

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

Program Highlights

NEW FITNESS CLASS Tai Chi

Welcome to Randy Schoh as brings his expertise to Nanjemoy leading our new Tai Chi class.

Tuesdays, 10 a.m. Fee: Fitness Pass

Introduction to Herbalism

Learn about the benefits of plants and herbs.
Monday, Apr. 15, 1 p.m. Fee: FREE

Dept. of Social Services

Walk-ins accommodated.
Wednesday, Apr. 17, 10 a.m. Fee: FREE

CarFit

Thirty-minute appointments available to have your car settings modified to best fit your ergonomic and mobility needs. Appointment required. Call 301-246-9612 to schedule.

Wednesday, Apr. 17, 10 a.m. Fee: FREE

Earth Day Meditation

Connecting to mother earth is a great way to let go, breathe, and realign to yourself and purpose. Outdoors preferred. Led by Debi Shanks.

Thursday, Apr. 18, 10:30 a.m. Fee: FREE

Seated Massage for Seniors

Enjoy a 10-minute seated massage by a licensed massage therapist by appointment only.

Monday, Apr. 29, 11 a.m. Fee: FREE

Mother's Day Tea

Join us for freshly prepared food, live entertainment, money raffle, and more. This event is hosted by the Nanjemoy Senior Center Council. Event tickets are on sale now and can be purchased through council members.

Wednesday, May 8, 11 a.m.

Fee: \$12 paid to the Nanjemoy Senior Center Council

Ongoing Programs

Artistic Aesthetics

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

Mondays, 1:00 p.m., Fee: \$5
Casual Crafting, Apr. 1,
Upcycle an Old Painting, Apr. 8, Fee: FREE
Casual Crafting, Apr. 15, Fee: \$5
Mini Photo Journals, Apr. 22, Fee: FREE
Hat Centerpieces for Mother's Day,
Apr. 29, 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, Apr. 18, 9:30 a.m. Fee: FREE

Nickel Bingo

Join us for bingo every week!

Thursdays, 12:45 p.m. Fee: 5¢ per card.

Health & Fitness Programs

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. Video may be used as needed.

Mondays & Wednesdays, 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

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 adults 18+ independent use. Like us on Facebook!!

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Apr. 2 & 23, 10:30 a.m. Fee: FREE

WIC Services

Fridays, Apr. 12 & 26, 9 a.m.-4 p.m. Fee: FREE

Mobile Food Market

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

Wednesday, Apr. 17, 12 p.m. Fee: FREE

While supplies last

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Apr. 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.

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, 3-4 p.m.

Shop the Rack - Community Closet

New and gently use clothing items for free.

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

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

Recreation Programs

Register for Recreation Programming online at: <https://charlescountymd.myrec.com/info/facilities/details.aspx?FacilityID=14733>

Exploding Volcanoes

Ages 3-5 first session and ages 6-9 second session.

Wednesday, Apr. 10, 2-2:45 p.m. & 3-3:45 p.m.

Fee: \$15

Toddler & Future Chef

Ages 2-6 first session and ages 7-12 second session.

Tuesday, Apr. 16, 6-6:45 p.m. & 7-7:45 p.m.

Fee: \$12

Move & Groove

Ages 2-5.

Friday, Apr. 26, 10-10:45 a.m. Fee: FREE

Storytime

Ages 2-5.

Friday, Apr. 26, 11-11:45 a.m. Fee: FREE

Senior Council Bingo Fundraiser

Join us for an evening of nickel bingo with the Nanjemoy Senior Center Council. Food sales at the event to benefit the senior council on behalf of the Nanjemoy Senior and Community Center.

Friday, Apr. 19, 5-7 p.m. Fee: 5¢ per card

Food prices are determined by the council.



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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 Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00 | Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Shop the Rack1:00 Narcotics Anonymous.....3:00 Fitness Flex & Stretch.....10:00 Core Fitness11:15 | Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00 Walking Club11:00 | Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts8:30 Lunch12:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness Tai Chi10:00 Total Body Conditioning.....11:00 | Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Shop the Rack8:30 Senior Tech Appts8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club1:00 |
| 1 Artistic Aesthetics: <i>Casual Crafting</i>1:00 | 2 <u>Community Program</u> Mobile Library10:30 | 3 AFEP10:00 | 4 Tai Chi10:00 | 5 Walking Club1:00 |
| 8 Senior Council Meeting10:00 Artistic Aesthetics: <i>Upcycle an Old Painting</i>1:00 | 9 Flex & Stretch.....10:00 | 10 <u>Recreation Program</u> Exploding Volcanoes2:00 Exploding Volcanoes3:00 | 11 Total Body Conditioning.....11:00 | 12 <u>Community Program</u> WIC Services9:00 |
| 15 <u>Introduction to Herbalism</u>1:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00 | 16 <u>Recreation Program</u> Toddler Chef6:00 Future Chef7:00 | 17 CarFit10:00 <u>Community Programs</u> Dept. of Social Services .10:00 Mobile Food Market12:00 CLOSING AT 2:00 | 18 I&A Services.....9:30 Earth Day Meditation...10:30 | 19 Senior Council Bingo Fundraiser5:00 |
| 22 Artistic Aesthetics: <i>Mini Photo Journals</i>1:00 | 23 <u>Community Program</u> Mobile Library10:30 | 24 Scam Jam at Richard R. Clark.....9:00 | 25 New Hope Grocery Distribution11:30 | 26 <u>Community Program</u> WIC Services9:00 <u>Recreation Program</u> Move & Groove10:00 Storytime.....11:00 |
| 29 Seated Massage for Seniors11:00 Artistic Aesthetics: <i>Hat Centerpieces for Mother's Day</i>1:00 | 30 Flex & Stretch.....10:00 |  | | |