

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.

Monday – Wednesday, Nov. 1 – 29, 9 a.m.

Fee: FREE

Gluten Free

The holiday season is upon us, and many are beginning to plan gatherings and craft menus that will accommodate a myriad of dietary restrictions. November is Gluten Free awareness month. Join Charity, our dietitian nutritionist, for a discussion around the gluten free eating lifestyle and ways to remember your gluten free friends in your holiday menu planning this year.

Wednesday, Nov. 15, 1 p.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, Nov. 17, 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.

Farmhouse Wreath, Nov. 6, Fee: \$4

Casual Crafting, Nov. 13 & 27,

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

Thanksgiving Centerpiece, Nov. 20, Fee: \$4

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 "Fat can be Heart Healthy." You will also receive a newsletter with recipes and activities related to the monthly topic.

Monday, Nov. 13, 10 – 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, Nov. 16, 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, Nov. 17, 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

Core Fitness

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 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

Embracing Compassion – Field Trip

Long before computers, video games, or even books, people told stories. Stories are the world's oldest and most effective tool for teaching and communicating since they

enter our heart by engaging our imagination.

In her assemblies, Noa Baum invites students to listen deeply, imagine, connect, and empathize. At this critical time when we need to not only embrace diversity but also to understand it, Noa gives students the opportunity to see the world from multiple perspectives and to consider their role in making the world kinder and more just.

Students walk away challenged to pass Noa's stories on and to tell their own. This opportunity is fully funded by the Charles County Arts Alliance. Prior registration required through the Nanjemoy Community Center

Wednesday, Nov. 8, 12 p.m. - 12:45 p.m.

Fee: FREE

WIC Services

Fridays, Nov. 3 & 17, 9 a.m. - 4 p.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Nov. 7 & 28, 10 a.m. Fee: FREE

Vaccine Clinic

Charles County Health Department facilitating COVID and flu vaccines. Walk-ins welcome or register for an appointment on the Health Department's website.

Wednesday, Nov. 15, 9:30 a.m. Fee: FREE

Department of Social Services

Walk-in services.

Wednesday, Nov. 15, 10 a.m. Fee: FREE

Mobile Food Market

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

Wednesday, Nov. 15, 10 a.m.

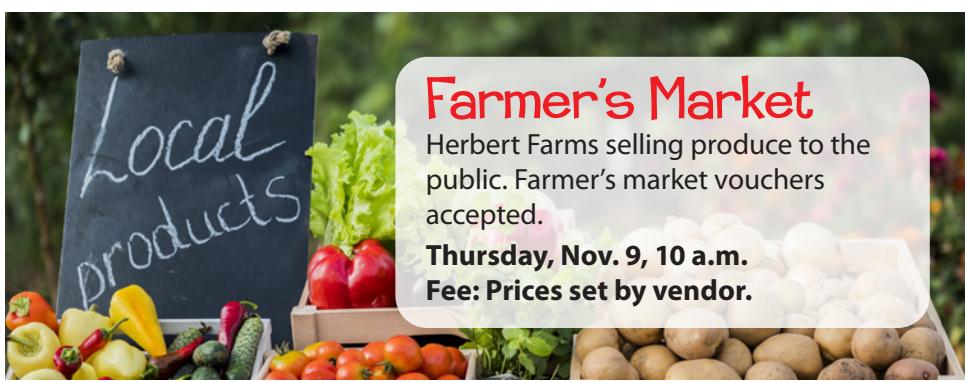
Fee: FREE - While supplies last

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Nov. 16, 11:30 a.m.

Fee: FREE - While supplies last



Farmer's Market

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

Thursday, Nov. 9, 10 a.m.

Fee: Prices set by vendor.

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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.....11:05	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 Coloring Group9:00 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP11:00 Walking Club1:00
		1 Walk with Ease9:00	2 Nickle Bingo.....12:30	3 Community Program WIC Services9:00
6 Walk with Ease9:00 Senior Council Meeting10:00 Artistic Aesthetics: <i>Farmhouse Wreath</i>1:00	7 Walk with Ease9:00 Open Enrollment Computer Lab9:00 <u>Community Program</u> Mobile Library.....10:00	8 Walk with Ease9:00	9 Community Program Farmer's Market.....10:00 New Hope Food Distribution .11:30	10 Veterans Day Holiday  All Senior Centers Closed
13 Walk with Ease9:00 Fresh Conversations10:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	14 Walk with Ease9:00 Council Thanksgiving Luncheon12:00	15 Walk with Ease9:00 Gluten Free.....1:00 <u>Community Day Programs</u> Vaccine Clinic.....9:30 Mobile Food Market....10:00 Dept. of Social Services .10:00	16 I&A Services9:30 <u>Community Program</u> New Hope Food Distribution11:30	17 Community Program WIC Services9:00 Painting & Pizza12:30 Council Evening Bingo Fundraiser5:00
20 Walk with Ease9:00 Artistic Aesthetics: <i>Thanksgiving Centerpiece</i>1:00	21 Walk with Ease9:00 Nutrition Education1:00	22  All Senior Centers Closed	23  All Senior Centers Closed	24  All Senior Centers Closed
27 Walk with Ease9:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	28 Walk with Ease9:00 <u>Community Program</u> Mobile Library.....10:00	29 Walk with Ease9:00 Walking Club1:00	30	