

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Friday Films

Join us for snacks and The Christmas Chronicles – Siblings Kate and Teddy Pierce hatch a scheme to capture Santa Clause on Christmas Eve. When the plan goes awry, the kids join forces with a somewhat jolly Saint Nick and his loyal elves to save the holiday before it's too late.

Friday, Dec. 12, 11 a.m. Fee: FREE

Let's Take a Trip

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

Tuesday, Dec. 23, 1 p.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.

Sugar Cookie Decorating, Dec. 1 Fee: \$2

Casual Crafting, Dec. 8 Fee: FREE

Christmas Bells, Dec. 15 Fee: \$5

Casual Crafting, Dec. 22 Fee: FREE

Block Snowman, Dec. 29 Fee: \$4

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, Dec. 18, 9:30 a.m. Fee: FREE

Nickel Bingo

Join us for bingo every week!

Thursdays, 12:45 p.m. Fee: 5¢ per card

FITNESS

Health & Fitness Program

Arthritis Foundation Exercise Program (AFEP)

Join Debi for this 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.

Wednesdays, Dec. 3 & 17, 11 a.m. Fee: FREE

Core Fitness

Core work, muscle work, and flexibility.

Mondays, 9 a.m. Fee: FREE

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, Dec. 1 & 29, 12 p.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: Fitness Card

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

Borrow books, movies, tech every three weeks.

Tuesday, Dec. 2 & 23, 10:30 a.m.

Fee: FREE

WIC Services

Friday, Dec. 5 & 19, 9 a.m.-4 p.m. Fee: FREE

DIY Ornament

Enjoy spending time with your little one making memories while creating one of a kind Christmas ornaments. All supplies included.



Parent participation is required for ages 4-5. Only the child needs to be registered.

Register online with Recreation using the QR code or visiting: <https://charlescountymd.myrec.com/info/default.aspx>.

Tuesday, Dec. 9, 4:30-5:30 p.m.

Fee: \$12 for residents & \$14 for non-residents

Pizza & Painting

Paint a pre-sketched 9x12 canvas with a Christmas 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, Dec. 19, 12:30 p.m. Fee: \$8

Mobile Food Market

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

Wednesday, Dec. 17, 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

Christmas Tree Lighting Concert

Join us for an evening of festive cheer as we listen to Christmas music, eat holiday treats, and even get a visit from the big guy himself.

Monday, Dec. 8, 6 p.m. Fee: FREE



Senior Council Christmas Luncheon

The Nanjemoy Senior Council will host a Christmas themed lunch. Please see the Nanjemoy Senior Council to register in advance. Last day to register is Tuesday, Dec. 9

Tuesday, Dec. 16, 11 a.m. Fee: Donation

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., 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 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 Dominos.....1:00 Nickel Bingo.....12:45 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 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club.....11:00
1 Senior Council Meeting10:00 Fitness Beats12:00 Artistic Aesthetics: <i>Sugar Cookie Decorating</i>1:00	2 Flex & Stretch.....10:00 Dominos.....1:00 <u>Community Program</u> Mobile Library10:30	3 Computer Lab8:30 AFEP11:00	4 Total Body Conditioning.....9:00 Chair Yoga10:00 Bingo12:45	5 Fitness Room8:30 <u>Community Program</u> WIC Services9:00 Center Closing at 12 p.m.
8 Core Fitness9:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00 <u>Community Program</u> Christmas Tree Lighting. .6:00	9 Christmas Meal12:00 <u>Community Program</u> Recreation DIY Ornament.....4:30	10 Billiards.....8:30	11 Center Closed for Jaycee's Christmas Party 	12 Friday Films11:00 Walking Club11:00
15 Core Fitness9:00 Artistic Aesthetics: <i>Xmas Bells</i>1:00	16 Senior Council Christmas Luncheon11:00 Games & Puzzles.....1:00	17 Billiards.....8:30 AFEP11:00 <u>Community Program</u> Mobile Food Market12:00	18 I & A9:30 Bingo12:45	19 Dominos.....1:00 <u>Community Program</u> WIC Services9:00 Pizza & Painting12:30 White Christmas Bus Trip 10 a.m.–5 p.m.
22 Core Fitness9:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	23 Flex & Stretch.....10:00 Let's Take a Trip1:00 <u>Community Program</u> Mobile Library10:30	24 Center Closing at 12 p.m. 	25 Merry Christmas  Centers Closed	26 Merry Christmas  Centers Closed
29 Fitness Beat12:00 Artistic Aesthetics: <i>Block Snowman</i>1:00	30 Senior Tech Appts8:30	31 Center Closing at 12 p.m. 		