

NANJEMOY SENIOR/COMMUNITY CENTER

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

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Program Highlights

Nanjemoy Law Day

Thinking about creating a will? Need information about protecting and preserving family property? Questions about Landlord-Tenant issues? Join us for Nanjemoy Law Day brought to you by the University of MD Eastern Shore, SoMD Legal Aid Bureau and Charles County Department of Community Services. This program will feature informative presentations and resource vendors. Session topics include Estate Planning is for Everyone, Tangled Titles: Understanding Heir Property Issues in Maryland, and Understanding Landlord/Tenant Issues. Lunch consisting of a hotdog, chips, and water will be available for \$2. Saturday, Sep. 6, 10 a.m.-2 p.m. Fee: FREE

Informational Session

Join us for a presentation by the University of Maryland Medical Center. During an emergency or at the end of life, you may face questions about medical treatment. You may assume your loved ones know what you want, but that's not always true. Learn the differences between Advanced Directives, Living Wills, MOLST, Hospice Care, and Palliative Care.

Wednesday, Sep. 10, 10 a.m. Fee: FREE

Senior Spirit Week

Celebrate National Senior Center Month with us as we have Senior Center Spirit Week! Each day has a theme leading up to a talent show hosted by the Richard R. Clark Senior Center. Sign up for the talent show is available at all centers. Participate so your center can win the coveted Talent Show Championship Cup!!

Spirit Week Themes are as follows:

Monday, Sep. 22 – 50's Day

Tuesday, Sep. 23 – Crazy Hair / Hat Day

Wednesday, Sep. 24 – Cowboy / Cowgirl

Thursday, Sep. 25 – Pajama Day

Friday, Sep. 26 – Center Color (Green)

Matter of Balance Video & Exercise

Learn about the importance of exercise and simple, effective exercises to help prevent falls and improve balance in daily life.

Wednesday, Sep. 24, 10 a.m. Fee: FREE

Talent Show @ Clark Senior Center

Root on your fellow seniors in our 2nd annual Talent Show. See staff for talent registration. If you want a lunch on 9/26, please see staff or call the Richard R. Clark Senior Center to reserve a lunch by 9/23.

Friday, Sep. 26, 10 a.m.

Fee: FREE for Talent Show; Lunch is suggested donation of \$6

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, Sep. 8

Fee: FREE

Clip Sign, Sep. 15

Fee: \$3

Casual Crafting, Sep. 22

Fee: FREE

Air Clay Ghosts, Sep. 29

Fee: \$2

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, Sep. 18, 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

Dance your way to health and vitality!

Mondays, Sep. 8 & 29, 12 p.m.

Fee: Fitness Card

Core Fitness

New day and time! Strengthen your core with Jinjer.

Mondays, 9 a.m.

Fee: Fitness Card

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

Total Body Conditioning

Get a total body workout at a new day and time!

Thursdays, 9 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, Sep. 9, 10:30 a.m.

Fee: FREE

WIC Services

Friday, Sep. 5 & 19, 9 a.m.-4 p.m.

Fee: FREE

Mobile Food Market

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

Wednesday, Sep. 19, 12-2 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

Let's Take a Trip

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

Tuesday, Sep. 23, 1 p.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 Lunch12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness Core Fitness9:00 AFEP10:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Shop the Rack1:00 Flex & Stretch.....10:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club.....1:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Shop the Rack8:30 Lunch12:00 Senior Tech Appts.....8:30 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness Total Body Conditioning.....9:00 Chair Yoga11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Shop the Rack8:30 Lunch12:00 Senior Tech Appts.....8:30 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00 Walking Club.....11:00
1 Charles County Senior Centers Closed for Labor Day 	2 Flex & Stretch.....10:00	3 Fair Registration10:00	4 Total Body Conditioning.....9:00	5 Walking Club11:00 Nanjemoy Law Day Sat. Sep. 6
8 Senior Council Meeting10:00 Fitness Beats12:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	9 <u>Community Program</u> Mobile Library10:30	10 University Of MD Presentation.....10:00	11 Casual Crafting8:30 Bingo12:45	12 Walking Club11:00 <u>Community Program</u> WIC Services9:00 Enjoy the Charles County Fair!
15 Artistic Aesthetics: <i>Clip Sign</i>1:00	16 Games & Puzzles.....1:00	17 Billiards.....8:30 <u>Community Program</u> Mobile Food Market12:00	18 I & A9:30 Bingo12:45	19 Rehearsal10:00 Dominos1:00
22 Artistic Aesthetics: <i>Casual Crafting</i>1:00 Theme: 50s Day	23 Flex & Stretch.....10:00 Let's Take a Trip1:00 Theme: Crazy Hair/Hat Day	24 Fitness Room.....8:30 Matter of Balance Video & Exercise.....10:00 Theme: Cowboy/Cowgirl	25 Billiards.....8:30 Theme: Pajama Day	26 All Centers Talent Show 10:00 <u>Community Program</u> WIC Services9:00 Theme: Center Color (Green)
29 Fitness Beats12:00 Artistic Aesthetics: <i>Clay Ghosts</i>1:00	30 Dominos.....1:00			