

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Pizza & Painting

Romance is in the air! Paint a pre-sketched 8x10' canvas with a Valentine's themed design and enjoy 2 slices of pizza (cheese or pepperoni), fruit and a bottle of water. All supplies provided. Space is limited. Prior registration with payment is required.

Friday, Feb. 7, 12:30 p.m. Fee: \$8



Sweetheart Bingo

Celebrate Valentine's Day with your sweetheart at 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, Feb. 14, 5-7 p.m. Fee: \$5 + 5¢ per card

Let's Take a Trip

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

Tuesday, Feb. 18, 1 p.m. Fee: FREE

Come Alive, with Drums Alive!

This energetic drum fitness class, we use stability balls on top of buckets with drumsticks to create rhythms and movement patterns for the brain and body. Having to focus on the music and drumming you don't even realize you're exercising! Come try this lively workout that will have you singing, moving and grooving!

Monday, Feb. 24, 10 a.m. Fee: FREE

Friday Films

Join us to watch *The Woman King*, a remarkable story of the Agojie, all-female unit of warriors who protected the African Kingdom of Dahomey in the 1800's. Inspired by true events.

Friday, Feb. 21, 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.

Feb. 3: Valentine's Cards Fee: FREE

Feb. 24: Book Floral Centerpiece Fee: \$3

I&A Services

Come out to hear current Medicare topics and local resources for Seniors in Charles County. For additional assistance, schedule to meet privately with Aging & Disability Resource Specialist, Julie Hammonds, by calling 301-934-6737 for an appointment.

Thursday, Feb. 20, 9:30 a.m. Fee: FREE

Nickel Bingo

Join us for bingo every week!

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



FITNESS

Health & Fitness Programs

Arthritis Foundation Exercise Program (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

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, Feb. 11, 10:30 a.m. Fee: FREE

WIC Services

Fridays, Feb. 14 & 28, 9 a.m.-4 p.m. Fee: FREE

Mobile Food Market

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

Wednesday, Feb. 19, 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.

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 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/Puzzles.....1:00 Fitness Flex & Stretch.....10:00 Core Fitness11:15	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles.....1:00 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 Fitness Total Body Conditioning.....11:15	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/Puzzles.....1:00 Fitness AFEP10:00 Walking Club.....1:00
3	4	5	6	7
Senior Council Meeting10:00 Bingocize11:00 Artistic Aesthetics: <i>Valentine's Cards</i>1:00	Computer Lab8:30 Dominos.....1:00	Games/Puzzles10:00	Bingocize11:00	Senior Tech Appts.....8:30 Pizza & Painting12:30
10 Super Bowl Monday  All Senior Centers Closed	11 Flex & Stretch.....10:00 <u>Community Program</u> Mobile Library.....10:30	12 Games/Puzzles10:00	13 Bingo12:45	14 AFEP10:00 Senior Council Bingo5:00 <u>Community Program</u> WIC.....9:00
17 President's Day  All Senior Centers Closed	18 Core Fitness11:15 Let's Take a Trip1:00	19 Dominos.....10:00 <u>Community Program</u> Mobile Food Market12:00	20 I & A Services.....9:30 Bingo12:45	21 AFEP10:00 Friday Films11:00
24 Drums ALive!10:00 Artistic Aesthetics: <i>Book Floral Centerpieces</i>1:00	25 Computer Lab8:30	26 Fitness Room.....8:30	27 Billiards.....8:30	28 AFEP10:00 <u>Community Program</u> WIC.....9:00