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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](http://www.CharlesCountyMD.gov)

## Celebrate Earth Month!

April is Earth Month and there are plenty of ways to get involved — how will you take part this year?

Forty-six years ago, Earth Day was established to create awareness and appreciation of our precious, and increasingly fragile planet. Celebrated on April 22, Earth Day has over a billion participants around the world. Individuals, businesses, schools, and governments commemorate what has been achieved, and discuss what remains to be done to protect Earth.

April is set aside as the month to hold discussions. But why wait until April to have environmental dialogue? After Earth Month is over, it would be great if we could establish every month as Earth Month, and every year as Earth Year.

The first Earth Day, in 1970, inspired Congress to pass and strengthen clean air and water acts, and to create the Environmental Protection Agency (EPA) to monitor environmental issues and establish environmental policy and laws.

Try to keep Earth Day in your mind throughout the year and do your small part in making a difference.



## Spring Fling Dance

Spring is here, so let's have some fun! Bring your best friend and family to the Spring Fling Dance. Entertainment provided by the popular and talented DJ Rockin' Roger. The night will feature the limbo, electric slide, and goodies. The Spring Fling Dance is open to children age 6-12 years old. Each child must be signed in and picked up by an adult. Youth age 9 and younger must be accompanied by an adult for the evening.

The NCC Council will sell hotdogs, french fries, pizza, and soft drinks.

**Friday, April 8 • 7-9 p.m.**

**Fee: \$3**



### Giving Bins

As a reminder, the Nanjemoy Council Giving Bins program is available at the center to help those in need. Available Thursday, Apr. 14 & 28, 10-11 a.m. and 1-2 p.m.

## Activities & Classes

### Spring Awakens the Senses

We will test to determine what the six senses are and how they function. Spring awakens joy and hope in everyone!

Monday, Apr. 4 10-10:45 a.m.  
Fee: FREE

### Monday Bingo

The seniors get together for bingo.

Each Monday, Apr. 4-25 1-2 p.m.  
Fee: FREE

### Tai Chi

This is a gentle form of exercise used for stress reduction and other health conditions. Persons of all fitness levels may participate in this activity.

Each Tuesday, Apr. 5-26 11:15-11:45 a.m.  
Fee: \$1/pp

### Facial Exercises

If you sometimes find yourself scowling for no reason, take time to relax your facial muscles. You will look happier and feel better by doing these simple exercises a few times a day.

Tuesday, Apr. 5 10-11:30 a.m.  
Fee: FREE

### Breathe Easy

This class focuses on breathing techniques to reduce stress and improve overall relaxation.

Tuesdays, Apr. 5-26 1-1:30 p.m.  
Fee: FREE

### Nanjemoy Council Meeting

This is a wonderful group that meets the first Tuesday of the month. They are working diligently to raise funds that will help community members.

Tuesday, Apr. 5 1-2 p.m.  
Fee: FREE

### Charlie the Tuna Day

*Charlie the Tuna* has been around since 1961. We will draw a picture of Charlie and have a tuna snack.

Wednesday, Apr. 6 10-11:30 a.m.  
Fee: FREE

### Nickel Bingo

Each Wednesday, Apr. 6-27 1-2 p.m.  
Fee: 5¢/card

### International Beaver Day

Beavers are those adorable little buck-toothed rodents that are known for their diligence in cutting down trees. We will research and learn more about the beaver.

Thursday, Apr. 7 10-11:30 a.m.  
Fee: FREE

### Movie Matinee

*War Room*, a compelling drama filled with humor and heart that inspires you to have faith.

Thursday, Apr. 7 9:30-11:30 a.m.  
Fee: FREE

### Don't be a Fool

Seniors will be given a calendar of April and they are to find thirteen mistakes.

Monday, Apr. 11 10-11 a.m.  
Fee: FREE

### AMF Waldorf Bowling Lanes

Let's have some fun! Lunch is provided and will consist of a hotdog, french fries, and soft drink.

Tuesday, Apr. 12 10 a.m.-2 p.m.  
Fee: \$7/pp

### Fighting Winter Blues

Carol Thompson will be here to discuss how to fight the winter blues. Sometimes we get in a rut and continually focus on the same things. Let's focus on the brighter side.

