

NANJEMOY SENIOR/COMMUNITY CENTER

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

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Program Highlights

Master Gardeners

National Arbor Day is celebrated every year on the last Friday in April in the United States. This observance correlates nicely with a yearly Master Gardeners event- 'Backyard Buffers'. The program is supported by the Maryland Department of Natural Resources and provides Charles County homeowners tree and shrub seedlings to create a native woodland buffer. Attend this interactive presentation with the Charles County Master Gardeners and a representative from the Maryland Forest Service. Pre-registration is required.

Wednesday, Apr. 2, 10 a.m. Fee: FREE

Pizza & Painting

Spring is almost here! Paint an 8x10' canvas with an Easter 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, Apr. 11, 12:30 p.m. Fee: \$8

Senior Council Yard Sale

Come join the Nanjemoy Senior Council in a community yard sale! Whether you are looking for new treasures or wanting to get rid of some, you won't have to look any further. The Nanjemoy Senior council will be charging \$5 for a space and \$10 for space and a table. There will also be a delicious breakfast available for \$10, so come hungry! Saturday, Apr. 12, 8 a.m.-12 p.m.

Fee: \$5 for space, \$10 for space & table

Let's Take a Trip

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

Tuesday, Apr. 22, 1 p.m. Fee: FREE

Friday Films

Join us for Queen Bees. Temporarily forced to stay in a retirement community, a headstrong woman navigates mean cliques, high-stakes bridge games, and new relationships. Snacks provided.

Friday, Apr. 25, 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.

Easter Cookies, Apr. 7 Fee: \$2

Casual Crafting, Apr. 14 Fee: FREE

Casual Crafting, Apr. 28 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, Apr. 17, 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 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!!**

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.

Saturday, Apr. 5, 9 a.m.- 3 p.m. Fee: FREE

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. Complementary hot beverages will be available during the discussion. Enter to win a free gift by completing a 2-minute survey after the discussion.

Wednesday, Apr. 9, 11 a.m. Fee: FREE

WIC Services

Fridays, Apr. 11 & 25, 9 a.m.-4 p.m. Fee: FREE

Easter Egg Hunt & Reggie Rice's The Magic of Laughter

Are you ready for Easter goodies, a laugh and want to be in awe? Then grab your family and come join us for this fun filled morning of an Easter egg hunt sponsored by the Nanjemoy Senior Council and amazing magic show with Reggie Rice! He is a three-

time winner of Comedy Magician of the Year for Washington, DC. He will have super magic and super fun for everyone! All ages welcome! Pre-registration is required.

Tuesday, Apr. 15, 10 a.m. Fee: \$2

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesdays, Apr. 15 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, Apr. 16, 12.-2 p.m. Fee: FREE

Self Defense Classes

This 2-session class will include introductions, discussion on expectations, techniques, awareness, and home safety defense.

Basic martial art movements, like blocking, striking, and kicking will also be covered.

Students should wear comfortable fitness attire and athletic shoes. Space is limited, pre-registration required.

Wednesdays, Apr. 23 & 30, 10 a.m. Fee: \$10

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 signup online registration at CharlesCountyMD.MyRec.com

Art Adventure

Join us for a fun and creative arts and crafts adventure. Every class we will create multiple masterpieces. Whether it will be paint, construction paper, glue, crayons, or something else-your child will love the artwork they bring home.

Adult participation is required for participants ages 2-6

Wednesday, Apr. 2,

2-2:45 for 2-6 y & 3-3:45 p.m. for 7-12 y

Fee: \$12 resident, \$14 non-resident

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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 Fitness 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 Narcotics Anonymous.....3:00 Fitness 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 Fitness 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 Fitness 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 Fitness AFEP.....10:00 Walking Club.....1:00
	1 Dominos.....9:00	2 Master Gardeners.....10:00 <u>Recreation Program</u> Art Adventure.....2:00 Art Adventure.....3:00	3 No Bingo Volunteer Appreciation Luncheon @ Jaycees	4 AFEP.....10:00
7 AFEP.....10:00 Artistic Aesthetics: Easter Cookies.....1:00	8 Computer Lab.....8:30 Dominos.....1:00	9 Games/Puzzles.....1:00 <u>Community Program</u> Deep Launching Health Resource Discussion.....11:00	10 Total Body Conditioning.....11:00 Bingo.....12:45	11 Senior Tech Appts.....8:30 <u>Community Program</u> WIC.....9:00 Pizza & Painting.....12:30 Sat. 4/12 Senior Council Yard Sale.....8:00
14 AFEP.....10:00 Artistic Aesthetics: Casual Crafting.....1:00	15 Flex & Stretch.....10:00 <u>Community Program</u> Easter Egg Hunt/Magic Show 10:00 Mobile Library.....10:30	16 Games/Puzzles.....10:00 <u>Community Program</u> Mobile Food Market.....12:00	17 Fitness Room.....8:30 I&A Services.....9:30 Bingo.....12:45	18 Good Friday  Centers Closed
21 Easter Monday  Centers Closed	22 Core Fitness.....11:15 Let's Take a Trip.....1:00	23 Dominos.....1:00 <u>Community Program</u> Self Defense.....10:00 All Centers Close at 1:30 p.m.	24 Total Body Conditioning.....11:00 Bingo.....12:45	25 AFEP.....10:00 Friday Films.....11:00 <u>Community Program</u> WIC.....9:00
28 Artistic Aesthetics: Casual Crafting.....1:00	29 Flex and Stretch.....10:00	30 Billiards.....8:30 <u>Community Program</u> Self Defense.....10:00		