

NANJEMOY SENIOR/COMMUNITY CENTER

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

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Program Highlights

Senior Council Bingo Fundraiser

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

Friday, Nov. 14, 5-7 p.m., Fee: 5¢ per card

Handwashing Presentation

The Infectious Disease Team of Charles County Department of Health will be doing a presentation on steps to take to prevent the spread of infectious diseases during the Fall, Winter, & Holiday Season. Come learn about proper handwashing techniques as well as other ways to protect yourself and your loved ones. Melissa Phillips, PhD, MSN, RN, Community Health Program Nurse Supervisor will be providing information and available for questions.

Tuesday, Nov. 18, 10 a.m. Fee: FREE

Thanksgiving Day Meal

Join us for a festive holiday meal. Sign up required.

Wednesday, Nov. 19, 12 p.m.

Fee: Lunch Donation

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.

Resin Coasters/Dominos, Nov. 3, Fee: \$10
Casual Crafting, Nov. 10, Fee: FREE
Resin Tables, Nov. 17, Fee: \$35
Casual Crafting, Nov. 24, Fee: FREE

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, Nov. 20, 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, Nov. 3 & 24, 12 p.m.,
Fee: Fitness Card

Core Fitness

Core work, muscle work, and flexibility.

Mondays, 9 a.m., Fee: Fitness Card

Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m., Fee: FREE

Total Body Conditioning

Whole-body workout, standing and sitting, using free weights.

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!!

Mobile Library

No Mobile Library this month. Due dates for hot spots extended to accommodate.

WIC Services

Fridays, Nov. 7 & 21, 9 a.m.-4 p.m., Fee: FREE

Mobile Food Market

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

Wednesday, Nov. 19, 12-2 p.m., Fee: FREE

While supplies last

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, Nov. 21, 12:30 p.m., Fee: \$8

DIY Glass Etching

We will teach you how to take stencils and ordinary glasses to create two unique masterpieces. Make the glasses for yourself or they make a great holiday gift. All supplies included or bring your own glassware. No Pyrex or plastic.

Tuesday, Nov. 25, 5-6 p.m., Fee: \$20

Residents/\$25 non-resident

Register at <https://www.charlescountyparks.com/programs-activities/adult-programs>

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 the Netherlands including historical, geographical, and other interesting facts. We will also sample some Dutch cuisine. Prior signup is required.

Tuesday, Nov. 25, 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., 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 Lab8:30 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 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club.....11:00
3 Senior Council Meeting10:00 Fitness Beats12:00 <i>Artistic Aesthetics: Resin Coasters/ Dominos.....1:00</i>	4 Flex & Stretch.....10:00 Dominos.....1:00	5 Computer Lab8:30	6 Total Body Conditioning.....9:00 Chair Yoga10:00 Bingo12:45	7 Fitness Room.....8:30 <u>Community Program</u> WIC Services9:00
10 Core Fitness9:00 <i>Artistic Aesthetics: Casual Crafting1:00</i>	11 Veterans Day  Centers Closed	12 Billiards.....8:30	13 Casual Crafting8:30 Bingo12:45	14 Walking Club.....11:00 Council Bingo.....5:00
17 Core Fitness9:00 <i>Artistic Aesthetics: Resin Tables.....1:00</i>	18 Handwashing Presentation ..10:00 Games & Puzzles.....1:00 Jaycees Christmas Party Ticket Distribution	19 Billiards.....8:30 Thanksgiving Day Meal12:00 <u>Community Program</u> Mobile Food Market12:00	20 I & A9:30 Bingo12:45	21 Dominos.....1:00 <u>Community Program</u> WIC Services9:00 Pizza & Painting12:30
24 Core Fitness9:00 Fitness Beats12:00 <i>Artistic Aesthetics: Casual Crafting1:00</i>	25 Flex & Stretch.....10:00 Let's Take a Trip1:00 <u>Community Program</u> DIY Glass Etching.....5:00	26 Thanksgiving Break  Centers Closed	27 Happy Thanksgiving  Centers Closed	28 Thanksgiving Break  Centers Closed