

# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### Fitness Beats

Join fitness instructor Natonya for FUN, rhythmic exercise. This class will have you energized as you move to the beat of your own drum. All fitness levels welcome!

Mondays, May 5 & 19, 12 p.m.

Fee: Fitness Pass

### K-9 Demonstration

Join us for a live K-9 demonstration to show obedience, search work, and bite work. Participants should be prepared for dogs to bark. Participants may not pet the dogs.

Thursday, May 8, 9 a.m. Fee: FREE

### Birds of Prey

Come out and see some beautiful birds and learn where to find them, what they eat and much more! We will have some raptors on site to meet.

Thursday, May 15, 10 a.m. Fee: FREE

### Senior Council Evening 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, May 16, 5-7 p.m. Fee: 5¢ per card

Food prices are determined by the council.

### Let's Take a Trip

This month let's learn about the United Arab Emirates including historical, geographical, and other interesting facts. We will also sample some Emirati cuisine. Prior signup is required.

Tuesday, May 20, 1 p.m. Fee: FREE

### Assistive Technology

Android 101: The Basics – Join Taylani as you learn the basics of using an Android phone. This easy-to-follow lesson will help participants gain confidence with using their phones for everyday tasks.

Thursday, May 22, 11 a.m. Fee: FREE

### Pelvic Floor 101-Women ONLY

Join Dr. Donna for exercises that will strengthen the pelvic floor muscles to help with bladder control.

Wednesday, May 28, 10 a.m. Fee: \$2

### Friday Films

Join us to watch Wicked-A story of two witches: Elphaba, whose skin is green, and Glinda, who is blonde and beautiful. They dislike each other at first but soon form an unlikely bond. The musical follows them from their girlhood friendship and explains why Elphaba became the wicked witch and Glinda became the Good Witch. Snacks provided.

Friday, May 30 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 available.

Mondays, 1:00 p.m.,

Mother's Day Centerpiece, May 5 Fee: \$3

Casual Crafting, May 12 Fee: FREE

Rope Trays, May 19 Fee: \$5

### I&A Services

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds, for additional assistance, by making an appointment. See Staff or call 301-934-6737 for an appointment.

Thursday, May 15, 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 stretching 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.

Tuesdays, May 6 & 27, 10:30 a.m. Fee: FREE

### Pizza & Painting

Paint a pre-sketched 8x10' canvas with a patriotic 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, May 9, 12:30 p.m. Fee: \$8

### WIC Services

Fridays, May 9 & 23, 9 a.m.-4 p.m. Fee: FREE

### Mobile Food Market

Maryland Food Bank distribution. Fresh and shelf-stable pantry items.

Wednesday, May 21, 12 p.m. Fee: FREE

\*While supplies last\*

### 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

### 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

## Mother's Day Tea

Celebrate Mother's Day at our Mother's Day Tea. Join us for freshly prepared food, live entertainment, money raffle, and more. This event is hosted by the Nanjemoy Senior Center Council. Tickets can be purchased through Thursday, May 2.

**Wednesday, May 7, 11 a.m. • Fee: \$15**



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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>1</b> Computer Lab .....8:30	<b>2</b> Walking Club .....11:00
<b>5</b> Senior Council Meeting .....10:00 Fitness Beats .....12:00 Artistic Aesthetics: <i>Mother's Day Centerpiece</i> ....1:00	<b>6</b> Core Fitness .....10:00 <u>Community Program</u> Mobile Library.....10:30	<b>7</b> <b>Mother's Day Tea.....11:00</b>	<b>8</b> K-9 Demo.....9:00 Bingo .....12:45	<b>9</b> <u>Community Program</u> WIC Services .....9:00 <u>Mobile Recreation Program</u> <b>Pizza &amp; Painting .....12:30</b>
<b>12</b> Artistic Aesthetics: <i>Casual Crafting</i> .....1:00	<b>13</b> Games/Puzzles .....1:00	<b>14</b> <b>Indian Head Pavilion:                      Scam Jam.....9:30</b>	<b>15</b> I&A Services.....9:30 <b>Indian Head Pavilion:                      Bike to Work .....10:00</b> <u>Community Program</u> Birds of Prey.....10:00	<b>16</b> <b>Senior Council Evening                      Bingo Fundraiser .....5:00</b>
<b>19</b> Fitness Beats .....12:00 Artistic Aesthetics: <i>Rope Trays</i> .....1:00	<b>20</b> Core Fitness .....11:15 Let's Take a Trip .....1:00	<b>21</b> Casual Crafting .....8:30 <u>Community Program</u> Mobile Food Market .....12:00	<b>22</b> Billiards.....8:30 Assistive Technology.....11:00	<b>23</b> <u>Community Program</u> WIC Services .....9:00
<b>26</b> <b>Memorial Day</b>  <b>All Centers Closed</b>	<b>27</b> Flex & Stretch.....10:00 <u>Community Program</u> Mobile Library.....10:30	<b>28</b> Walking Club .....1:00 <u>Community Program</u> Pelvic Floor 101 .....10:00	<b>29</b> Total Body Conditioning.....11:00	<b>30</b> Friday Films .....11:00