

# 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 <b>Fitness</b> Tai Chi .....10:00	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 Shop the Rack .....1:00 Narcotics Anonymous.....3:00 <b>Fitness</b> Flex & Stretch.....10:00 Core Fitness .....11:15	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 .....10:00 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> AFEP .....10:00 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 Senior Tech Appts .....8:30 Lunch .....12:00 Dominos.....1:00 Games/Puzzles .....1:00 <b>Fitness</b> Walking Club .....1:00
<b>1</b> <b>New Year's Day</b> <b>Happy New Year!!</b>  <b>Centers Closed</b>	<b>2</b> <b>New Year's Day</b> <b>Happy New Year!!</b>  <b>Centers Closed</b>	<b>3</b> AFEP .....11:00	<b>4</b> AFEP .....11:00	<b>5</b> <b>Friday Films .....12:00</b> <u>Community Program</u> WIC Services .....9:00
<b>8</b> Senior Council Meeting .....10:00 Artistic Aesthetics: <i>Pinecone Swans</i> .....1:00	<b>9</b> <b>Shelf Stable Chef.....11:00</b> <u>Community Program</u> Mobile Library.....10:30	<b>10</b> Senior Tech Appts.....8:30	<b>11</b> Nickel Bingo.....12:45	<b>12</b> <b>Friday Films .....12:00</b>
<b>15</b> <b>Martin Luther King Day</b>  <b>Centers Closed</b>	<b>16</b> Flex & Stretch.....10:00	<b>17</b> <b>Let's Take a Trip.....1:00</b> <u>Community Day Programs</u> Mobile Food Market.....10:00	<b>18</b> I&A Services.....9:30	<b>19</b> <b>Friday Films .....12:00</b> <u>Community Program</u> WIC Services .....9:00 <b>Pizza, Painting, and PJ Party .....6:00</b>
<b>22</b> <b>Spa Day.....11:00</b> Artistic Aesthetics: <i>Crystal Shells</i> .....1:00	<b>23</b> Core Fitness .....11:05	<b>24</b> <b>New Year Better You.....1:00</b>	<b>25</b> New Hope Grocery Distribution .....11:30	<b>26</b> <b>Friday Films .....12:00</b>
<b>29</b> Artistic Aesthetics: <i>Yarn Puppies</i> .....1:00	<b>30</b> <u>Community Program</u> Mobile Library.....10:30	<b>31</b> AFEP .....11:00		