

# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

## Program Highlights

### National Night Out

Come join us for National Night Out. The event features school supply giveaways, free food, informational vendors and more!

Tuesday, Aug. 5, 6-8 p.m. Fee: FREE

### Let's Take a Trip – Greece

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

Tuesday, Aug. 19, 1 p.m. Fee: FREE

### Maryland Insurance Administration

Did you know that the MIA is a State Agency designed to help you understand all your insurance policies? The MIA can help with auto, home, life and health insurance. Speak to a representative on site at the center.

Wednesday, August 20, 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, 1:00 p.m.

Casual Crafting, Aug. 4 Fee: FREE

Ribbon Organizer, Aug. 11 Fee: \$5

Casual Crafting, Aug. 18 Fee: FREE

Fair Project Prep, Aug. 25 Fee: FREE

### I&A Services

Come out to hear current Medicare topics and local resources for Seniors in Charles County. Meet privately with Aging & Disability Resource Specialist, Julie Hammonds for additional assistance, by calling 301-934-6737 to make an appointment.

### 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

### Chair Yoga

Chair Yoga is a gentle form of yoga that is practiced while sitting on a chair or using a chair for support. It is designed to improve flexibility, balance, strength, and relaxation without the need to get down on the floor. Chair yoga is ideal for older adults, individuals with limited mobility, or anyone looking for an accessible yoga experience.

Thursdays, 11 a.m. Fee: Fitness Card

## 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.

Tuesday, Aug. 19, 10:30 a.m. Fee: FREE

### WIC Services

Friday, Aug. 1, 15, & 29, 9 a.m.-4 p.m. Fee: FREE

### Mobile Food Market

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

Wednesday, Aug. 20, 12 p.m. Fee: FREE

\*While supplies last\*

### 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, Aug. 22, 12:30 p.m. Fee: \$8

### 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

## Recreation Program

**Prior Registration Required through the Department of Recreation at <https://www.charlescountyparks.com/recreation/summer-camps>**

### ArtsCamp

The Nanjemoy Community Center is partnering with Recreation and the Charles County Arts Alliance to bring you ArtsCamp. Immerse your child in w week of music, arts, drama, dance, and literature all while having fun! Each day of camp will bring new and exciting avenues to explore with guest speakers and hands-on activities geared towards the ARTS! Ideal for ages 10-14.

Week of Aug. 4-8, 9 a.m.-4 p.m.

Fee: \$75 (County Resident),

\$85 (Non-Resident)

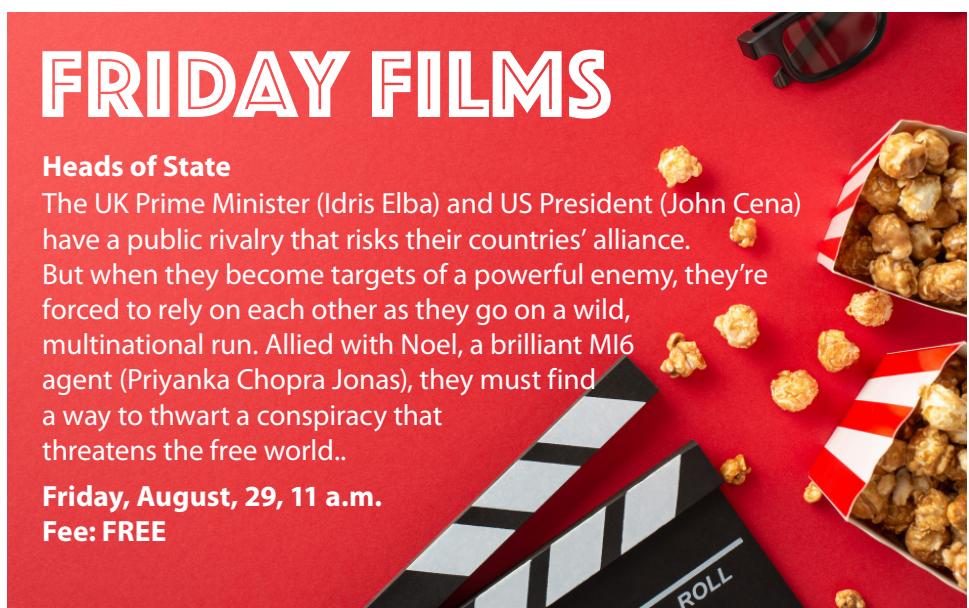
## FRIDAY FILMS

### Heads of State

The UK Prime Minister (Idris Elba) and US President (John Cena) have a public rivalry that risks their countries' alliance. But when they become targets of a powerful enemy, they're forced to rely on each other as they go on a wild, multinational run. Allied with Noel, a brilliant MI6 agent (Priyanka Chopra Jonas), they must find a way to thwart a conspiracy that threatens the free world..

**Friday, August 29, 11 a.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 <b>Fitness</b> Shop the Rack .....1:00 Flex & Stretch.....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 <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> Chair Yoga .....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>4</b> Fitness Beats .....12:00 Artistic Aesthetics: <i>Casual Crafting</i> .....1:00 Recreation Program ArtsCamp.....9:00	<b>5</b> Pickleball .....10:00 <u>Community Program</u> National Night Out .....6:00 Recreation Program ArtsCamp.....9:00	<b>6</b> Games/Puzzles .....1:00 <u>Recreation Program</u> <b>ArtsCamp</b> .....9:00	<b>7</b> Casual Crafting .....8:30 <u>Recreation Program</u> <b>ArtsCamp</b> .....9:00	<b>8</b> Walking Club .....11:00 <u>Community Program</u> WIC Services .....9:00
<b>11</b> Artistic Aesthetics: <i>Ribbon Organizer</i> .....1:00	<b>12</b> Games & Puzzles.....1:00	<b>13</b> Billiards.....8:30	<b>14</b> I & A .....9:30 Bingo .....12:45	<b>15</b> Dominos.....1:00 <u>Community Program</u> WIC Services .....9:00
<b>18</b> Artistic Aesthetics: <i>Casual Crafting</i> .....1:00	<b>19</b> Flex & Stretch.....10:00 <b>Let's Take a Trip</b> .....1:00 <u>Community Program</u> Mobile Library .....10:30	<b>20</b> Fitness Room.....8:30 <u>Community Program</u> <b>MD Insurance Agency</b> ...10:00 Mobile Food Market .....12:00	<b>21</b> Billiards.....8:30 I & A .....9:30	<b>22</b> AFEP .....10:00 Pizza & Painting .....12:30
<b>25</b> Fitness Beats .....12:00 Artistic Aesthetics: <i>Fair Project Prep</i> .....1:00	<b>26</b> Dominos.....1:00	<b>27</b> Senior Tech Appts.....8:30	<b>28</b> Bingo .....12:45	<b>29</b> Friday Films .....11:00 Games & Puzzles .....1:00 <u>Community Program</u> WIC Services .....9:00