

# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### Sewing Class

Learn to sew one hotel style pillowcase in this two-class session at the Material Girls Quilting Boutique. All materials are provided including transportation to the venue. Prior registration is required with payment. Limited availability. The event is sponsored in part by the Charles County Arts Alliance.

Wednesdays, Mar. 5 & 12, 10 a.m.-12 p.m.  
Departure at 9:30 a.m.

### Tax Prep Day

AARP Tax-Aide to offer FREE tax prep services, to assist senior and moderate to low-income adults, by appointment ONLY. To schedule, please call 301-246-2271. After scheduling, please complete an intake packet available at your local senior center.

Thursday, Mar. 6, 9 a.m.-3 p.m. Fee: FREE

### Pizza & Painting

Spring is almost here! Paint a pre-sketched 8x10' canvas with a spring 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, Mar. 7, 12:30 p.m. Fee: \$8

### Senior Council Bingo Fundraiser

Evening nickel bingo with the Nanjemoy Senior Council. Food sales at the event to benefit the senior council on behalf of the Nanjemoy Senior & Community Center.

Friday, Mar. 14, 5-7 p.m. Fee: \$5

### Let's Take a Trip

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

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

### Friday Films

Join us to watch Belfast, a poignant story of love, laughter and loss in one boy's childhood amid the music and social tumult of the late 1960's.

Friday, Mar. 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.  
Spring Doormat, Mar. 3 Fee: \$10  
Casual Crafting, Mar. 10 Fee: FREE  
Pots of Gold, Mar. 17 Fee: FREE  
Casual Crafting, Mar. 24 Fee: FREE

### I&A Services

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds. See Staff or call 301-934-6737 for an appointment Thursday, Mar. 20, 9:30 a.m.

### 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 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 Card

### Total Body Conditioning

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

Thursdays, 11 a.m. Fee: FREE

## Community Programs

### Reading Day Out

Sponsored by the Southern Maryland Chapter of the Top Ladies of Distinction. Join us for fun activities such as acting, crafting, storytelling and more. Snacks for sale onsite. Open to all ages.

Saturday, Mar. 1, 11 a.m.-1 p.m.

Fee: Per vendor

### WIC Services

Friday, Mar. 14 & 28, 9 a.m.-4 p.m. Fee: FREE

### Mobile Library

Borrow books, movies, tech every three weeks.

Tuesdays, Mar. 4 & 25 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, Mar. 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. 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

Age restrictions for drop-in use of

Community Rooms are 13-17 with adults 18+ independent use.



### Like us on Facebook!!

How to scan this QR code:

Never scanned a QR code before? Don't worry! Follow these simple steps!

1. Open the camera app on your phone.
2. Point the camera at the QR code.
3. Tap the banner/website that appear on the phone screen.

This will open the SCOOP webpage on your phone! The SCOOP is now at your finger tips!

## Recreation Programs

### Move and Groove

Let your kids run, jump, and play to the sound of music. We will play short, exciting games to get your little one moving and grooving. Adult participation required. Recommended for ages 2-5.

Friday, Mar. 14, 11-11:45 a.m. Fee: FREE

### Storytime

Reading aloud creates memories and encourages critical thinking. Come join us for a fun, interactive story, and an activity to follow. Adult participation required. Recommended for ages 2-5.

Friday, Mar. 14, 12-12:45 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	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 Shop the Rack .....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 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles .....1:00 <b>Fitness</b> 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>3</b> Senior Council Meeting .....10:00 Artistic Aesthetics: <i>Spring Doormat</i> .....1:00	<b>4</b> Dominos.....9:00 <u>Community Program</u> Mobile Library .....10:30	<b>5</b> <u>CCA Sponsored</u> <u>Sewing Class</u> .....9:30	<b>6</b> Tax Prep .....9:00 Nickel Bingo.....12:45	<b>7</b> <u>Community Program</u> Pizza & Painting .....12:30
<b>10</b> AFEP .....10:00 Artistic Aesthetics: <i>Casual Crafting</i> .....1:00	<b>11</b> Computer Lab .....8:30 Dominos.....1:00	<b>12</b> <u>CCA Sponsored</u> <u>Sewing Class</u> .....9:30 Games/Puzzles .....1:00	<b>13</b> <b>Buffet Bingo @ Jaycees</b> <b>No Bingo @ NSCC</b>	<b>14</b> Senior Tech Appts.....8:30 <u>Community Program</u> WIC .....9:00 <u>Recreation Program</u> <b>Move &amp; Groove</b> .....11:00 <b>Storytime</b> .....12:00
<b>17</b> AFEP .....10:00 <b>St. Patrick's Day Luncheon</b> .....11:00 Artistic Aesthetics: <i>Pots of Gold</i> .....1:00	<b>18</b> Flex & Stretch.....10:00 Let's Take a Trip .....1:00	<b>19</b> Games/Puzzles .....10:00 Community Program Mobile Food Market .....12:00	<b>20</b> Fitness Room.....8:30 I&A Services .....9:30 Bingo .....12:45	<b>21</b> AFEP .....10:00 Friday Films .....11:00
<b>24</b> AFEP .....10:00 Artistic Aesthetics: <i>Casual Crafting</i> .....1:00	<b>25</b> Core Fitness .....11:15 Games/Puzzles .....1:00 <u>Community Program</u> Mobile Library .....10:30	<b>26</b> Dominos.....1:00	<b>27</b> Total Body Conditioning.....11:00 Bingo .....12:45	<b>28</b> <u>Community Program</u> WIC .....9:00
<b>31</b> <b>Eid al Fitr</b>  <b>All Senior Centers are Closed</b>				