

Classes & Programs  
Page 2



Activity Calendar  
Page 3



More Programs &  
Activity Sneak Peeks  
Page 4



# 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)

## April is Oral Cancer Awareness Month

Over 650 Marylanders will be diagnosed with oral cancer this year — and only half of them will be alive five years from now, according to recent data from the Maryland Department of Health and Mental Hygiene (DHMH). “The survival rate for oral cancer hasn’t improved as much as other cancers over the past 50 years mainly due to late stage diagnosis.” said Dr. Harry Goodman, Director for the Office of Oral Health in the Department of Health and Mental Hygiene. “An oral cancer exam is a painless, two-minute exam that can be easily performed by a dental or medical provider. The exam looks for red or white growths or sores inside the mouth or on the lips that do not readily heal, or swelling in the head and neck region.



The prognosis for oral cancer is best when these often-unnoticed changes are found early. Other ways to reduce your risk of oral cancer include limiting alcoholic drinks, using a lip balm with an SPF of at least 15 anytime you are outdoors, and having a diet rich in fruits and vegetables.

[www.maryland-oralcancer.org](http://www.maryland-oralcancer.org)

## 23<sup>rd</sup> Annual Southern Maryland Caregiver Conference

College of Southern Maryland, Prince  
Frederick Campus (Calvert County)

Hosted by the Calvert County Department of Aging, this year’s event is designed for the family caregiver. The day offers a wonderful opportunity to enrich one’s knowledge and skills in caring for older people.

The \$30 conference fee includes a continental breakfast, lunch, conference materials, exposure to service providers in the exhibition area, and the opportunity to attend professionally presented educational sessions on a host of informative topics related to the care of older adults.

For details, or to receive a registration brochure contact Cindy Olmsted at 301-934-0128 or email at: [OlmstedC@CharlesCountyMD.gov](mailto:OlmstedC@CharlesCountyMD.gov).

**Friday, May 15 • 8 a.m.-2:45 p.m.**  
**Fee: \$30**

## Western County Family Medical Center

Do you live in the western part of Charles County and need medical care? The Western County Family Medical Center is open 8 a.m.-Noon Mondays, Tuesdays and Thursdays, 3-7 p.m. Wednesdays and Noon -4 p.m. Fridays. To make an appointment, call 301-246-4860. Located in the Nanjemoy Community Center.

## Activities & Classes

### Laughter is Good Medicine

A good hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes.

Wednesday, Apr. 1                      10-10:45 a.m.  
Fee: FREE

### Nickel Bingo

Each Wednesday, Apr. 1-29              1-2 p.m.  
Fee: 5¢/card

### Coloring Easter Eggs

We are planning an Intergenerational Day with a few students from the Mt. Hope/Nanjemoy Elementary School. They will be here to assist persons with coloring and decorating their Easter eggs.

Thursday, Apr. 2                      10-11:30 a.m.  
Fee: \$1

### Beverly's Bingo

Every Monday in April, Beverly's Bingo will have featured specials and regular bingo games for everyone to enjoy.

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

### Porches & Porch Swings

Did you have a covered porch with a swing when you were a kid? What memories do you have about your porch swing? We will serve tea and talk about the times spent in the porch swing.

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

### Council Meeting

Tuesday, Apr. 7                      1-2 p.m.  
Fee: FREE

### Visit with the Nurse

Ashley Lagana will check blood pressures, weight and answer general health questions.

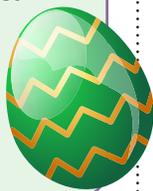
Wednesday, Apr. 8                      10:15 a.m.-Noon  
Thursday, Apr. 23                      10:15 a.m.-Noon  
Fee: FREE

## The Great Easter Egg Hunt

Easter eggs will be hidden throughout the multi-purpose room for the seniors to find. The senior finding the most eggs will receive a prize.

This is sure to be a lot of fun, plan to join us.

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



### Friendship Potpourri

Seniors will make potpourri bags to keep for themselves or give to a friend or loved one. The bags will feature a handmade design created by each senior.

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

### Call to Mine

Many of us like to remember happy times in our lives. We will find and circle happy memory words in this word search puzzle.

Thursday, Apr. 9                      12:45-1:45 p.m.  
Fee: FREE

### April Showers Bring May Flowers

We will decorate the bulletin board with umbrellas and flowers created by the seniors. We will also plant seeds to get our flower garden started.

