

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

National Night Out

Come join us for National Night Out. The event features school supply giveaways, free food, informational vendors, demos, and more!

Tuesday, Aug. 1, 6 p.m. - 8 p.m. Fee: FREE

Cooking with Christina

Join Christina as you learn how to create delicious and healthy balanced bowls that are packed with nutrients and flavor.

Wednesday, Aug. 16, 10 a.m. Fee: FREE

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, Aug. 17-31, 9 a.m. - 11:30 a.m.

Fee: FREE

Snack Lab

Whether you are entertaining a crowd or are looking for a creative snack time, Snack Lab has you covered. Learn how to make Watermelon Pizza, Banana Sushi, and Apple Donuts. A knife safety video for children will be shown prior to working with food. The food will be pre-cut, video for education only. Prior registration with payment required.

Tuesday, Aug. 22, 11 a.m. Fee: \$3

Ongoing Programs

Artistic Aesthetics

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

Mondays, 1 p.m.

Jewelry Making, Aug. 7, Fee: FREE

Casual Crafting, Aug. 14,

Fee: \$5 for week access to center crafting materials

Canvas Welcome Sign, Aug. 21, Fee: \$3

Bird Seed Ornament, Aug. 28, 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 Protein: Not Just a Supper Thing. You will also receive a newsletter with recipes and activities related to the monthly topic.

Monday, Aug. 14, 10 a.m. - 11 a.m. Fee: FREE

Maryland Insurance Administration

The Maryland Insurance Administration will be at the Nanjemoy Community Center to discuss available policies with participants and answer questions.

Tuesday, Aug. 15, 10 a.m. - 12 p.m. Fee: FREE

I&A Services and Energy Assistance

Homeowners tax credit discussion prior to appointments. 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, Aug. 24, 9 a.m. Fee: FREE

Painting & Pizza – Kids Welcome

Join us this month and paint a pre-sketchd 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, Aug. 18, 12:30 p.m. Fee: \$8

Health & Fitness Programs

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

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 p.m. - 4 p.m.

Shop the Rack – Community Closet

New and gently use clothing items for free.

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

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

WIC Services

Fridays, Aug. 4 & Aug. 18, 9 a.m. - 4 p.m.

Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesdays, Aug. 15, 10 a.m. - 12:30 p.m.

Fee: FREE

Mobile Food Market

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

Wednesday, Aug. 16, 10 a.m. - 12 p.m.

Fee: FREE - While supplies last

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Aug. 24, 11:30 a.m.

Fee: FREE - While supplies last



The Nanjemoy Community Center is partnering with Recreation and the Charles County Arts Alliance to bring you ArtsCamp. Immerse your child in a week of music, arts, drama, dance, and literature all while having fun! Each day of camp will bring new and exciting avenues to explore with guest speakers and hands-on activities geared towards the ARTS! Ideal for ages 10-14.

Week of Aug. 7 – Aug. 11, 9 a.m. - 4 p.m. • Fee: \$75 (County Resident), \$85 (Non-Resident)

This opportunity is sponsored in part by the Charles County Arts Alliance. Prior registration required through the Department of Recreation at:

https://charlescountymd.myrec.com/info/activities/program_details.aspx?ProgramID=30897

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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 Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Tai Chi11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Coloring Group9:00 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Shop the Rack1:00 Narcotics Anonymous.....3:00 Fitness Flex & Stretch.....10:00 Fitness Fifteen11:15	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP11:00 Walking Club1:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness Total Body Conditioning.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Shop the Rack8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP11:00 Walking Club1:00
	1 <u>Community Program</u> National Night Out6:00	2 Walking Club1:00	3 Senior Tech Appt.....8:30	4 <u>Community Program</u> WIC Services9:00
7 Senior Council Meeting10:00 Artistic Aesthetics: <i>Jewelry Making</i>1:00 <u>Recreation Program</u> ArtsCamp.....9:00	8 <u>Recreation Program</u> ArtsCamp.....9:00	9 <u>Recreation Program</u> ArtsCamp.....9:00	10 Fair Registration Help10:00 Nickel Bingo Canceled <u>Recreation Program</u> ArtsCamp.....9:00	11 <u>Recreation Program</u> ArtsCamp.....9:00
14 Fresh Conversations10:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	15 Maryland Insurance Administration10:00 <u>Community Program</u> Mobile Library10:30–12:00	16 Cooking w/ Christina10:00 <u>Community Program</u> Mobile Food Market10:00	17 Building Better Caregivers ...9:00 Connected Devices2:00	18 Painting & Pizza12:30 <u>Community Program</u> WIC Services9:00
21 Artistic Aesthetics: <i>Canvas Welcome Sign</i>1:00	22 Snack Lab11:00	23 Walking Club1:00	24 I & A Services and Energy Assistance9:00 Building Better Caregivers ...9:00 New Hope Food Distribution11:30	25 AFEP11:00
28 Artistic Aesthetics: <i>Painted Rocks Avocado</i>1:00	29 Coloring Group9:00	30 Walking Club1:00	31 Building Better Caregivers ...9:00 Total Body Conditioning.....11:00	