

# 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

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 and gently use clothing items for free.

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

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

### WIC Services

Fridays, Jul. 7 & 21, 9 a.m.- 4 p.m. Fee: FREE

### HIIT Workshop

Open to members of the community age 18+.

Thursdays, Jul. 13-27, 5:30 p.m. - 6:30 p.m.

Fee: 5-weeks \$25 or \$7 drop-in class fee

### Narcan Training

Prior registration required. Space is limited.

Wednesday, Jul. 19, 10 a.m.- 12 p.m. Fee: FREE

### Department of Social Services

Walk-in assistance provided.

Wednesday, Jul. 19, 10 a.m.- 12 p.m. Fee: FREE

### Mobile Food Market

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

Wednesday, Jul. 19, 10 a.m. - 12 p.m.

Fee: FREE - While supplies last

### Farmer's Market Open to the Public

Fresh, local produce available for sale to the public. Farmer's market vouchers accepted.

Thursday, Jul. 20, 9:30 a.m. - 12 p.m.

Fee: Prices set by the vendor

### Mobile Library

Borrow books, movies, tech every three weeks.

Tuesdays, Jul. 25, 10 a.m.- 12:30 p.m. Fee: FREE

### Actin' Up Theatre Troupe – Kids Welcome

Upward Thrive Academy brings a free show by kids for everyone! Come out and see this talented group of young actors as they present a variety of positive, uplifting performances.

Wednesday, Jul. 26, 12 p.m. -12:45 p.m.

Fee: FREE

### New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Jul. 27, 11:30 a.m. Fee: FREE - While supplies last.

## Charles County Arts Alliance (CCAA) Program

### Singing, Reading, and Writing Songs with Alden Phelps – Youth Show & Workshop

It's a show and it's a workshop! In *Singing, Reading, and Writing Songs*, Silly Songster Alden sings his original children's songs, then leads students as they design musical couplets in teams. By physically manipulating magnetic words, roadblocks that inhibit participation (spelling, handwriting, etc.) are removed. Students at different levels can engage meaningfully and achieve writing success to build language skills in Singing, Reading, and Writing Songs. This opportunity is fully funded by the Charles County Arts Alliance. Prior registration required through the Nanjemoy Community Center

Friday, Jul. 7, 12 p.m. - 12:45 p.m. Fee: FREE

## Senior Center Programs

### Artistic Aesthetics

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

Mondays, 1 p.m.

Succulent Wine Magnet, Jul. 3, Fee: FREE

Wine Glass Beach Candle Holder, Jul. 10, Fee: \$3

Water Lily Paper Craft, Jul. 17, Fee: FREE

Casual Crafting, Jul. 24, Fee: \$5 for week access to center crafting materials

Painted Rocks Avocado Themed, Jul. 31, Fee: FREE

### Fresh Conversations

Covers current health topics and practical tips and sensible solutions to help you eat well and live well. This month's class is called Paint your plate with color! You will also receive a newsletter with recipes and activities related to the monthly topic.

Monday, Jul. 10, 10 a.m. - 11 a.m. Fee: FREE

## Car Fit

Appointment required. Work with a professional to make adjustments within your vehicle to improve your driving experience.

Wednesday, Jul. 19, 9 a.m. - 2 p.m. Fee: FREE

## Caption Call

Free caption phone is available to those who qualify.

Wednesday, Jul. 19, 10 a.m.- 12 p.m. Fee: FREE

## Farmer's Market Vouchers

See if you qualify for farmer's market vouchers and get assistance purchasing produce. First come, first serve at sign in.

Thursday, Jul. 20, 9:30 a.m. - 11 a.m. Fee: FREE

## I&A Services & Energy Assistance

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

Thursday, Jul. 20, 12:30 p.m. Fee: FREE

## Senior Fitness

### Tai Chi for Arthritis

Mondays, 11 a.m. Fee: FREE

### Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m. Fee: FREE

### Fitness 15

Core work, muscle work, and flexibility.

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

### Arthritis Foundation Exercise Program (AFEP)

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

### Total Body Conditioning

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

Thursdays, 11 a.m. Fee: FREE

## PAINTING & PIZZA KIDS WELCOME

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. All supplies provided. Space is limited. Prior registration with payment is required.

**Friday, Jul. 21, 12:30 p.m. • Fee: \$8**



# NANJEMOY SENIOR/COMMUNITY CENTER

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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 Lunch.....12:00 Coloring Group.....9:00 Lunch.....12:00 Dominos.....1:00 Games/Puzzles.....1:00 <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 Shop the Rack.....8:30 Lunch.....12:00 Nickel Bingo.....12:45 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>3</b> Senior Council Meeting .....10:00 Artistic Aesthetics: <i>Succulent Wine Magnet</i> .....1:00 <u>Community Program</u> Dance Fitness.....5:30 <u>Recreation Program</u> Love Taekwondo.....6:00	<b>4</b> <b>INDEPENDENCE DAY HOLIDAY</b>  <b>ALL CENTERS CLOSED</b>	<b>5</b> Walking Club.....1:00	<b>6</b> Community Program Building Better Caregivers ... 9:30	<b>7</b> Community Program WIC Services .....9:00 <u>Charles County Arts Alliance (CCAA)</u> Singing, Reading, & Writing songs with Alden Phelps.....12:00
<b>10</b> Fresh Conversations .....10:00 Artistic Aesthetics: <i>Wine Glass Beach Candle Holder</i> .1:00 <u>Community Program</u> Dance Fitness.....5:30 <u>Recreation Program</u> Love Taekwondo.....6:00	<b>11</b> Coloring Group .....9:00	<b>12</b> All Council Meeting.....11:00	<b>13</b> <u>Community Program</u> Building Better Caregivers ... 9:30 HIIT Workshop.....5:30	<b>14</b> AFEP .....11:00
<b>17</b> Artistic Aesthetics: <i>Water Lily Paper Craft</i> .....1:00 <u>Recreation Program</u> Love Taekwondo.....6:00	<b>18</b> Coloring Group .....9:00	<b>19</b> <b>*Community Day*</b> Car Fit .....9:00 Caption Call .....10:00 <u>Community Program</u> Dept. of Social Services.....10:00 Mobile Food Market .....10:00 Narcan Training .....10:00	<b>20</b> Farmer's Market Vouchers ... 9:30 Energy Assistance .....12:30 I&A Services .....12:30 <u>Community Program</u> Building Better Caregivers ... 9:30 Farmer's Market .....9:30 HIIT Workshop.....5:30	<b>21</b> Painting & Pizza .....12:30 <u>Community Program</u> WIC Services .....9:00
<b>24</b> Artistic Aesthetics: <i>Casual Crafting</i> .....1:00 <b>Senior Centers Closing at 2 p.m.</b>	<b>25</b> <u>Community Program</u> Mobile Library .....10:30-12:00	<b>26</b> Actin' Up Theatre Troupe ... 12:00	<b>27</b> New Hope Food Distribution .11:30 <u>Community Program</u> Building Better Caregivers ... 9:30 HIIT Workshop.....5:30	<b>28</b> AFEP .....11:00
<b>31</b> Artistic Aesthetics: <i>Painted Rocks Avocado</i> .....1:00				