

# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### National Cheese Day

Celebrate Cheese! Staff will share a presentation on the history of cheese and a sample of a variety of cheeses will be available.

Wednesday, Jun. 4, 11 a.m. Fee: FREE

### Boots on the Floor

Grab your cowboy hat and boots! DJ Swagg will be at the center to teach the "Boots on the Floor" Dance.

Wednesday, Jun. 18, 10 a.m. Fee: \$4

### Let's Take a Trip

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

Tuesday, Jun. 24, 1 p.m. Fee: FREE

### Lunch with Brittney

Join our nutritionist, Brittney for lunch to learn about updates to our lunch program, nutrition information, and more. Prior sign up for lunch is required.

Thursday, Jun. 26, 11 a.m. Fee: Donation

### Friday Films

Join us for Daddy Daycare. After losing his job, a stay-at-home dad jumps at the chance to start a day care center, inviting new kids and all kinds of shenanigans into his home.

Friday, Jun. 27, 10 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 p.m.,

Father's Day Centerpiece, Jun. 2 Fee: \$5

Casual Crafting, Jun. 9 Fee: FREE

Organizer, Jun. 16 Fee: \$5

Casual Crafting, Jun. 23 Fee: FREE

Patriotic Wreath, Jun. 30 Fee: \$3

### 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, Jun. 26, 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

### 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, Jun. 9 & 16, 10 a.m. Fee: Fitness Pass

### 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

### Pickleball

Bring your paddles and play with friends!

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, Jun. 17, 10:30 a.m. Fee: FREE

### WIC Services

Friday, Jun. 20, 9 a.m.-4 p.m. Fee: FREE

### Pizza & Painting

Paint a pre-sketched 8x10' canvas with a summer 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, Jun. 20, 12:30 p.m. Fee: \$8

### Mobile Food Market

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

Wednesday, Jun. 18, 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

### 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

## Recreation Program

### Grandparent and Me Clay Creations

Join us for a fun and creative workshop designed for grandparents and grandchildren to bond while exploring the world of air-dry clay! In this hands-on program, participants will learn the basics of clay modeling, beginning with the traditional technique of making a pinch pot. From there, each participant will have the opportunity to craft their own unique creation, whether it's a sculpture, figure, or imaginative structure. Prior signup is required. Recommended for ages 5-10 years.

Tuesday, Jun. 24, 3-4 p.m. Fee: FREE

## Fathers' Day BBQ

Join us for a Father's Day BBQ! Event features freshly prepared food, entertainment and money raffle. This event is hosted by the Nanjemoy Senior Center Council. Tickets can be purchased through June 4.

Wednesday, Jun. 11, 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 Narcotics Anonymous ..... 3:00 <b>Fitness</b> Flex & Stretch ..... 10:00 Pickleball ..... 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 ..... 11:00
<b>2</b> Artistic Aesthetics: <i>Father's Day Centerpieces</i> ..... 1:00	<b>3</b> Flex and Stretch ..... 10:00	<b>4</b> Billiards ..... 8:30 <b>National Cheese Day ... 11:00</b>	<b>5</b> Computer Lab ..... 8:30	<b>6</b> <b>All Senior Centers Closed</b>  <b>in honor of Eid al Adha</b>
<b>9</b> Senior Council Meeting ..... 10:00 Fitness Beats ..... 12:00 Artistic Aesthetics: <i>Casual Crafting</i> ..... 1:00	<b>10</b> Core Fitness ..... 10:00	<b>11</b> <b>Father's Day Luncheon</b> ..... 11:00	<b>12</b> <b>All Senior Centers Closed</b>  <b>Waldorf Jaycee's Summer Picnic</b>	<b>13</b> Walking Club ..... 11:00
<b>16</b> Fitness Beats ..... 12:00 Artistic Aesthetics: <i>Organizer</i> ..... 1:00	<b>17</b> Games/Puzzles ..... 1:00 <u>Community Program</u> Mobile Library ..... 10:30	<b>18</b> Boots on the Floor ..... 10:00 <u>Community Program</u> Mobile Food Market ..... 12:00	<b>19</b> <b>All Senior Centers Closed</b>  <b>in honor of Juneteenth</b>	<b>20</b> <u>Community Program</u> WIC Services ..... 9:00 <b>Pizza &amp; Painting</b> ..... 12:30
<b>23</b> Artistic Aesthetics: <i>Casual Crafting</i> ..... 1:00	<b>24</b> Let's Take A Trip ..... 1:00. <u>Recreation Program</u> Grandparent and Me Clay Creations ..... 3:00. <b>No Core Fitness.</b>	<b>25</b> Casual Crafting ..... 8:30	<b>26</b> Billiards ..... 8:30 I & A ..... 9:30 Lunch with Brittney ..... 11:00	<b>27</b> AFEP ..... 10:00 Friday Films ..... 10:00
<b>30</b> Artistic Aesthetics: <i>Patriotic Wealth</i> ..... 1:00				