

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






NANJEMOY SENIOR/COMMUNITY CENTER

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

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 Lab8:30 Fitness Room8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Shop the Rack1:00 Narcotics Anonymous.....3:00 Fitness Flex & Stretch.....10:00 Pickleball10:00 Core Fitness11:15	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club1:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Senior Tech Appts.....8:30 Lunch12:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness Total Body Conditioning.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room8:30 Shop the Rack8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00 Walking Club11:00
2 Artistic Aesthetics: <i>Father's Day Centerpieces</i>1:00	3 Flex and Stretch.....10:00	4 Billiards.....8:30 National Cheese Day ...11:00	5 Computer Lab8:30	6 All Senior Centers Closed  in honor of Eid al Adha
9 Senior Council Meeting10:00 Fitness Beats12:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	10 Core Fitness10:00	11 Father's Day Luncheon.....11:00	12 All Senior Centers Closed  Waldorf Jaycee's Summer Picnic	13 Walking Club11:00
16 Fitness Beats12:00 Artistic Aesthetics: <i>Organizer</i>1:00	17 Games/Puzzles1:00 <u>Community Program</u> Mobile Library.....10:30	18 Boots on the Floor.....10:00 <u>Community Program</u> Mobile Food Market12:00	19 All Senior Centers Closed  in honor of Juneteenth	20 <u>Community Program</u> WIC Services9:00 Pizza & Painting12:30
23 Artistic Aesthetics: <i>Casual Crafting</i>1:00	24 Let's Take A Trip.....1:00. <u>Recreation Program</u> Grandparent and Me Clay Creations3:00. No Core Fitness.	25 Casual Crafting8:30	26 Billiards.....8:30 I & A9:30 Lunch with Brittney11:00	27 AFEP10:00 Friday Films10:00
30 Artistic Aesthetics: <i>Patriotic Wealth</i>1:00	