

# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### National Night Out

Come join us for National Night Out. The event features school supply giveaways, free food, informational vendors, demos, and more!

Tuesday, Aug. 6, 6 p.m.-8 p.m. Fee: FREE

### UME Master Gardeners

Come and learn how to prepare your garden for fall along with adding pollinators to feed the bees.

Wednesday, Aug. 14, 10:00 a.m. Fee: FREE

### Lunch with Brittney

Come have lunch with our Nutrition Specialist Brittney to learn how our meals are put together for our seniors and share feedback. Prior sign up is required.

Wednesday, Aug. 14, 11:30 a.m.

Fee: Lunch Donation

### Fair Registration

Get assistance entering your items for the 100th Charles County Fair with Elizabeth Phipps our Centers Administrator.

Tuesday, Aug. 20, 10 a.m. to 12 p.m. Fee: FREE

### Shelf Stable Chef

Learn how to use your box of shelf stable supplies for a quick and tasty snack.

Prior sign up is required.

Wednesday, Aug. 28, 11 a.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, 1:00 p.m.,

Casual Crafting, Aug. 5 Fee: FREE

Coastal Sconces, Aug. 12 Fee: \$5

Casual Crafting, Aug. 19 Fee: FREE

Side Table, Aug. 26 Fee: \$5

### I&A Services

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds. See Staff or call 301-934-6737 for an appointment.

Thursday, Aug. 22, 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 & Fridays, 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

### Tai Chi

Yang Style Tai Chi 24 form. This style uses upright movements and covers 20 different postures.

Thursdays, 10 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!!*

### WIC Services

Fridays, Aug. 2 & 16, 9 a.m.-4 p.m. Fee: FREE

### Southern Maryland Food Bank

The Southern Maryland Food Bank will be giving away free hot meals, first come, first served with a family limit of 7 meals. Meals will be served out of a food truck in the front parking lot. The center will not be indoor accessible after hours.

Monday, Aug. 5, 5 p.m. Fee: FREE

### Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Aug. 6 & 27, 10:30 a.m. Fee: FREE

### National Night Out

Come join us for National Night Out. The event features school supply giveaways, free food, informational vendors, demos, and more!

Tuesday, Aug. 6, 6 p.m. - 8 p.m. Fee: FREE

### Community Day

Come visit us for Community Day to connect with the Department of Social Services and shop with the Mobile Food Market.

Wednesday, Aug. 21, 10:00 a.m.

### New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Aug. 29, 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. Fee: FREE

### 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

*Prior registration required through the Department of Recreation at: [https://charlescountymd.myrec.com/info/activities/program\\_details.aspx?ProgramID=30897](https://charlescountymd.myrec.com/info/activities/program_details.aspx?ProgramID=30897).*

### ArtsCamp

The Nanjemoy Community Center is partnering with Recreation and the Charles County Arts Alliance to bring you ArtsCamp. Immerse your child in a week of music, arts, drama, dance, and literature all while having fun! Each day of camp will bring new and exciting avenues to explore with guest speakers and hands-on activities geared towards the ARTS! Ideal for ages 10-14.

Week of Aug. 5 – Aug. 9, 9 a.m. - 4 p.m.

Fee: \$75 (County Resident),

\$85 (Non-Resident)

*This opportunity is sponsored in part by the Charles County Arts Alliance.*

### Nuthin Basic Design Camp

There is nothing better than creating your own looks and apparel that represents your unique style. Come learn how to make custom pieces of apparel and tumblers using sublimation techniques and various vinyl selections. Each day participants will learn new techniques to equip them with the knowledge and skills to understand different materials and equipment, create one-of-a-kind designs, and trouble shoot common programs.

Week of Aug. 12-16, 9 a.m.-12 p.m.

Ages: 11-17

Fees: County Resident \$125,

Non-County Resident \$135

**\*Workshop requires participants to have a laptop, tablet, or smart phone to utilize applications. All other materials are provided.**

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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> 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> 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> AFEP .....10:00 Walking Club.....1:00



<b>5</b> Senior Council Meeting .....10:00 Artistic Aesthetics: <i>Casual Crafting</i> .....1:00 <u>Community Program</u> <b>Hot Meals</b> .....5:00 <u>Recreation Program</u> <b>ArtsCamp</b> .....9:00	<b>6</b> <u>Community Program</u> Mobile Library .....10:30 National Night Out .....6:00 <u>Recreation Program</u> <b>ArtsCamp</b> .....9:00	<b>7</b> <u>Recreation Program</u> <b>ArtsCamp</b> .....9:00	<b>8</b> <u>Recreation Program</u> <b>ArtsCamp</b> .....9:00  <b>No Nickel Bingo</b>	<b>9</b> <u>Recreation Program</u> <b>ArtsCamp</b> .....9:00
<b>12</b> Artistic Aesthetics: <i>Coastal Scones</i> .....1:00 <u>Recreation Program</u> <b>Nuthin Basic</b> <b>Design Camp</b> .....9:00	<b>13</b> <u>Recreation Program</u> <b>Nuthin Basic</b> <b>Design Camp</b> .....9:00	<b>14</b> Master Gardeners .....10:00 Lunch with Brittney .....11:30 <b>Senior Farmer's Market Nutrition Program Distribution</b> .....1:00 <u>Recreation Program</u> <b>Nuthin Basic</b> <b>Design Camp</b> .....9:00	<b>15</b> <u>Recreation Program</u> <b>Nuthin Basic</b> <b>Design Camp</b> .....9:00	<b>16</b> <u>Community Program</u> WIC Services .....9:00
<b>19</b> Artistic Aesthetics: <i>Casual Crafting</i> .....1:00	<b>20</b> Fair Registration .....10:00	<b>21</b> <u>Community Programs</u> <b>Dept. of Social Services</b> .10:00 Maryland Food Bank. ....12:00	<b>22</b> I & A Services .....9:30	<b>23</b> Walking Club .....1:00
<b>26</b> Artistic Aesthetics: <i>Side Tables</i> .....1:00	<b>27</b> <u>Community Program</u> Mobile Library .....10:30	<b>28</b> Shelf Stable Chef .....11:00	<b>29</b> <u>Community Program</u> New Hope Food Distribution .....11:30	<b>30</b> Billiards.....8:30

## Save the Date: Senior Centers Spirit Week and Talent Show

Calling all senior center members! It is time to show your senior center pride and bust out your best talent for our first ever Spirit Week and Talent Show! Spirit Week will be the week of Sept. 23-27 and will come to a grand end with a Talent Show on Sept. 27 at the Nanjemoy Community Center. More details to come in the Sept. SCOOP.