

# NANJEMOY SENIOR/COMMUNITY CENTER

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

*Get your Latest SCOOP online!*

## Program Highlights

### A Matter of Balance – 8-Week Workshop

This evidence-based program is designed to reduce the fear of falling and improve activity by viewing falls as controllable, setting goals for activity, making small changes to reduce fall risk, and exercise to increase balance and strength.

Tuesdays, Sep. 5-26, 1 p.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, Sep. 7-21, 9 a.m. - 11:30 a.m.

Fee: FREE

### Heart Smart Education Program

Provided by the University of Maryland Charles Regional Medical Center, this program teaches participants about healthy eating practices to help your cardiovascular system. Offered during lunch. Signup and have lunch with us you become Heart Smart! Wednesday, September 20, 12 p.m. Fee: FREE

### Emergency Preparedness Pop-Up

Free shelf stable meals first come, first serve, while supplies last, with information about being prepared for emergencies.

Thursday, September 21, 10 a.m. Fee: FREE

## Ongoing Programs

### Artistic Aesthetics

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

Mondays, 1 p.m.

Casual Crafting, Sep. 11,

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

Book Stack Art, Sep. 18, Fee: FREE

Jar Lid Pumpkin, Sep. 25, 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 Beating the Silent Killer. You will also receive a newsletter with recipes and activities related to the monthly topic.

Monday, Sep. 11, 10 - 11 a.m. 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. All supplies provided. Space is limited. Prior registration with payment is required.

Friday, Sep. 15, 12:30 p.m. Fee: \$8

### I&A Services & Open Enrollment

Learn about Medicare open enrollment and get help with the process. 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, Sep. 21, 9:30 a.m. Fee: FREE

## 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.

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.

### 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, September 1, 15, & 29, 9 a.m.- 4 p.m.

Fee: FREE

### The Importance of Good

### Communications Skills

Interactive session that uses role play to improve communication skills. Focus is on parents communicating with middle and high school students. Class facilitated by Teen Court with the Charles County Sheriff's Office.

Tuesday, Sep. 5, 6 p.m. Fee: Free

### Ice Cream Sundaes

Hosted by the Nanjemoy Senior Council. Ice Cream flavors include chocolate, strawberry, and vanilla with assorted toppings.

Tuesday, September 19, 11 a.m.-1 p.m. Fee: \$4

### LifeStyles

Learn about emergency financial assistance, get assistance with apply for SNAP benefits, get information about the Water Distribution program, and free toiletries.

Wednesday, Sep. 20, 10 a.m.

Fee: FREE - While supplies last

### Mobile Food Market

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

Wednesday, September 20, 10 a.m.

Fee: FREE - While supplies last

### Caption Call

Learn about a free text call service and phone that could help the hearing impaired.

Thursday, September 21, 12 p.m. Fee: FREE

### Mobile Library

Borrow books, movies, tech every three weeks.

Tuesdays, Sep. 5 & 26, 10 a.m., Fee: FREE

### New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Sep. 28, 11:30 a.m.

Fee: FREE - While supplies last

## Senior Council Bingo Fundraiser

Evening Nickel Bingo offered to the public. Cards in play are a nickel per game. Food and beverages will be available for purchase to benefit the Nanjemoy Senior Council

Friday, Sep. 29, 5 p.m. • Fee: 5¢ per card



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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 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>1</b> <u>Community Program</u> WIC Services .....9:00
<b>4</b> <b>Labor Day</b>  <b>Senior Centers Closed</b>	<b>5</b> <b>A Matter of Balance .....1:00</b> <u>Community Programs</u> Mobile Library .....10:00 <b>The Importance of Good Communication Skills ...6:00</b>	<b>6</b> AFEP .....11:00	<b>7</b> <u>Community Program</u> <b>Building Better Caregivers .....9:00</b>	<b>8</b> Walking Club .....1:00
<b>11</b> Fresh Conversations .....10:00 Artistic Aesthetics: <i>Casual Crafting</i> .....1:00	<b>12</b> <b>A Matter of Balance .....1:00</b>	<b>13</b> <b>Sister Act Trip (Departs from Clark)</b>	<b>14</b> <u>Community Program</u> <b>Building Better Caregivers .....9:00</b>	<b>15</b> Painting & Pizza .....12:30 <u>Community Program</u> WIC Services .....9:00
<b>18</b> Artistic Aesthetics: <i>Book Stack Art</i> .....1:00	<b>19</b> <b>A Matter of Balance .....1:00</b> <u>Community Programs</u> Council Ice Cream Sundae .....11:00 – 1:00	<b>20</b> <b>*Community Day*</b> <u>Community Programs</u> Dept. of Social Services.....10:00 <b>LifeStyles .....10:00</b> Mobile Food Market .....10:00 Heart Smart .....12:00	<b>21</b> I&A Services and Medicare Open Enrollment .....9:30 Emergency Meals .....10:00 <u>Community Program</u> <b>Building Better Caregivers .....9:00</b> Caption Call .....12:00 Connected Devices .....2:00	<b>22</b> AFEP .....11:00
<b>25</b> Artistic Aesthetics: <i>Jar Lid Pumpkin</i> .....1:00	<b>26</b> <b>A Matter of Balance .....1:00</b> <u>Community Program</u> Mobile Library .....10:00	<b>27</b> Walking Club .....1:00	<b>28</b> <u>Community Program</u> New Hope Food Distribution .11:30	<b>29</b> <u>Community Program</u> WIC Services .....9:00 <b>Council Evening Bingo Fundraiser .....5:00</b>