

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