

# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### Holiday Makeup Tutorial

Learn tips and tricks on how to perfect a holiday makeup look. Skills include soft sculpting with contour and highlight, and evening eye techniques.

Wednesday, Dec. 6, 1 p.m. Fee: FREE

### White Elephant Nickel Bingo

What could be more fun than nickel bingo? How about White Elephant nickel bingo. All the thrill of winning prizes and stealing presents. Participants should bring one wrapped gift valued at \$10 for the event.

Thursday, Dec. 7, 12:45p.m.

Fee: 5¢ per card & \$10 value wrapped gift

### Deep Launching Holiday Resource Day

Deep Launching, Inc. is a 501(c)3 organization that provides aid to underprivileged families. They will be facilitating a Holiday Resource Day giving away toys, household items, clothes, toiletries and more. The distribution is free. If you are interested in volunteering to help with this event, please contact the center at 301-246-9612.

Saturday, Dec. 9, 12-3 p.m. Fee: FREE

### Holiday Appetizers

Learn to make and taste 3 holiday appetizers. Best of all, no cooking required!

Tuesday, Dec. 12, 1 p.m. Fee: FREE

### Diabetes 101

This class is facilitated by the University of Maryland Charles Regional Medical Center. Learn about the basic principles of managing diabetes, insulin administration, and glucometer teaching.

Wednesday, Dec. 20, 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, 1:00 p.m.

Pizza Pan Grinches, Dec. 4, Fee: \$4

Casual Crafting, Dec. 11, Fee: \$5 for week access to center crafting materials

Can Santa, Dec. 18, 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, Dec. 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

### 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

### WIC Services

Fridays, Dec. 1, 15, & 29, 9 a.m.-4 p.m.

Fee: FREE

### Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Dec. 19, 10:30 a.m. Fee: FREE

### Mobile Food Market

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

Wednesday, Dec. 20, 10 a.m.

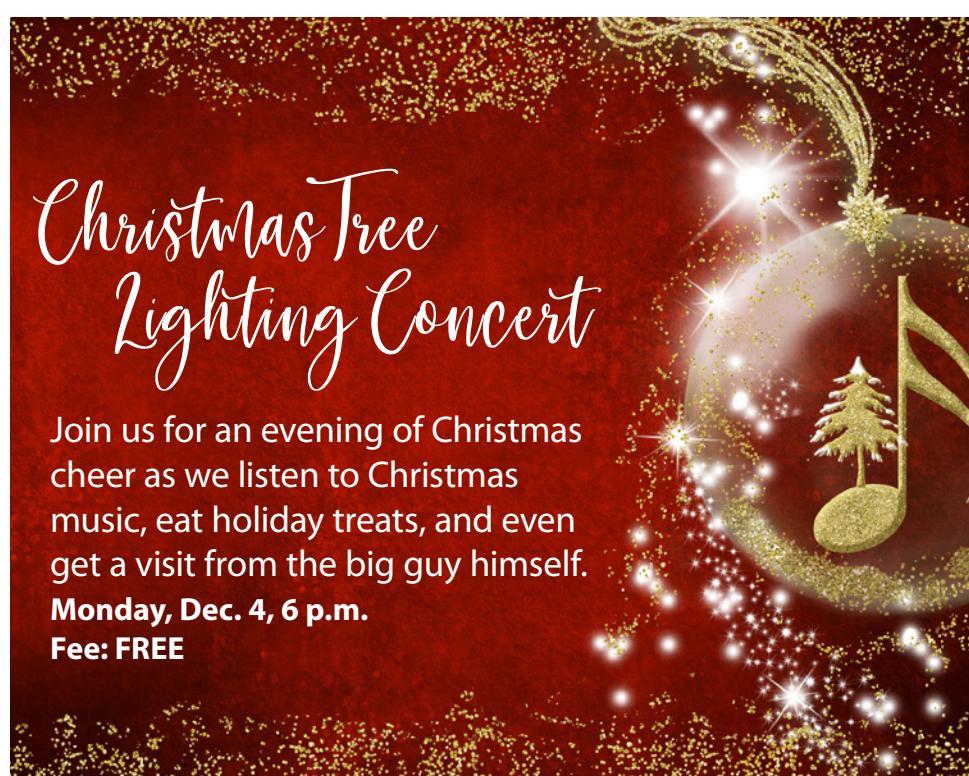
Fee: FREE - While supplies last

### New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Dec. 28, 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 <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 Lunch .....12:00 Coloring Group .....9:00 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00 <b>Fitness</b> Flex & Stretch.....10:00 Core Fitness .....11:05	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 Lunch .....12:00 Senior Tech Appts.....8:30 Coloring Group .....9:00 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00 <b>Fitness</b> AFEP .....11:00 Walking Club .....1:00

# HAPPY HOLIDAYS

Happy Holidays!

<b>4</b> Senior Council Meeting .....10:00 Artistic Aesthetics: <i>Pizza Pan Grinches</i> .....1:00 <u>Community Program</u> <b>Christmas Tree Lighting Concert</b> .....6:00	<b>5</b> Shop the Rack .....1:00	<b>6</b> <b>Holiday Makeup Tutorial</b> .1:00	<b>7</b> White Elephant Nickel Bingo .....12:45	<b>1</b> <u>Community Program</u> WIC Services .....9:00  <b>AFEP Canceled</b>
<b>11</b> Fresh Conversations .....10:00 Artistic Aesthetics: <i>Casual Crafting</i> .....1:00	<b>12</b> <b>Holiday Appetizers</b> .....1:00	<b>13</b> AFEP .....11:00	<b>14</b> <b>JC's Christmas Party</b>  <b>All Centers Closed</b>	<b>8</b> Deep Launching Holiday Resource Day Tomorrow, 12/9, 12 p.m. to 3 p.m.  Senior Centers are closing at 12 p.m. today.
<b>18</b> Artistic Aesthetics: <i>Can Santa</i> .....1:00	<b>19</b> <u>Community Program</u> Mobile Library .....10:30	<b>20</b> <u>Community Day Programs</u> Mobile Food Market .....10:00 <b>Diabetes 101</b> .....10:00	<b>21</b> I&A Services .....9:30	<b>15</b> <u>Community Program</u> WIC Services .....9:00 Raffle Basket Drawing .....2:00  <b>AFEP Canceled</b>
<b>25</b> <b>Christmas Holiday</b>  <b>All Centers Closed</b>	<b>26</b> <b>Christmas Holiday</b>  <b>All Centers Closed</b>	<b>27</b> Walking Club .....1:00  <b>AFEP Canceled</b>	<b>28</b> <u>Community Program</u> New Hope Food Distribution .11:30	<b>22</b> <b>Christmas Holiday</b>  <b>All Centers Closed</b>
				<b>29</b> <u>Community Program</u> WIC Services .....9:00  <b>AFEP Canceled</b>