

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

International Coffee Day

Join us for International Coffee Day where we will sip coffee, eat snacks and discuss the benefits and history of this loved beverage.

Prior signup is required.

Wednesday, Oct. 1, 10 a.m. Fee: FREE

Self-Care for Body, Mind & Spirit

Learn small changes you can make to energize your body, be in the best mindset and ignite your spirit. Taking care of ourselves is an obligation we owe back to us in order to be our BEST selves. Meditation at the end of class. Facilitator: Debi Shanks. Prior signup is required.

Tuesday, Oct. 7, 10 a.m. Fee: FREE

Senior Council Bingo Fundraiser

Evening nickel bingo with the Nanjemoy Senior Council. Food sales at the event to benefit the senior council on behalf of the Nanjemoy Senior & Community Center.

Friday, Oct. 17, 5 p.m. Fee: 5¢ per card

Let's Take a Trip

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

Tuesday, Oct. 21, 1 p.m. Fee: FREE

Hair Loss Presentation

Come meet the expert, LaKeysha Moore, Certified Hair Loss Practitioner, specializing in hair regrowth and hair replacement services. She is thrilled to share tips for retaining, regrowing, or replacing hair.

Prior signup is required.

Wednesday, Oct. 22, 10 a.m. Fee: FREE

Friday Films

Practical Magic-Raised under the care of their eccentric aunts, two witch sisters grapple with a family curse that spells doom for any many who falls in love with them.

Friday, Oct. 24, 11 a.m. Fee: FREE

Fire Safety Presentation

Join us for a fire Safety Presentation led by Fire Prevention Officer Tre Proctor from the Charles County Volunteer Fire & EMS Association. This engaging program is designed to help you stay safe at home with practical tips on preventing fires, using smoke alarms, planning an escape route, and everyday safety reminders. Learn how to protect yourself, your family, and your home. Don't miss this chance to get lifesaving information and have your fire safety questions answered!

Wednesday, Oct. 29, 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.

Cauldrons, Oct. 6 Fee: \$5

Casual Crafting, Oct. 20 Fee: FREE

Bandana Charm Necklace, Oct. 27 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, Oct. 16, 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

Core Fitness

Strengthen your core with Jinjer.

Mondays, 9 a.m. Fee: Fitness Card

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, Oct. 6 & 27, 12 p.m.

Fee: Fitness Card

Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m. Fee: FREE

Total Body Conditioning

Get a total body workout with Jinjer.

Thursdays, 9 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, 10 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!!

23rd Annual Nanjemoy Heritage Day

Celebrate 23 years of history, family, and fun at our 23rd Annual Nanjemoy Heritage Day. Event features a parade and car show, entertainment, vendors, food and more!

Saturday, Oct. 4, 11:30 a.m.-3 p.m.

Fee: Prices set by vendors, FREE admission

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesday, Oct. 21, 10:30 a.m. Fee: FREE

WIC Services

Friday, Oct. 10 & 24, 9 a.m.-4 p.m. Fee: FREE

Pizza & Painting

Paint a pre-sketched 8x10 canvas with a fall 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 is required.

Friday, Oct. 17, 12:30 p.m. Fee: \$8

Mobile Food Market

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

Wednesday, Oct. 15, 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



HALLOWEEN BINGO

Enjoy a Halloween themed bingo. Wear your costume and earn extra bingo cards. Snacks provided.

Thursday, Oct. 30, 12:45 p.m. • Fee: 5¢ per card

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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., 2 days prior.

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	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 Lunch12:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness Total Body Conditioning.....9:00 Chair Yoga10:00	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 Walking Club11:00
		1 International Coffee Day.....10:00 Walk MD @ Gilbert Run .11:00	2 Total Body Conditioning.....9:00	3 <u>Community Program</u> Heritage Day Sat, Oct. 4th
6 Core Fitness9:00 Senior Council Meeting10:00 Fitness Beats12:00 Artistic Aesthetics: Cauldrons.....1:00	7 Self-Care for Body, Mind & Spirit10:00	8 Billiards.....8:30	9 Casual Crafting8:30 Bingo12:45	10 Walking Club11:00 <u>Community Program</u> WIC Services9:00
13 Senior Centers are Closed in Honor of Indigenous Peoples' Day 	14 Games & Puzzles.....1:00	15 Billiards.....8:30 <u>Community Program</u> Mobile Food Market12:00	16 I & A9:30 Bingo12:45	17 Dominos.....1:00 Senior Council Bingo Fundraiser5:00 <u>Community Program</u> Pizza & Painting12:30
20 Core Fitness9:00 Artistic Aesthetics: Casual Crafting1:00	21 Flex & Stretch.....10:00 Let's Take a Trip1:00 <u>Community Program</u> Mobile Library10:30	22 Fitness Room.....8:30 Hair Loss Presentation ..10:00 Center Closing at 1:30 p.m.	23 Billiards.....8:30	24 Friday Films11:00 Walking Club11:00 <u>Community Program</u> WIC Services9:00
27 Fitness Beat12:00 Artistic Aesthetics: Bandana Necklaces.....1:00	28 Dominos.....1:00	29 Fire Safety Presentation10:00 Games/Puzzles1:00	30 Halloween Bingo12:45	31 Fitness Room.....8:30 Dominos.....1:00