Wednesday, Apr. 13 10-11 a.m.  
Fee: FREE

### Biography of Marvin Gaye

Marvin Gaye was one of the greatest artists in his time. We will talk about his life and the struggles he faced. Marvin Gaye was shot and killed by his own father one day short of his 45<sup>th</sup> birthday.

Thursday, Apr. 14 10-11 a.m.  
Fee: FREE

### Table Talk

Discussion is open for ideas.

Thursday, Apr. 14 12:45-1:45 p.m.  
Fee: FREE

### Earth Day Anniversary

We will discuss ways each of us can help conserve and improve the quality of life on Earth.

Monday, Apr. 18 10-11:30 a.m.  
Fee: FREE

### Springy Umbrella Wreath

Let's make an umbrella wreath for April showers.

Tuesday, Apr. 19 10-11 a.m.  
Fee: FREE

### Baseball Baffler

Twelve baseballs will have words around them. Seniors will have to decode and find the words.

Tuesday, Apr. 19 12:45-1:45 p.m.  
Fee: FREE

### Open Game Day

Seniors can choose any board game they like.

Thursday, Apr. 21 10:30-2 p.m.  
Fee: FREE

### Household Items

Throughout our lives we have used many household items. See how many you can think of before starting the puzzle.

Monday, Apr. 25 10-11 a.m.  
Fee: FREE

### National Pretzel Day

Pretzels are created in different forms — straight or twisted, crispy, salted, or unsalted. Everyone will have a chance to try the flavors.

Tuesday, Apr. 26 10-11 a.m.  
Fee: FREE

### April Showers Bring May Flowers

We will have a chance to create umbrellas and flowers to be posted on the bulletin board. We will also spend time planting flower seeds.

Tuesday, Apr. 26 12:45-1:45 p.m.  
Fee: FREE

### Three-Letter Connections

Seniors will be given correspondence with a three-letter word that shares a common link between the three words.

Wednesday, Apr. 27 10-11 a.m.  
Fee: FREE

### Information & Assistance

A representative from Community Services will be here to provide information.

Thursday, Apr. 28 10 a.m.-Noon  
Fee: FREE

### Friendship Potpourri

Seniors will make potpourri bags to keep for themselves or give to a friend or loved one.

Thursday, Apr. 28 12:45-1:45 p.m.  
Fee: FREE

## National Garden Month

Spring is here, and it's time to get busy planting our green beans, carrots, tomatoes, strawberries, and more.

