

# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### Deep Launching Holiday Resource Day

Deep Launching, Inc. is a 501 C3 organization that provides aid to underprivileged families. They will be facilitating a Holiday Resource Day giving away toys, household items, clothes, toiletries and more. The distribution is free. If you are interested in volunteering to help with this event, please contact the center at 301-246-9612.

Saturday, Dec. 7, 12-3 p.m. Fee: Free

### Senior Council Bingo Fundraiser

Evening 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, Dec. 13, 5-7 p.m. Fee: 5¢ per card

### Let's Take a Trip

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

Tuesday, Dec. 17, 1 p.m. Fee: FREE

### Ugly Christmas Sweater Bingo

Wear your best "ugly sweater" for an extra "free card" for this fun and spirited bingo.

Thursday, Dec. 19, 12:45 p.m. Fee: .5 per card

### Friday Films

Start preparing for the holiday fun with this seasonal favorite film, A Castle for Christmas, while enjoying snacks.

Friday, Dec. 20, 11:00 a.m. Fee: FREE

## Ongoing Programs

### Artistic Aesthetics

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

Mondays, 1 p.m.

Plate Art, Dec. 2 Fee: \$5

Casual Crafting, Dec. 9 Fee: FREE

Tulle Christmas Tree , Dec. 16 Fee: \$5

Casual Crafting, Dec. 23 Fee: FREE

Snow Owl Wreath, Dec. 30 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, Dec. 19, 9:30 a.m. Fee: FREE

### Nickel Bingo

Join us for bingo every week!

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



**Cookie Decorating**  
Come celebrate National Cookie Day with us by decorating a Christmas themed sugar cookie cutout while listening to festive music. Cookies and decorations provided. Prior Signup is required.  
Wednesday, Dec. 4, 10 a.m. • Fee: \$2

## Health & Fitness Programs

### (AFEP)

Evidence-based exercise program. Gentle all go 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

 **get motivated** 

# FITNESS

## CHRISTMAS TREE LIGHTING CONCERT

Join us for an evening of festive cheer as we listen to Christmas music, eat holiday treats, and even get a visit from the big guy himself.

Monday, Dec. 9, 6 p.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, Dec. 6 & 20, 9 a.m.-4 p.m. Fee: FREE

### Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Dec. 17, 10:30 a.m. Fee: FREE

### Mobile Food Market

Maryland Food Bank is giving away free fresh and shelf-stable food distribution. Open to the public.

Wednesday, Dec. 18, 12 p.m.-2 p.m..

### 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 FitnesMondays Room Orientation.

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

### Narcotics Anonymous

Tuesdays, 3 p.m.- 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

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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 Bingocize .....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 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> Walking Club.....1:00	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 Nickel Bingo.....12:45 Games/Puzzles .....1:00 <b>Fitness</b> Tai Chi.....10:00 Bingocize .....11:00 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>2</b> Senior Council Meeting .....10:00 Bingocize .....11:00 Artistic Aesthetics: <i>Plate Art</i> .....1:00	<b>3</b> Dominos.....10:00	<b>4</b> Cookie Decorating.....10:00	<b>5</b> Bingo .....12:45	<b>6</b> Shop the Rack .....8:30 <u>Community Program</u> WIC .....9:00 <b>Holiday Resource Day</b> <b>Saturday, Dec. 7</b> .....12:00 <b>All Centers Close at Noon</b>
<b>9</b> Artistic Aesthetics: <i>Casual Crafting</i> .....1:00  <u>Community Program</u> <b>Christmas Tree</b> <b>Lighting Concert</b> .....6:00	<b>10</b> Holiday Traditions .....1:00	<b>11</b> Billiards.....8:30	<b>12</b> <b>Jaycee's Christmas Party</b> <b>CHRISTMAS PARTY</b> <b>Centers Closed</b>	<b>13</b> Senior Tech Appts.....8:30 <b>Sr. Council Bingo</b> .....5:00
<b>16</b> Artistic Aesthetics: <i>Tulle Christmas Trees</i> .....1:00	<b>17</b> Let's Take a Trip .....1:00  <u>Community Program</u> Mobile Library .....10:30	<b>18</b> Games/Puzzles .....10:00  <u>Community Program</u> Mobile Food Market .....12:00	<b>19</b> I & A Services .....9:30 Ugly Sweater Bingo .....12:45	<b>20</b> Friday Films .....11:00  <u>Community Program</u> WIC .....9:00
<b>23</b> AFEP/Balance .....10:00 Artistic Aesthetics: <i>Casual Crafting</i> .....1:00	<b>24</b> <b>All Centers Close at Noon</b>	<b>25</b> <b>All Centers Closed for</b>  <b>Christmas Day</b>	<b>26</b> <b>All Centers Closed for</b>  <b>Christmas Holiday</b>	<b>27</b> AFEP .....10:00
<b>30</b> Artistic Aesthetics: <i>Snow Owl Wreath</i> .....1:00	<b>31</b> <b>Happy New Year's Eve!</b>			