and track goals.

Monday, Jun. 12, 10 - 11 a.m. Fee: FREE

## I&A Services & Presentation

This month's presentation discusses the function of I&A and how they can help seniors. Meet privately with Aging & Disability Resource Specialist, Julie Hammonds, for additional assistance, by making an appointment. See Staff or call 301 937-6737 for an appointment.

Thursday, Jun. 15, 9:30 a.m. Fee: FREE

## Senior Fitness

### Tai Chi for Arthritis

Mondays, 11 a.m. Fee: FREE

### Flex & Stretch

Total body workout focusing on body movement, balance, stretching and mobility.  
Tuesdays, 10 a.m. Fee: FREE

### Fitness 15

Focuses on core work, muscle work, and flexibility. Routines for strengthening via hand weights are set to music, as are routines for core strengthening through moves focused on strengthening abdominals and increasing flexibility.

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

### Arthritis Foundation Exercise Program (AFEP)

Wednesdays & Fridays, 11 a.m. Fee: FREE

### Total Body Conditioning

Standing and chair exercises for a whole-body workout to increase cardiovascular conditioning and flexibility. Move to a variety of music and use hand weights to increase strength.

Thursdays, 11 a.m. Fee: FREE

## Senior Council Program

### Father's Day Luncheon

Features a delicious meal and live music from the Steve Potter Blues Band

Tuesday, Jun. 13, 11 a.m.-1 p.m.,  
Fee: \$10



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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 <b>Fitness</b> Tai Chi .....11:00	Billiards.....8:30 Causal Crafting .....8:30 Computer Lab .....8:30 Fitness Room .....8:30 Senior Tech Appts .....8:30 Coloring Group .....9:00 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00 Shop the Rack .....1:00 Narcotics Anonymous.....3:00 <b>Fitness</b> Flex & Stretch.....10:00 Fitness Fifteen .....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 <b>Fitness</b> AFEP .....11:00 Walking Club .....1:00	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 <b>Fitness</b> 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 <b>Fitness</b> AFEP .....11:00 Walking Club .....1:00
			<b>1</b> Nickel Bingo.....12:45	<b>2</b> AFEP .....11:00
<b>5</b> Artistic Aesthetics: Lemon & Check Charger Sign .1:00 <u>Community Program</u> Make a Change for Life Diabetes Class .....10:00 Dance Fitness.....5:30 <u>Recreation Program</u> Love Taekwondo .....6:00	<b>6</b> Coloring Group .....9:00	<b>7</b> Walking Club .....1:00	<b>8</b> Nickel Bingo.....12:45	<b>9</b> Painting & Pizza .....12:30 <u>Community Program</u> WIC Services .....9:00
<b>12</b> Fresh Conversations .....10:00 Artistic Aesthetics: Casual Crafting .....1:00 <u>Community Program</u> Dance Fitness.....5:30 <u>Recreation Program</u> Love Taekwondo .....6:00	<b>13</b> <u>Senior Council</u> Father's Day Luncheon .....11:00 <u>Community Program</u> Mobile Library .....10:30–12:00	<b>14</b> Vaccine Clinic.....9:30 <u>Community Program</u> Make a Change for Life Diabetes Class .....10:00	<b>15</b> What's I&A and How Can We Help Presentation.....9:30 I&A Services Available .....9:30 Nickel Bingo.....12:45 <u>Community Program</u> Connected Devices .....2:00	<b>16</b> AFEP .....11:00
<b>19</b> <b>JUNETEENTH HOLIDAY SENIOR CENTERS CLOSED</b>	<b>20</b> Coloring Group .....9:00 Multipurpose Room Unavailable .....10:30–1:00	<b>21</b> <b>JAYCESS SUMMER PICNIC SENIOR CENTERS CLOSED</b> Community Program Mobile Food Market.....10:00 <i>Outside Only</i>	<b>22</b> New Hope Food Distribution .11:30 Nickel Bingo.....12:45 <u>Community Program</u> Building Better Caregivers ...9:30	<b>23</b> <u>Community Program</u> WIC Services .....9:00
<b>26</b> Artistic Aesthetics: Patriotic Coin Bag.....1:00 <u>Community Program</u> Dance Fitness.....5:30 <u>Recreation Program</u> Love Taekwondo .....6:00	<b>27</b> Coloring Group .....9:00	<b>28</b> Walking Club .....1:00	<b>29</b> Nickel Bingo.....12:45 <u>Community Program</u> Building Better Caregivers ...9:30	<b>30</b> AFEP .....11:00