

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

Shelf Stable Chef

The Maryland Food Bank provides us an awesome selection of shelf stable foods every month. Learn how to prepare multiple food items and sample some options. Prior signup is required.

Wednesday, Jan. 9, 11 a.m. Fee: FREE

Let's Take a Trip

This month let's learn about the United Kingdom including historical, geographical, and other interesting facts. We will also sample some UK cuisine! Prior signup is required.

Wednesday, Jan. 17, 1 p.m. Fee: FREE

Pizza, Painting, and PJ Party

Intergenerational event. All ages welcome! Come join us for an evening of art and fun! The activity features a pizza dinner (2 slices), fresh fruit and veggies with dip, and an ice cream sundae bar for dessert. The painting design will be resketched on black canvas and completed with UV glow-in-the-dark paint (glows under black light). Prior signup is required. Limited space available.

Friday, Jan. 19, 6 p.m. Fee: \$15

Spa Day

Enjoy a 10-minute seated massage by a licensed massage therapist by appointment only. Other goodies include snacks, aromatherapy, sheet masks, and more. Participation is by prior registration only with a massage appointment. Limited appointments available.

Monday, Jan. 22, 11 a.m. Fee: \$12

New Year Better You

See page 14 for more information.

Wednesday, Jan. 24, 1 p.m. Fee: FREE

Ongoing Programs

Artistic Aesthetics

Weekly project to express your creativity. Fee due at registration. Prior signup is required. Limited space available.

Mondays, 1 p.m.

Pinecone Swans, January 8, Fee: FREE

Crystal Shells, January 22, Fee: \$3

Yarn Puppies, January 29, 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, Jan. 18, 9:30 a.m. Fee: FREE

Health & Fitness Programs

Tai Chi for Arthritis **NEW TIME**

Evidence-based exercise program. Based on sun-style tai chi. Gentle stretching and balancing exercises to improve stamina and movement. Modifications available.

Mondays, 10 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) **NEW DAYS & TIMES**

Evidence-based exercise program. Gentle stretching with cardio and strength training exercises. Designed to get a full body workout with consideration given to those with mobility impairments.

Wednesdays & Thursdays, 10 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!!

WIC Services

Fridays, Jan. 5 & 19, 9 a.m. - 4 p.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Jan. 9 & 30, 10:30 a.m., Fee: FREE

Mobile Food Market

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

Wednesday, Jan. 17, 10 a.m.

Fee: FREE - While supplies last

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Jan. 25, 11:30 a.m.

Fee: FREE - While supplies last

Billiard/Game Room

Monday-Friday, 8:30 a.m. - 4:30 p.m.

Fee: FREE

Computer Lab

Print, copy, fax services available.

Fee: 10¢ per side.

Monday-Friday, 8:30 a.m. - 4:30 p.m.

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



Friday Films

Friday films are back and during lunch. Keep warm and cozy while watching movies with friends. Selections will be made available each day. Snacks will be provided.

Fridays, Jan. 5-26, 12 p.m.

Fee: FREE

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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 Fitness Tai Chi.....10:00	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 Shop the Rack1:00 Fitness Flex & Stretch.....10:00 Core Fitness11:15	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 AFEP10:00 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 AFEP10:00 Total Body Conditioning.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Shop the Rack8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club1:00
1 New Year's Day Happy New Year!!  Centers Closed	2 New Year's Day Happy New Year!!  Centers Closed	3 AFEP11:00	4 AFEP11:00	5 Friday Films12:00 <u>Community Program</u> WIC Services9:00
8 Senior Council Meeting10:00 Artistic Aesthetics: <i>Pinecone Swans</i>1:00	9 Shelf Stable Chef11:00 <u>Community Program</u> Mobile Library10:30	10 Senior Tech Appts.....8:30	11 Nickel Bingo.....12:45	12 Friday Films12:00
15 Martin Luther King Day  Centers Closed	16 Flex & Stretch.....10:00	17 Let's Take a Trip1:00 <u>Community Day Programs</u> Mobile Food Market10:00	18 I&A Services9:30	19 Friday Films12:00 <u>Community Program</u> WIC Services9:00 Pizza, Painting, and PJ Party6:00
22 Spa Day11:00 Artistic Aesthetics: <i>Crystal Shells</i>1:00	23 Core Fitness11:05	24 New Year Better You1:00	25 New Hope Grocery Distribution11:30	26 Friday Films12:00
29 Artistic Aesthetics: <i>Yarn Puppies</i>1:00	30 <u>Community Program</u> Mobile Library10:30	31 AFEP11:00		