

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Healthy Meal Prepping

We have entered the new year! Wanting to eat healthier? Make meal prepping easier? Come join Brittney our nutritionist and learn some helpful tips.

Wednesday, Jan. 8, 11 a.m. Fee: FREE

Friday Films

Remember Dr. Martin Luther King as we watch Selma, an account to secure equal voting rights via 1965's epic march from Selma to Montgomery, Alabama.

Friday, Jan. 10, 11 a.m. Fee: FREE

Join us as we cozy up to watch Eight Below, a story of strong bonds and devotion.

Friday, Jan. 24, 11 a.m. Fee: FREE

Pizza & Painting

Activity will consist of a winter inspired pre-sketched 8x10" canvas with painting supplies. Pizza meal consists of two slices of pizza, pepperoni or cheese, seasonal fruit and a bottle of water. Pizza selection is made at signup with payment. Open to all ages. Design will be shared on our Facebook page.

Friday, Jan. 17, 12:30 p.m. Fee: \$8

Deep Launching Health Resource Discussion

Come and meet with members of Deep Launching to learn about health disparity, health equity and how you might be affected. Available health services from Charles County will be shared. This lively and interactive discussion will occur while sipping hot beverages. Chance to win a gift after completing a 2-minute survey.

Thursday, Jan. 30, 10 a.m. Fee: FREE

Cocoa and Conversation

Curious about what everyone's New Year's resolution is for 2025? Join us on National Hot Chocolate Day for hot cocoa and conversation to share thoughts.

Friday, Jan. 31, 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 availability.

Mondays, 1 p.m.

Casual Crafting, Jan. 6, Fee: FREE

Resin Trays, Jan. 13, Fee: \$10

Chinese Lanterns, Jan. 27, 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, Jan. 23, 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

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, 3 p.m. Fee: Fitness Pass

Total Body Conditioning

Whole-body workout, standing and sitting, using free weights.

Thursdays, 3 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, Jan. 3, 17, & 31 9 a.m.-4 p.m., Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Jan. 21, 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, Jan. 15, 12-2 p.m., Fee: FREE

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

Toddler Chef Program

Our young chef's will explore a variety of uniquely and seasonal themed snack.

Monday, Jan. 27, 2 p.m.,

Fee: \$12 for county residents Ages: 2Y-6Y

Future Chef Program

Our young chef's will explore a variety of uniquely and seasonal themed snack.

Monday, Jan. 27, 3 p.m.,

Fee: \$12 for county residents Ages: 6Y-12Y



NANJEMOY SENIOR/COMMUNITY CENTER

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 Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness AFEP10:00 Bingocize11:00	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 Fitness3:00	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 Walking Club.....1:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness Total Body Conditioning.....3:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Shop the Rack8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00 Walking Club.....1:00
		1 New Year's Day HAPPY <i>New Year</i> All Centers Closed	2 New Year's Day HAPPY <i>New Year</i> All Centers Closed	3 Shop the Rack8:30 Billiards.....8:30 Community Program WIC.....9:00
6 Senior Council Meeting10:00 Bingocize11:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	7 Computer Lab8:30 Dominos.....1:00	8 Healthy Meal Prepping.....11:00	9 Bingocize11:00	10 Senior Tech Appts.....8:30 Friday Films11:00
13 Bingocize11:00 Artistic Aesthetics: <i>Resin Trays</i>1:00	14 Games/Puzzles10:00	15 Games/Puzzles10:00 <u>Community Program</u> Mobile Food Market12:00	16 Bingo12:45	17 AFEP10:00 Pizza & Painting12:30 <u>Community Program</u> WIC.....9:00
20 MLK Jr. Day  All Centers Closed	21 Let's Take a Trip1:00 Core Fitness3:00 <u>Community Program</u> Mobile Library10:30	22 Casual Crafting8:30	23 I & A Services9:30 Bingo12:45	24 AFEP10:00 Friday Films11:00
27 Artistic Aesthetics: <i>Chinese Lanterns</i>1:00 <u>Community Program</u> Toddler Chef Program.....2:00 Future Chef Program.....3:00	28 Computer Lab8:30	29 Fitness Room.....8:30	30 Billiards.....8:30 <u>Community Program</u> Deep Launching Health Resource Presentation10:00	31 AFEP10:00 Cocoa and Conversation11:00 <u>Community Program</u> WIC.....9:00