

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-sketched 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 use clothing items for free.

Tuesdays, 1-4:30 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 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 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	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 Lunch12:00 Senior Tech Appts.....8:30 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club1:00



5 Senior Council Meeting10:00 Artistic Aesthetics: <i>Decorating Valentine's Cookies</i>1:00	6 Shelf Stable Chef: Valentine's Dinner Edition11:00	7 AFEP10:00	8 Nickel Bingo.....12:45	9 Friday Films: African Queens12:00
12 Holiday All Senior Centers Closed  All Senior Centers Closed	13 Mardi Gras Intergenerational Party.....11:00	14 Valetine's Day Painting ..1:00	15 I&A Services.....9:30 Buffett Bingo at Jaycees	16 Friday Films: African Queens12:00 Community Program WIC Services9:00
19 President's Day Holiday  All Senior Centers Closed	20 Let's Take a Trip.....1:00 Community Program Mobile Library10:30	21 Community Day Programs Mobile Food Market10:00	22 New Hope Grocery Distribution11:30	23 Friday Films: African Queens12:00
26 Artistic Aesthetics: <i>Book Purses</i>1:00	27 Flex & Stretch.....10:00	28 AFEP10:00	29 Nickel Bingo.....12:45	