

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-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, 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.

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 Fitness Tai Chi.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Coloring Group9:00 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Flex & Stretch.....10:00 Fitness Fifteen.....11:15	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP11:00 Walking Club1:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 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 Room.....8:30 Shop the Rack8:30 Lunch12:00 Senior Tech Appts.....8:30 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 Lab.....11:00	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	