

# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

## Program Highlights



### Friday Films – African Queens

In celebration of Black History Month, join us for this four-part documentary series about Queen Njinga. Snacks provided. Prior signup is required.

Fridays, Feb. 2-23, 12 p.m., Fee: FREE

### Shelf Stable Chef:

#### Valentine's Dinner Edition

Who says date night has to be expensive? Make a romantic meal for two using items in the Maryland Food Bank shelf stable box. Samples provided. Prior signup is required.

Tuesday, Feb. 6, 11 a.m., Fee: FREE

### Valentine's Day Painting

How romantic! Paint a pre-sketches 8x10" canvas with a Valentine's themed design. Invite your friends or loved ones to join in the fun. Snacks provided. Prior signup is required. All ages are welcome!

Wednesday, Feb. 14, 1 p.m., Fee: \$5

### Let's Take a Trip

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

Tuesday, Feb. 20, 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.

Decorating Valentine's Cookies, Feb. 5,  
Fee: FREE

Book Purses, Feb. 26, Fee: \$4

### 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, Feb. 15, 9:30 a.m. Fee: FREE

## Health & Fitness Programs

### Tai Chi for Arthritis

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)

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!!

### 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.

get motivated

# FITNESS

### 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, 3-4 p.m.

### Shop the Rack – Community Closet

New and gently used clothing items for free.

Tuesdays, 1-4:30 p.m. &

Fridays, 8:30 a.m.-4:30 p.m. Fee: FREE

### WIC Services

Fridays, Feb. 3 & 16, 9 a.m.-4 p.m. Fee: FREE

### Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Feb. 20, 10:30 a.m., Fee: FREE

### Mobile Food Market

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

Wednesday, Feb. 21, 10 a.m.

Fee: FREE - While supplies last

### New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Feb. 22, 11:30 a.m.

Fee: FREE - While supplies last

## MARDI GRAS INTERGENERATIONAL PARTY

Join us for a special Mardi Gras celebration. Entertainment fully sponsored by the Charles County Arts Alliance. Entertainment features Ugandan instruments, learning a song in Luganda, and storytelling. Catered meal of African cuisine will be provided. Prior signup is required. All ages are welcome!

**Tuesday, Feb. 13, 11 a.m-1 p.m., • Fee: \$15**



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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	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> AFEP .....10:00	<b>2</b> <b>Friday Films:</b> <b>African Queens .....12:00</b> <u>Community Program</u> WIC Services .....9:00
<b>5</b> Senior Council Meeting .....10:00 Artistic Aesthetics: <i>Decorating Valentine's</i> <i>Cookies.....1:00</i>	<b>6</b> <b>Shelf Stable Chef:</b> <b>Valentine's Dinner</b> <b>Edition .....11:00</b>	<b>7</b> AFEP .....10:00	<b>8</b> Nickel Bingo.....12:45	<b>9</b> <b>Friday Films:</b> <b>African Queens .....12:00</b>
<b>12</b> <b>Holiday</b> <b>All Senior Centers</b> <b>Closed</b>	<b>13</b> <b>Mardi Gras Intergenerational</b> <b>Party.....11:00</b>	<b>14</b> <b>Valetine's Day Painting ..1:00</b>	<b>15</b> I&A Services.....9:30 <b>Buffett Bingo at Jaycees</b>	<b>16</b> <b>Friday Films:</b> <b>African Queens .....12:00</b> <u>Community Program</u> WIC Services .....9:00
<b>19</b> <b>President's Day</b> <b>Holiday</b>  <b>All Senior Centers Closed</b>	<b>20</b> <b>Let's Take a Trip.....1:00</b> <u>Community Program</u> Mobile Library .....10:30	<b>21</b> <u>Community Day Programs</u> Mobile Food Market .....10:00	<b>22</b> New Hope Grocery Distribution .....11:30	<b>23</b> <b>Friday Films:</b> <b>African Queens .....12:00</b>
<b>26</b> Artistic Aesthetics: <i>Book Purses.....1:00</i>	<b>27</b> Flex & Stretch.....10:00	<b>28</b> AFEP .....10:00	<b>29</b> Nickel Bingo.....12:45	