

# 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.,  
Casual Crafting, Apr. 1, Fee: \$5  
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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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> 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 Dominos.....1:00 Games/Puzzles.....1:00 <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 .....11:00	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> Tai Chi .....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> Artistic Aesthetics: <i>Casual Crafting</i> .....1:00	<b>2</b> <u>Community Program</u> Mobile Library .....10:30	<b>3</b> AFEP .....10:00	<b>4</b> Tai Chi .....10:00	<b>5</b> Walking Club .....1:00
<b>8</b> Senior Council Meeting .....10:00 Artistic Aesthetics: <i>Upcycle an Old Painting</i> .....1:00	<b>9</b> Flex & Stretch.....10:00	<b>10</b> <b>Recreation Program</b> <b>Exploding Volcanoes</b> ....2:00 <b>Exploding Volcanoes</b> ....3:00	<b>11</b> Total Body Conditioning.....11:00	<b>12</b> <u>Community Program</u> WIC Services .....9:00
<b>15</b> Introduction to Herbalism .....1:00 Artistic Aesthetics: <i>Casual Crafting</i> .....1:00	<b>16</b> <u>Recreation Program</u> Toddler Chef .....6:00 Future Chef .....7:00	<b>17</b> CarFit .....10:00 <u>Community Programs</u> <b>Dept. of Social Services</b> .10:00 Mobile Food Market .....12:00 <b>CLOSING AT 2:00</b>	<b>18</b> I&A Services.....9:30 <b>Earth Day Meditation</b> ..10:30	<b>19</b> Senior Council Bingo Fundraiser .....5:00
<b>22</b> Artistic Aesthetics: <i>Mini Photo Journals</i> .....1:00	<b>23</b> <u>Community Program</u> Mobile Library .....10:30	<b>24</b> <b>Scam Jam at</b> <b>Richard R. Clark</b> .....9:00	<b>25</b> New Hope Grocery Distribution .....11:30	<b>26</b> <u>Community Program</u> WIC Services .....9:00  <b>Recreation Program</b> <b>Move &amp; Groove</b> .....10:00 Storytime.....11:00
<b>29</b> <b>Seated Massage</b> <b>for Seniors</b> .....11:00 Artistic Aesthetics: <i>Hat Centerpieces for</i> <i>Mother's Day</i> .....1:00	<b>30</b> Flex & Stretch.....10:00			