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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

The Western Charles County Family Medical Center Welcomes New Nurse Practitioner, Nicole Griffin



Nicole Griffin has joined the staff at the Nanjemoy Western Family Medical Center. Ms. Griffin was born in Washington D.C., but spent most of her life in Clinton (Maryland) until 1997. She married her high school sweetheart, followed by a move to Charles County, and raised their four beautiful children ages 7, 11, 14, and 17.

Nicole's urge to care for others helped her in making a decision to pursue a career in nursing. In 1996, she obtained an Associate's Degree in nursing from Prince George's County Community College, followed by a Bachelor's of Science in nursing from Notre Dame of Maryland University. As much as she enjoyed being a bedside nurse, she maintained a desire to do more. After graduation in 2012, she enrolled in Bowie State University where she obtained a Master's of Science in nursing with a concentration in family nurse practitioner. Nicole has plans to continue her education at Catholic University for her PhD.

Charles County Fair Coming Sept. 17-20, 2015

Residents of Charles County that are 60 years of age and older may enter their exhibits in the senior building. Two entry maximum per class. Entry selections include: **Needle Arts:** crocheting, knitting, needlepoint, sewn garments, decorated baskets, pillows, embroidery, counted cross stitch, quilting, rugs, decorated accessories, dolls, and more. **Arts & Crafts:** watercolors, oils, acrylics, drawings, ceramics, pottery, woodcarving. Christmas decorations, toys, decorative items, photographs, calligraphy, jewelry, and more. Collections: scrapbooks, stamps, coins, and more.

Entries must have been completed between Sept. 2014-Sept. 2015, excluding collections with new additions.

Fair books will be available at senior centers or libraries beginning August 4th.



DANCE PARTY!

Join us on Thursday, July 2, with Josh Urban playing the oldies and goodies from the 40s, 50s, 60s and more! Help us celebrate July 4. Reserve your picnic style lunch.



Activities & Classes

Hoorah for the Red, White, & Blue

Celebrate our great country. Do you know your American history? Come test your knowledge, play games, contests, and more.

Wednesday, Jul. 1 10-11:30 a.m.
Fee: FREE

Nickel Bingo

Each Wednesday, Jul. 1-29 1-2 p.m.
Fee: 5¢

Dance Party

Josh Urban will play the oldies and goodies from the 40s 50s 60s and more. Join us as we get ready to celebrate July 4th with a picnic lunch.

Thursday, Jul. 2 10:30 a.m.-Noon
Fee: \$4

Table Talk

We will talk about how we celebrated July 4th.

Monday, Jul. 6 10-11 a.m.
Fee: FREE

Monday Bingo

Regular bingo and specials for the month of July.

Each Monday, Jul. 6-27 1-2 p.m.
Fee: FREE

Summer Poems

Enjoy summer poems read by the seniors, followed by an open discussion.

Tuesday, Jul. 7 10-11 a.m.
Fee: FREE

Joint Council Meeting

The Joint Council Meeting will be held at the Indian Head Senior Center.

Tuesday, Jul. 7 10 a.m.-1 p.m.
Fee: FREE

Name that Ad Tune

How many answers can you find in the ads "name that tune" crossword puzzle. We will do this in pairs.

Wednesday, Jul. 8 10-11:30 a.m.
Fee: FREE

Horse Races

Place your bets! Horses are in their gates...and they're off! Who will win it? Come roll your dice and find a winner.

Thursday, Jul. 9 10-11:30 a.m.
Fee: FREE

Full Moon Names & Their Meanings

Learn about full moon names given by Native Americans to track the seasons.

Monday Jul. 13 10-11:30 a.m.
Fee: FREE

Cooking is Fun

Donna Bailey (University of Maryland Extension Service) will show us how cooking can be fun when done in a group. We will share recipes, have a cooking demonstration, and taste samples of our cooking delights.

Tuesday, Jul. 14 10-11:30 a.m.
Fee: FREE

Wild, Wild West

Howdy, partner! Saddle up for some wild west fun and try your hand at cow patty toss or pan for gold. Following lunch we will enjoy a classic western movie.

Tuesday, Jul. 14 12:45-2:15 p.m.
Fee: FREE

Visit with the Nurse

Ashley Lagana will check your blood pressure and answer general health questions.

Wednesday, Jul. 15 10:15 a.m.-Noon
Thursday, Jul. 30 10:15 a.m.-Noon
Fee: FREE

Music Appreciation

Music will awaken memories of days and events gone by. Music can also extend your good mood.

Thursday, Jul. 16 10-11 a.m.
Fee: FREE

Ice Cream Day!

Make your own perfect sundae.

Thursday, Jul. 16 12:30-1:30 p.m.
Fee: \$1

Express Yourself with Summer Idioms

Idioms are expressions with a figurative meaning that is different from the literal meaning. We will venture and see what these idioms are.

Monday, Jul. 20 10-10:45 a.m.
Fee: FREE

Manicures, Manicures

Give yourself a manicure! Nail polish and nail art designs will be available. MaryKay products and supplies will be provided to pamper your hands.

Tuesday, Jul. 21 10-11:45 a.m.
Fee: FREE

Boost Your Vocabulary

Seniors will divide into teams and guess the meaning of words like "pusillanimous."

Tuesday, Jul. 21 12:45-1:45 p.m.
Fee: FREE

C to Y

Seniors will be tasked to find words that begin with C and end with Y to fit each definition that is given.

Wednesday, Jul. 22 10-11 a.m.
Fee: FREE

Whatever Makes You Happy Day

You get to do whatever makes you happy today. Make sure you share your happiness with everyone.

