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NANJEMOY Community CENTER



Activity & Event Newsletter

301-246-9612 • 301-609-7639 • 301-753-1647 ☀ 4375 Port Tobacco Rd • Nanjemoy, MD 20662
Hours: Monday & Wednesday: 8:30 a.m.–8 p.m. • Tuesday, Thursday, & Friday: 8:30 a.m.–4:30 p.m. | www.CharlesCountyMD.gov

Reinvent Yourself

Engaging in social and productive activities you enjoy... like taking an art class, becoming a volunteer in your community, or at your place of worship... may help to maintain your well-being while you are reinventing yourself into this new phase of life. There are many things you can do to help yourself age well. Exercise, being physically active, and making healthy food choices are some of those, but did you know participating in activities you enjoy may also help support healthy aging?

Studies suggest that older adults who participate in meaningful activities, like volunteering in their communities, exhibit long-term benefits such as lowering the older adults' risk of developing disability, dependency, and dementia in later life. They seem to be better prepared to cope with loss. Volunteering in your community can help with stress and depression from the death of a spouse. Among people who experienced a loss, those who took part in volunteer activities felt more positive about their own abilities and were able to cope better with their changing lives.

Article provided by NIH.



Energy Assistance

Do you need help paying your electric and heating bills?

The Office of Home Energy (OHEP) helps eligible Maryland residents pay their utility bills, minimize the strain when the cold weather sets in, and makes energy costs more affordable by providing grants under the Maryland Energy Assistance Program (MEAP) and the Electric Universal Service Program (EUSP).

Applicants must reapply for this program every year after July 1 for benefits to continue.

Seniors age 60 and older can receive application assistance, obtain information, or schedule an appointment to apply.

Aging & Disability Resource Center

1-855-843-9725
301-609-5712



Nanjemoy Community Center Holiday Schedule

The Nanjemoy Community Center will be closed as follows:

- Election Day • Tuesday, Nov. 8
- Thanksgiving • Thursday-Friday, Nov. 24-25
- Veterans Day • Friday, Nov. 11



Activities & Classes

Heart Healthy Recipes for the Holidays

Lisa Furlow (Nutritionist) will be here to share healthy heart recipes to try at home.

Tuesday, Nov. 1 10-11 a.m.
Fee: FREE

Nanjemoy Center Community Council

This meeting is held every first Tuesday of the month. Join us and see what's happening in Nanjemoy and at the center.

Tuesday, Nov. 1 1-2 p.m.
Fee: FREE

Best Friends

Seniors will talk about old and new friendships. Having shared history makes it easier to communicate. . .they understand your roots and may have been witnesses to other important people and events in your life.

Wednesday, Nov. 2 10-11:30 a.m.
Fee: FREE

Wednesday's Nickel Bingo

You haven't lived until you come and join the seniors playing nickel bingo.

Wednesday, Nov. 2-30 1-2 p.m.
Fee: 5¢

Matinee

Join us for a hilarious Thursday matinee movie, *National Lampoon's Vacation*. Enjoy the show on our nice flat screen plasma television. You supply the laughter, and we'll supply the treats.

Thursday, Nov. 3 10-11:30 a.m.
Fee: FREE

Canned Food Week

Let's celebrate national canned food week! This week began in Wilmington, Delaware in August of 1921.

Thursday, Nov. 3 12:45-1:45 p.m.
Fee: FREE

Presidential Election Trivia

Join us as we answer trivia questions concerning presidential elections. What would you like to see happen under the new president?

Monday, Nov. 7 10-11 a.m.
Fee: FREE

Monday Bingo

Each Monday in November there will be specials and regular bingo games.

Each Monday, Nov. 7-28 1-2 p.m.
Fee: FREE

Book Worms

Let's review the books in our library.

Wednesday, Nov. 9 10-10:45 a.m.
Fee: FREE

Open Games

Seniors will play games of their choice.

Thursday, Nov. 10 12:45-1:45 p.m.
Fee: FREE

Nutritional Benefits of Herbs

Not only do herbs wake up the flavors in many foods, they also have significant value by aiding in digestion, and many other healthful uses.

Monday, Nov. 14 10-11:30 a.m.
Fee: FREE

Reflections of Our Lives

What are your favorite childhood and adulthood memories?

Tuesday, Nov. 15 10-11 a.m.
Fee: FREE

Weigh To Go

Annual Fee: \$1, plus a penny a pound for each pound gained. Persons losing the most weight in six months wins the pot. Join us in this effort to lose a few pounds.

