

NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest *SCOOP* online!

Program Highlights

Bingocize

Bingocize is back! Join us for a fun filled 10 weeks consisting of exercises designed to improve all functional fitness including range of motion, balance, muscle strength, and cardio-respiratory endurance.

Tuesdays & Thursdays, 10:30 a.m. Fee: FREE

Preventative and Holistic Wellness for Healthy Aging

In this workshop we will focus on body, mind and spirit for information on trends, in health and fitness.

Facilitator: Debi Shanks See pg. 14 for details

Wednesday, Jan. 7, 11 a.m. Fee: FREE

Let's Take a Trip

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

Tuesday, Jan. 20, 1 p.m. Fee: FREE

Friday Films

Join us for snacks and the classic An Affair to Remember. The story follows two strangers who fall in love on a cruise and agree to meet six months later at the top of the Empire State Building, but a tragic accident prevents the reunion.

Friday, Jan. 30, 11 a.m. Fee: FREE

Ongoing Programs

Artistic Aesthetics

Weekly project to express your creativity. Fee due at registration. Prior signup is required. Limited space availability.

Mondays, 1 p.m.

Casual Crafting, Jan. 5 Fee: FREE

Cookie Cutter Birdfeeder, Jan. 12 Fee: FREE

Cutting Board Stand, Jan. 26 Fee: \$5

I&A Services

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds. See Staff or call 301-934-6737 for an appointment Thursday, Jan. 22, 9:30 a.m.

Nickel Bingo

Join us for bingo every week!

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

Health & Fitness Programs

Core Fitness

Core work, muscle work, and flexibility.

Mondays, 9 a.m. Fee: Fitness Pass

Arthritis Foundation Exercise Program (AFEP)

Evidence-based exercise program. Gentle all go 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

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 Pass

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, Jan. 13 10:30 a.m. Fee: FREE

WIC Services

Fridays, Jan. 16 & 30 a.m.-4 p.m. Fee: FREE

Mobile Food Market

Maryland Food Bank is giving away free fresh and shelf-stable food distribution. Open to the public.

Wednesday, Jan. 21, 12-2 p.m. Fee: FREE

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

Sign up for Recreation programs online using the QR code below:

Move & Groove

Let your kids run, jump, and play to the sound of music. We will play short, exciting games to get your little one moving and grooving.

Ages 2-5 yrs. **Adult participation is required.

Friday, Jan. 16, 11 a.m. Fee: FREE

Storytime

Reading aloud creates memories and encourages critical thinking. Come join us for a fun, interactive story, and an activity to follow.

Ages 2-5 yrs. *Adult participation is required.

Friday, Jan. 16, 12 p.m. Fee: FREE



Cocoa and Conversation

Curious about what everyone's New Year's resolution is for 2026? Join us to celebrate National Hot Chocolate Day for hot cocoa and conversation to share thoughts.

Wednesday, Jan. 28, 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., 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 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Fitness Core Fitness 9:00	Billiards 8:30 Causal Crafting 8:30 Computer Lab 8:30 Fitness Room 8:30 Senior Tech Appts 8:30 Lunch 12:00 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Fitness 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 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Fitness Walking Club 1:00	Billiards 8:30 Computer Lab 8:30 Fitness Room 8:30 Senior Tech Appts 8:30 Lunch 12:00 Nickel Bingo 12:45 Fitness Total Body Conditioning 9:00 Chair Yoga 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 Shop the Rack 8:30 Senior Tech Appts 8:30 Lunch 12:00 Dominos 1:00 Games/Puzzles 1:00 Fitness AFEP 10:00 Walking Club 11:00

JANUARY

5 Senior Council Meeting 10:00 Fitness Beats 12:00 Artistic Aesthetics: <i>Casual Crafting</i> 1:00	6 Computer Lab 8:30 Bingocize 10:30 Dominos 1:00	7 Wellness w/Debi 11:00	1 All Charles County Senior Centers are Closed for New Year's Holiday 	2 All Charles County Senior Centers are Closed for New Year's Holiday 
12 Artistic Aesthetics: <i>Cookie Cutter Birdfeeder</i> 1:00	13 Bingocize 10:30 Games/Puzzles 1:00 <u>Community Program</u> Mobile Library 10:30	14 Games/Puzzles 10:00	8 Chair Yoga 10:00 Bingocize 10:30 Bingo 12:45	9 Senior Tech Appts 8:30
19 All Charles County Senior Centers are Closed for Martin Luther King Jr. Day 	20 Bingocize 10:30 Let's Take a Trip 1:00	21 Casual Crafting 8:30 <u>Community Program</u> Mobile Food Market 12:00	15 Total Body Conditioning 9:00 Bingocize 10:30 Bingo 12:45	16 AFEP 10:00 <u>Community Program</u> WIC Services 9:00 <u>Recreation Program</u> Move & Groove 11:00 Storytime 12:00
26 Fitness Beats 12:00 Artistic Aesthetics: <i>Cutting Board Stand</i> 1:00	27 Computer Lab 8:30 Bingocize 10:30	28 Fitness Room 8:30 Cocoa and Conversation 11:00	22 I & A Services 9:30 Bingocize 10:30 Bingo 12:45	23 AFEP 10:00 Pizza & Painting 12:30
			29 Billiards 8:30 Bingocize 10:30 Bingo 12:45	30 AFEP 10:00 Friday Films 11:00 <u>Community Program</u> WIC Services 9:00