Thursday, Jul. 23 9 a.m.-2 p.m.
Fee: FREE

Senior Information & Assistance

This outreach program provides persons age 60 and older and their families access to information regarding programs, services, and benefits. Presenter: Ruth Anderson-Cole.

Thursday, Jul. 23 10:15 a.m.-Noon
Fee: FREE

Fraud Prevention

An officer from the Charles County Sheriff's office will discuss how we can protect ourselves against fraud, and discuss safety precautions we should take each day.

Monday, Jul. 27 10-11:30 a.m.
Fee: FREE

Check Under the Bed

This is a play we will work on now with plans to present in the future. To begin, we will give out parts and review.

Tuesday, Jul. 28 10-11:30 a.m.
Fee: FREE

Higher or Lower

A new game to learn about.

Wednesday, Jul. 29 10-11 a.m.
Fee: FREE

Senior Farmers Market Coupons

Lisa Furlow, Nutritionist, will provide FREE coupons for use at any approved farmers market for fresh fruits and vegetables. To be eligible, you must be enrolled in one of the designated federal programs. Participation in past years does not automatically qualify you for this year. Be sure to bring the required paperwork on the day of your visit. Questions: 301-934-0138 or 301-870-3388, ext. 5138.

Tuesday, Jul. 28 • 9:30 a.m.-Noon • Fee: FREE

July 2015 Event Calendar

 Programs for All Ages
 Youth

 Tots & Younger Children
 Adults

 Seniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Computer Lab ... 8:30-8:00 Fitness Room ... 8:30-8:00 Billiards Drop In 8:30-8:00 Board Games ... 9:30-11:00 Exercise with LaMont 11:00-11:45 BINGO 1:00-2:00 Open Games 6:30-7:30	Computer Lab ... 8:30-4:30 Fitness Room ... 8:30-4:30 Billiards Drop In 8:30-4:30	Computer Lab ... 8:30-8:00 Fitness Room ... 8:30-8:00 Billiards Drop In 8:30-8:00 Strength Training 11:00-11:45 Nickel BINGO 1:00-2:00 Open Games 6:30-7:30	Computer Lab ... 8:30-4:30 Fitness Room ... 8:30-4:30 Billiards Drop In 8:30-4:30	Computer Lab ... 8:30-4:30 Fitness Room ... 8:30-4:30 Billiards Drop In 8:30-4:30	
		1 Hoorah for the Red, White, & Blue ... 10:00-11:30 Nickel Bingo 1:00	2 Dance Party ... 10:30-12:00	3 Independence Day Holiday Center Closed	4
6 Table Talk 10:00-11:00 Monday Bingo 1:00	7 Summer Poems 10:00-11:00 Joint Council Meeting @ Indian Head Senior Center 10:00-1:00	8 Name That Ad Tune 10:00-11:30 Nickel Bingo 1:00	9 Horse Races ... 10:00-11:30 Open Games ... 12:45-1:45	10 Open Games 10:00	11
13 Full Moon Names & Their Meanings 10:00-11:30 Monday Bingo 1:00	14 Cooking is Fun 10:00-11:30 Wild, Wild West. .12:45-2:15	15 Visit the Nurse 10:15-Noon Nickel Bingo 1:00	16 Music Appreciation... 10:00-11:00 Ice Cream Day! 12:30-1:30	17 Craft Corner 10:00	18
20 Express Yourself with Summer Idioms 10:00-10:45 Monday Bingo 1:00	21 Manicures, Manicures..... 10:00-11:45 Boost Your Vocabulary 12:45-1:45	22 C to Y 10:00-11:00 Nickel Bingo 1:00	23 Whatever Makes you Happy 9:00-2:00 Senior I&A Outreach..... 10:15-Noon	24 Craft Corner 10:00	25
27 Fraud Prevention 10:00-11:30 Monday Bingo 1:00	28 Senior Farmers Market Coupons 9:30-Noon Check Under the Bed 10:00-11:30	29 Higher or Lower..... 10:00-11:00 Nickel Bingo 1:00	30 Visit the Nurse 10:15-Noon	31	

Ice Cream Social
 \$1 per sundae per visit during Center hours!

Reminder: Council Meeting
 Tuesday, Jul. 7 • 10 a.m.-1 p.m. • Fee: FREE



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 County

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.

July 16 Disability Awareness Day (ADA)

What is Disability Awareness?

Disability Awareness means educating people regarding disabilities and giving people the knowledge required to carry out a job or a task thus separating good practice from poor. It is no longer enough just to know that disability discrimination is unlawful. Despite the fact that three in 10 workers entering the workforce today that will become part of the disability community. People with hidden disabilities often do not feel like they belong within the disability community because they are not considered to be “disabled enough.”

Disability Awareness Week continues the tradition of National Access Awareness Week, first established in 1988, to promote better community access for people with disabilities. Many causes promote their awareness by wearing a particular color ribbon. During this week the Nanjemoy Community Center will provide a burgundy awareness ribbon in support of adults with disabilities to show awareness and our support.

A sneak peek at upcoming events

- * Aug. 4
National Night Out
- * Sept. 12
Heritage Day
- * Sept. 17-20
Charles County
Fair
- * Sept. 26
Memory Walk



15th Annual Nanjemoy Heritage Day

Saturday, Sept. 12, Noon-3 p.m.

Join us to celebrate the amazing heritage of Nanjemoy. The event is currently in the planning stages and we invite you to join us.

If you are interested in being a vendor, exhibitor, or participating in the parade with a classic vehicle or antique farm equipment, please call 301-246-9612.