Tuesday, Nov. 15 12:45-1:45 p.m.
Fee: \$1

Stop Bullying Day

Bullying in the senior center? Never! Did you know 15% of seniors have experienced verbal intimidation? Learn about cause and strategies.

Wednesday, Nov. 16 10-11:30 a.m.
Fee: FREE

National Peanut Butter Month

Join us for some fabulous information about the nutritional benefits of peanut butter. Crackers and peanut butter provided.

Thursday, Nov. 17 10-10:30 a.m.
Fee: FREE

Senior Information & Assistance Outreach

Julie Hammonds (I&A Specialist) will provide persons age 60 and older, along with their families, access to information regarding programs, services, and benefits.

Thursday, Nov. 17 10:15 a.m.-Noon
Fee: FREE

Arithmetic

Let's add, subtract, and divide "ole school."

Monday, Nov. 21 10-11 a.m.
Fee: FREE

Breast, Colorectal, & Prostate Cancer Awareness

Linda Barnes (Department of Health) will be here to discuss these forms of cancer. Remember to bring your questions to get the right answers and correct information.

Tuesday, Nov. 22 10-11:30 a.m.
Fee: FREE

Talking Gobble, Gobble

We will talk about life in general and how we are coping with the trends of today. . . health care, taxes, etc. Tea and crumpets will be served.

Tuesday, Nov. 22 12:45-1:45 p.m.
Fee: FREE

Words with "LE" in Them

Word definitions are given and the answers are provided by filling the "LE" with the correct words.

Wednesday, Nov. 23 10-11 a.m.
Fee: FREE

Baked Sweet Potato Day

Enjoy a steaming hot baked sweet potato with or without brown sugar and butter. We will cook them for everyone to enjoy.

Monday, Nov. 28 10-11 a.m.
Fee: \$1

How was your Thanksgiving?

Open discussion on being thankful for our family and our many blessings.

Tuesday, Nov. 29 10-11:30 a.m.
Fee: FREE

Native American Indian Heritage Month

The Native Americans have a rich history full of tradition and pride. We will explore and learn more about them.

Tuesday, Nov. 29 12:45-1:45 p.m.
Fee: FREE

How Would You Handle This?

What's mine is mine. This story is about a young lady who saved her money. She had a secret savings account. The story will be read and discussed.

Wednesday, Nov. 30 10-10:30 a.m.
Fee: FREE

Veterans Day Celebration

Join us as we pay tribute to all veterans who have unselfishly served our country, defended our way of life, and preserved our freedom with a call of honor.



