

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Walk With Ease – 6-Week Workshop

This evidence-based program is designed to reduce arthritis pain, increase balance, strength, and walking pace, and build confidence in your ability to be physically active and help prevent falls.

Tuesdays - Thursdays, Oct. 3 - 31, 9 a.m.

Fee: FREE

A Matter of Balance – 8-Week Workshop

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

Tuesdays, Oct. 3 - 24, 1 p.m. Fee: FREE

Cooking with Christina

Join Christina as we create a beet dish to celebrate Breast Cancer Awareness month.

Thursday, Oct. 12, 10 a.m. Fee: FREE

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, Oct. 27, 5 p.m. Fee: 5¢ per card

Ongoing Programs

Artistic Aesthetics

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

Mondays, 1 p.m.

Scarecrow Wineglass, Oct. 2, Fee: FREE
Blinged Skull, Oct. 16, Fee: \$3

Casual Crafting, Oct. 23,

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

Decorate Bling Pumpkins, Oct 30, Fee: \$3

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 "Know Your Heart Signs." You will also receive a newsletter with recipes and activities related to the monthly topic.

Monday, Oct. 2, 10 a.m. - 11 a.m. Fee: FREE

I&A Services

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, Oct. 19, 9:30 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, Oct. 27, 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



FITNESS

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 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, Oct. 13 & Oct. 27, 9 a.m. - 4 p.m.

Fee: FREE

21st Annual Nanjemoy Heritage Day

Celebrate 21 years of history, family, and fun at our 21st Annual Nanjemoy Heritage Day. Event features a parade and car show, entertainment, vendors, food, and more.

Saturday, Oct. 14, 11:30 a.m. - 3 p.m.

Fee: Prices set by vendors. FREE admission.

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*

Tuesday, Oct. 17, 12 p.m. - 12:45 p.m.

Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Oct. 17, 10 a.m., Fee: FREE

Mobile Food Market

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

Wednesday, Oct. 18, 10 a.m. Fee: FREE - While supplies last

Healthy Relationships

An active discussion and information session that discusses the signs and habits to form a healthy relationship. Focus is on parents communicating with middle and high school students. Class facilitated by Teen Court with the Charles County Sheriff's Office.

Wednesday, Oct. 18, 6 p.m. Fee: FREE

Farmer's Market

Herbert Farms selling produce to the public. Farmer's market vouchers accepted.

Thursday, Oct. 19, 1 p.m.

Fee: Prices set by vendor.

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Oct. 26, 11:30 a.m.

Fee: FREE - While supplies last

NANJEMOY SENIOR/COMMUNITY CENTER

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

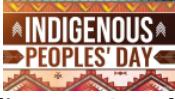
Senior Center Hours: 9 a.m.–3 p.m., Mon–Friday

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 Dominos.....1:00 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 Coloring Group9:00 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP11:00 Walking Club1:00 |
| 2 Fresh Conversations10:00 Artistic Aesthetics: Scarecrow Wineglass.....1:00 | 3 Walk with Ease9:00 A Matter of Balance1:00 | 4 Walk with Ease9:00 | 5 Walk with Ease9:00 <i>Fall Fest at 9 a.m. on the Indian Head Village Green</i> | 6 AFEP.....11:00 |
| 9 Senior Centers Closed  Indigenous Peoples Day Holiday | 10 Walk with Ease9:00 A Matter of Balance1:00 | 11 Walk with Ease9:00 | 12 Walk with Ease9:00 Cooking with Christina .10:00 | 13 Community Program WIC Services9:00 <i>*Saturday, October 14*</i> TOMORROW Heritage Day 11:30-3:00 |
| 16 Artistic Aesthetics: Blinged Skull1:00 | 17 Walk with Ease9:00 Singing, Reading, & Writing Songs12:00 A Matter of Balance1:00 <u>Community Program</u> Mobile Library10:00 | 18 Walk with Ease9:00 <u>Community Programs</u> Mobile Food Market10:00 Healthy Relationships.....6:00 | 19 Walk with Ease9:00 I&A Services.....9:30 <u>Community Program</u> Farmers Market1:00 Connected Devices2:00 | 20 Walking Club1:00 |
| 23 Artistic Aesthetics: Casual Crafting1:00 | 24 Walk with Ease9:00 A Matter of Balance1:00 | 25 Walk with Ease9:00 | 26 Walk with Ease9:00 <u>Community Program</u> New Hope Food Distribution. 11:30 | 27 Painting & Pizza12:30 <u>Community Program</u> WIC Services9:00 Council Evening Bingo Fundraiser5:00 |
| 30 Artistic Aesthetics: Decorate Bling Pumpkin.....1:00 | 31 Walk with Ease9:00 | | |  |