

# NANJEMOY SENIOR/COMMUNITY CENTER

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

Get your Latest SCOOP online!

## Program Highlights

### Let's Take a Trip

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

Tuesday, Feb. 17, 1 p.m. Fee: FREE

### Friday Films

Join us for snacks and Black Panther: Wakanda Forever-The people of Wakanda fight to protect their home from intervening world powers as they mourn the death of King T'Challa.

Friday, Feb. 20, 11 a.m. Fee: FREE

### Black History Month Performance

Shemika Berry aka Shemika Renee' is an award-winning makeup artist, award nominated actress, and costumer who can transform into historical figures that will captivate and inspire. Join us as she brings history to life. Prior sign up is required. Sponsored in part by a grant from the Charles County Arts Alliance and the Maryland State Arts Council.

Tuesday, Feb. 24, 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.

Valentine's Cards, Feb. 2 Fee: FREE  
Casual Crafting, Feb. 23 Fee: FREE

### I&A Services

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds. See Staff or call 301-934-6737 for an appointment.

Thursday, Feb. 19, 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

Core work, muscle work, and flexibility.

Mondays, 9 a.m. Fee: Fitness Pass

### 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, Feb. 3 & 24 10:30 a.m. Fee: FREE

### WIC Services

Fridays, Feb. 13 & 27, 9 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, Feb. 18, 12:00 p.m.-2:00 p.m.



**WE ARE  
MARYLAND'S  
FOOD BANK**

### Pizza & Painting

Romance is in the air! Paint a pre-sketched 8x10' canvas with a Valentine's 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 with payment is required.

Friday, Feb. 27, 12:30 p.m. Fee: \$8

### 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 Programs

### Wacky Science

Mad science or just plain fun... you decide! Your child will enjoy conducting a variety of messy science experiments and fun activities, such as chemical reactions, slime, quicksand, and more. Ages 6-12. Please register with the QR code.



Tuesday, Feb. 3, 3 p.m. Fee: \$20

## Senior Council Valentine's Day Luncheon

The Nanjemoy Senior Council will host a Valentine's Day themed lunch. Please see the Nanjemoy Senior Council to register in advance. Last day to register is Wednesday, Feb. 4th

Wednesday, Feb. 11, 11 a.m.

Fee: \$15



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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 AFEP .....10:00 Bingocize .....10:30	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> 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 Dominos.....1:00 Games/Puzzles .....1:00 <b>Fitness</b> Walking Club .....1:00	Billiards.....8:30 Causal Crafting .....8:30 Computer Lab .....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Shop the Rack .....8:30 Lunch .....12:00 Senior Tech Appts.....8:30 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles .....1:00 <b>Fitness</b> Total Body Conditioning.....9:00	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 .....1:00
<b>2</b>  Senior Council Meeting .....10:00 Bingocize .....10:30 Fitness Beats .....12:00  <u>Artistic Aesthetics:</u> <u>Valentine's Card</u> .....1:00	<b>3</b>  Flex & Stretch.....10:00  <u>Community Program</u> Mobile Library .....10:30  <u>Recreation Program</u> Wacky Science.....3:00.	<b>4</b>  Billiards.....8:30 Dominos.....1:00	<b>5</b>  Chair Yoga .....10:00 Nickel Bingo.....12:45	<b>6</b>  AFEP .....10:00
<b>9</b>  <b>Employee Appreciation Day</b>   <b>All Senior Centers Closed</b>	<b>10</b>  Computer Lab .....8:30 Dominos.....1:00	<b>11</b>  <b>Senior Council Valentine's Day Meal ...11:00</b>	<b>12</b>  Chair Yoga .....10:00 Bingocize .....11:00	<b>13</b>  Senior Tech Appts .....8:30  <u>Community Program</u> WIC Services .....9:00
<b>16</b>  <b>President's Day</b>   <b>All Senior Centers Closed</b>	<b>17</b>  Flex & Stretch.....10:00 <b>Let's Take a Trip</b> .....1:00  <u>Jaycees Buffet Bingo Ticket Distribution</u>	<b>18</b>  AARP Tax Prep .....9:00 Games/Puzzles .....10:00  <u>Community Program</u> Mobile Food Market .....12:00	<b>19</b>  I & A .....9:30 Chair Yoga .....10:00 Bingo .....12:45	<b>20</b>  AFEP .....10:00 <b>Friday Films</b> .....11:00
<b>23</b>  Bingocize .....10:30 Fitness Beats .....12:00  <u>Artistic Aesthetics:</u> <u>Casual Crafting</u> .....1:00	<b>24</b>  Flex & Stretch.....10:00  <u>Community Program</u> <b>Black History Month Performance</b> .....11:00 Mobile Library .....10:30	<b>25</b>  Fitness Room .....8:30 AFEP w/Debi .....11:00 Dominos.....1:00	<b>26</b>  Total Body Conditioning.....9:00 Chair Yoga .....10:00 Nickel Bingo.....12:45	<b>27</b>  Casual Crafting .....8:30 Shop the Rack .....8:30  <u>Community Program</u> WIC Services .....9:00 <b>Pizza &amp; Painting</b> .....12:30