Thursday, Nov. 10

10 a.m.-Noon
Fee: FREE

November 2016

Event Calendar

 Programs for All Ages
 Youth

 Tots & Younger Children
 Adults

 Seniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Computer Lab ... 8:30-8:00</p> <p>Fitness Room ... 8:30-8:00</p> <p>Billiards</p> <p>Drop In 8:30-8:00</p> <p>Walking Club.... 9:15-9:45</p> <p>Fitness with LaMont11:00-11:45</p> <p>Board Games... 9:30-11:00</p> <p>BINGO 1:00-2:00</p> <p>Fitness</p> <p>Orientation..... 3:00-4:00</p> <p>Video Fit 6:30-7:30</p>	<p>Computer Lab ... 8:30-4:30</p> <p>Fitness Room 8:30-4:30</p> <p>Billiards</p> <p>Drop In 8:30-4:30</p> <p>Walking Club.... 9:15-9:45</p> <p>Board Games... 9:30-11:00</p> <p>Tai Chi.....11:15-11:45</p> <p>Card Games 12:30-1:30</p> <p>Breathe Easy 1:00-1:45</p>	<p>Computer Lab ... 8:30-8:00</p> <p>Fitness Room 8:30-8:00</p> <p>Billiards</p> <p>Drop In 8:30-8:00</p> <p>Walking Club.... 9:15-9:45</p> <p>Board Games... 9:30-11:00</p> <p>Fitness</p> <p>Orientation... 10:30-11:30</p> <p>Strength Training..... 11:00-11:30</p> <p>Bingo 1:00-2:00</p> <p>Video Fit 6:30-7:30</p>	<p>Computer Lab ... 8:30-4:30</p> <p>Fitness Room 8:30-4:30</p> <p>Billiards</p> <p>Drop In 8:30-4:30</p> <p>Walking Club.... 9:15-9:45</p> <p>Board Games... 9:30-11:00</p> <p>Card Games 12:30-1:30</p>	<p>Computer Lab ... 8:30-4:30</p> <p>Fitness Room 8:30-4:30</p> <p>Billiards</p> <p>Drop In 8:30-4:30</p>	
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7 Presidential Election Trivia 10:00-11:00 Monday Bingo..... 1:00	8 Center Closed Election Day	9 Ceramics with Donna 10:00 Book Worms... 10:00-10:45 Nickel Bingo..... 1:00	10 Veteran's Day Celebration ...10:00-Noon Open Games ... 12:45-1:45	11 Center Closed Veteran's Day	12
14 Nutritional Benefits of Herbs 10:00-11:30 Monday Bingo.....1:00	15 Reflections of our Lives..... 10:00-11:00 Weigh To Go.... 12:45-1:45	16 Stop Bullying Day 10:00-11:30 Nickel Bingo..... 1:00	17 National Peanut Butter Month. . 10:00-10:30 Information & Assistance 10:15-Noon	18 Open Games 10:00 Family Bingo 6:00-8:00	19
21 Arithmetic10:00-11:00 Monday Bingo..... 1:00	22 Breast, Colorectal & Prostate Cancer Awareness 10:00-11:30 Talking Gobble, Gobble..... 12:45-1:45	23 Words With "LE" In Them 10:00-11:00 Nickel Bingo..... 1:00	24 Center Closed Thanksgiving	25 Center Closed Thanksgiving	26
28 Baked Sweet Potato Day10:00-11:00 Monday Bingo..... 1:00	29 How Was Your Thanksgiving?. 10:00-11:30 Native American Heritage Month 12:45-1:45	30 How Would You Handle this? 10:00-10:30 Nickel Bingo..... 1:00	Reminder: Council Meeting Tuesday, Nov. 1 • 1 p.m. • Fee: FREE		



NANJEMOY Community CENTER

The Charles County Department of Community Services is pleased to offer this edition of the Nanjemoy Community Center Newsletter, a monthly publication listing events and programs.

CHARLES COUNTY COMMISSIONERS



Equal Opportunity Employer

Department of Community Services

8190 Port Tobacco Road
Port Tobacco, Maryland 20677
301-934-9305 • 301-870-3388

MD Relay: 711
Relay TDD: 1-800-735-2258

Learn more at...

www.CharlesCountyMD.gov



Mission Statement – The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient, and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning, and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace.

Vision Statement – Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

Americans With Disabilities – The Department of Community Services welcomes the participation of individuals with disabilities. As with all County Government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

Christmas Connection

Christmas Connection is a volunteer and inter-agency partnership that provides holiday cheer to seniors and families in need. The Department of Community Services leads the "Adopt-a-Senior" portion of the Christmas Connection project and is currently seeking volunteers to prepare and deliver holiday food baskets to seniors who have been determined to be needy and without support of family during the holidays.



If you are interested in volunteering to prepare and deliver a holiday food basket for a senior, please call Senior I&A at 301-609-5712 or 301-934-9305, ext. 5737.

Seniors who are eligible for assistance and wish to receive a holiday food basket should call Senior I&A at 301-609-5712.

Get Ready for Medicare D Open Enrollment

Open enrollment is the time for Medicare beneficiaries to review their prescription drug plan and make necessary changes. New beneficiaries can select a plan and learn how the plan works, and existing enrollees can change and updates their plans.

Open enrollment began Oct. 15 and will end Dec. 7. Senior Health Insurance Counselors (SHIP) will be available to assist you during the enrollment period. Please call the SHIP office at 301-609-5712 to schedule an appointment.

Annual Christmas Party

Charles County seniors, age 60 and older, are invited to attend this annual event. Join us for delicious food, fellowship, and entertainment. Vocalist Ellis Woodward will put you in the holiday spirit with sing-alongs and dancing galore. Santa will visit to hand out door prizes donated by senior clubs, councils, and organizations. Please bring a canned food item to share with needy families. Tickets are available at all four senior centers beginning Thursday, Nov. 10.

Thursday, Dec. 8, 10:30 a.m.-2 p.m.
Fee: FREE (ticket required)

Location: Waldorf Jaycees Community Center
Sponsored by the Greater Waldorf Jaycees

A Sneak Peek At Upcoming Events

Dec. 5: Tree lighting

Dec. 15: Senior Center Party

Dec. 16: Family Bingo

Dec. 26:

**Christmas Holiday
Nanjemoy Community
Center Closed**