**Wednesday, Apr. 20 • 10-11 a.m.**

Fee: FREE



# April 2016 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 Walking Club ... 9:15-9:45 Fitness with LaMont ..... 11:00-11:45 Board Games ... 9:30-11:00 BINGO ..... 1:00-2:00 Fitness Orientation ..... 3:00-4:00 Video Fit ..... 6:30-7:30	Computer Lab ... 8:30-4:30 Fitness Room ... 8:30-4:30 Billiards Drop In ..... 8:30-4:30 Walking Club ... 9:15-9:45 Board Games ... 9:30-11:00 Tai Chi ..... 11:15-11:45 AFEP ..... 11:00-11:30 Card Games ..... 12:30-1:30 Breathe Easy .... 1:00-1:30	Computer Lab ... 8:30-8:00 Fitness Room ... 8:30-8:00 Billiards Drop In ..... 8:30-8:00 Walking Club ... 9:15-9:45 Board Games ... 9:30-11:00 Fitness Orientation ... 10:30-11:30 Strength Training ..... 11:00-11:30 Bingo ..... 1:00-2:00 Video Fit ..... 6:30-7:30	Computer Lab ... 8:30-4:30 Fitness Room ... 8:30-4:30 Billiards Drop In ..... 8:30-4:30 Walking Club ... 9:15-9:45 Board Games ... 9:30-11:00 AFEP ..... 11:00-11:30 Card Games ..... 12:30-1:30	Computer Lab ... 8:30-4:30 Fitness Room ... 8:30-4:30 Billiards Drop In ..... 8:30-4:30	
<div style="border: 1px solid black; background-color: #fff9c4; padding: 10px; display: inline-block;"> <p><b>Ice Cream Social</b> \$1 per sundae per visit during center hours!</p> </div>				<b>1</b> Craft Corner ..... 10:00	<b>2</b>
<b>4</b> Spring Awakens Senses ..... 10:00-10:45 Monday Bingo ..... 1:00	<b>5</b> Facial Exercise .. 10:00-11:30 Tai Chi ..... 11:15-11:45 Breathe Easy .... 1:00-1:30 Council Meeting ..... 1:00	<b>6</b> Charlie the Tuna Day ..... 10:00-11:30 Nickel Bingo ..... 1:00	<b>7</b> International Beaver Day ... 10:00-11:30 Movie Matinee "War Room" .... 9:30-11:30	<b>8</b> Craft Corner ..... 10:00 <p style="text-align: center;"><b>Spring Fling Dance</b> 7:00-9:00 p.m. Age: 6 to 12 yrs old</p>	<b>9</b>
<b>11</b> Don't be a Fool ..... 10:00-11:00 Monday Bingo ..... 1:00	<b>12</b> <b>Field Trip: AMF Bowling &amp; Lunch .... 10:00-2:00</b> Tai Chi ..... 11:15-11:45 Breathe Easy .... 1:00-1:30 Call to Mine ..... 1:00-1:45	<b>13</b> Fighting Winter Blues ..... 10:00-11:00 Nickel Bingo ..... 1:00	<b>14</b> Biography of Marvin Gaye ... 10:00-11:00 Table Talk ..... 12:45-1:45 <b>Giving Bins Available</b>	<b>15</b> Open Games ..... 10:00	<b>16</b>
<b>18</b> Earth Day Anniversary ... 10:00-11:30 Monday Bingo ..... 1:00	<b>19</b> Springy Umbrella Wreath ..... 10:00-11:00 Tai Chi ..... 11:15-11:45 Baseball Baffler ..... 12:45-1:45 Breathe Easy .... 1:00-1:30	<b>20</b> National Garden Month ..... 10:00-11:00 Nickel Bingo ..... 1:00	<b>21</b> Open Game Day ..... 10:30-2:00	<b>22</b> Open Games ..... 10:00	<b>23</b>
<b>25</b> Household Items ..... 10:00-11:00 Monday Bingo ..... 1:00	<b>26</b> National Pretzel Day ... 10:00-11:00 April Showers Bring May Flowers ... 12:45-1:45 Breathe Easy .... 1:00-1:30 <b>Tai Chi Canceled</b>	<b>27</b> Three-Letter Connections ... 10:00-11:00 Nickel Bingo ..... 1:00	<b>28</b> Information & Assistance ... 10:00-12:00 Friendship Potpourri ..... 12:45-1:45 <b>Giving Bins Available</b>	<b>29</b> Family Bingo .... 6:00-8:00	<b>30</b>



# 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 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](http://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.

# What is Tai Chi?

**Tuesday, 11:15-11:45 a.m.**  
**Open to the Community**  
**Fee: \$1/pp**



If you're looking for a way to reduce stress, consider tai chi. Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and is accompanied by deep breathing.

Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because tai chi is a low impact exercise, it may be especially suitable for older adults who otherwise may not exercise.

*Information provided by Mayo Clinic*

## A sneak peek at upcoming events

✱ **May 8**  
**NVFD Auxiliary  
Bake Sale**  
Nanjemoy Post Office  
9 a.m.-Noon

✱ **May 12**  
**Senior Golf  
Tournament**  
White Plains  
Golf Course

✱ **May 20**  
**Family Bingo**

✱ **May 30**  
**Memorial Day  
Center Closed**



## AMF Waldorf Bowling Lanes

Spring has sprung! Let's have fun and plan a day trip to AMF Bowling Lanes. Traditional bowling will be offered on 32 lanes, including a spot where you can watch the action and cheer your friends on. There are TV's with sports on, or you can challenge your friends to some arcade games. Lunch will be provided.

Please sign up. Limited space available.

**Tuesday, Apr. 12, 10 a.m.-2 p.m.**  
**Fee: \$7/pp**