

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 Lunch12:00 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



4 Labor Day  Senior Centers Closed	5 A Matter of Balance1:00 <u>Community Programs</u> Mobile Library10:00 The Importance of Good Communication Skills ...6:00	6 AFEP11:00	7 <u>Community Program</u> Building Better Caregivers9:00	8 Walking Club1:00
11 Fresh Conversations10:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	12 A Matter of Balance1:00	13 Sister Act Trip (Departs from Clark)	14 <u>Community Program</u> Building Better Caregivers9:00	15 Painting & Pizza12:30 <u>Community Program</u> WIC Services9:00
18 Artistic Aesthetics: <i>Book Stack Art</i>1:00	19 A Matter of Balance1:00 <u>Community Programs</u> Council Ice Cream Sundae11:00 – 1:00	20 *Community Day* <u>Community Programs</u> Dept. of Social Services.....10:00 LifeStyles10:00 Mobile Food Market10:00 Heart Smart12:00	21 I&A Services and Medicare Open Enrollment9:30 Emergency Meals10:00 <u>Community Program</u> Building Better Caregivers9:00 Caption Call12:00 Connected Devices2:00	22 AFEP11:00
25 Artistic Aesthetics: <i>Jar Lid Pumpkin</i>1:00	26 A Matter of Balance1:00 <u>Community Program</u> Mobile Library10:00	27 Walking Club1:00	28 <u>Community Program</u> New Hope Food Distribution .11:30	29 <u>Community Program</u> WIC Services9:00 Council Evening Bingo Fundraiser5:00