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

### Eat It, Dance It, Wear It, Plant It, Play It

To test your brains we will try to figure out what each of the given words mean. Do you really eat it, wear it, plant it or play it?

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

### Alphabetical Proverbs & Sayings

It's fun to recall common sayings and proverbs that we have stored in our memory banks. It is always good to keep our brains working.

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

### National Egg Salad Week

Have you ever thought seriously about an egg? Join us and learn the symbol of an egg, how to tell if it's hard boiled or raw, what vitamins comes from eggs and a lot more.

Wednesday, Apr. 15                      10-11 a.m.  
Fee: FREE

### Movie Matinee

The Wedding Planner is hilarious and romantic. When the wedding planner falls for the handsome groom her life is turned upside down.

Thursday, Apr. 16                      10-11:30 a.m.  
Fee: FREE

### Spring Poetry

Let's really get in a spring mood by reading spring poems. Each senior will pick the poem of their choice.

Thursday, Apr. 16                      12:45-2 p.m.  
Fee: FREE

### National Garden Month

April is traditionally celebrated as National Garden Month because this is the time of year gardeners start to get "the itch" to begin tilling. We will post vegetable and fruit seed envelopes.

Monday, Apr. 20                      10-11 a.m.  
Fee: FREE

### Nutrition & Obesity

Is there more we can learn about Nutrition and Obesity? Raheel Awan with Amerigroup of Maryland will discuss facts about how the two are connected and the role Nutrition plays in maintaining an ideal body weight.

Tuesday, Apr. 21                      10-11:30 a.m.  
Fee: FREE

### Downsizing?

Donna Bailey from the Maryland 4H program will discuss with seniors the essential task of downsizing. We will talk about Earth Day and its meaning followed by a healthy dessert.

Wednesday, Apr. 22                      10-11:30 a.m.  
Fee: FREE

### Senior Information & Assistance

Ruth Anderson-Cole will assist those needing medicare information or other questions.

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

### Family BINGO

Bring the whole family for this fun night! Prizes and refreshments provided.

Friday, Apr. 24                      6-8 p.m.  
Fee: \$2/player

### National Karaoke Week

Seniors will sing or recite during this karaoke time.

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

### Spring Banner

Think of a spring banner to help brighten your home for the spring. Each senior will make one.

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

### Tuesday Morning Tempting Tea

Drinking tea is a cultural and traditional part of many countries. We will sip tea, share conversation and solve a tea puzzle.

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

### Open Game Day

Seniors can choose any board game they want and gather friends to join in the fun.

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

# April 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	
		<b>1</b> Laughter is Good Medicine . . . . . 10:00-11:30 Nickel Bingo . . . . . 1:00	<b>2</b> Coloring Easter Eggs . . . . .10:00	<b>3</b> <b>Good Friday</b> <b>Center closed</b>	<b>4</b>
<b>6</b> The Great Egg Hunt . . 10:00 Beverly's BINGO . . . . 1:00	<b>7</b> Porches and Porch Swings . . . . .10:00- 11:30 Council Meeting . . . . 1:00	<b>8</b> Visit the Nurse . . . . . 10:15-Noon Nickel Bingo . . . . . 1:00	<b>9</b> Friendship Potpourri . . . . .10:00 Call To Mine . . . . . 12:45	<b>10</b> Rummy . . . . . 1:00	<b>11</b>
<b>13</b> April Showers Brings May Flowers . . . . .10:00 Beverly's BINGO . . . . 1:00	<b>14</b> Eat It, Dance It, Wear It, Plant It, Play It . 10:00-11:00 Alphabetical Proverbs & Sayings . . . . . 12:45-2:00	<b>15</b> National Egg Salad Week . . . . .10:00 Nickel Bingo . . . . . 1:00	<b>16</b> Movie Matinee . . . . .10:00 Spring Poetry . . . 12:45-2:00	<b>17</b> Craft Corner . . . . .10:00	<b>18</b>
<b>20</b> National Garden Month . . . . .10:00 Beverly's BINGO . . . . 1:00	<b>21</b> Nutrition & Obesity . . 10:00	<b>22</b> Downsizing . . . . .10:00 Nickel Bingo . . . . . 1:00	<b>23</b> Senior I&A Outreach . . . . . 10:15 Visit the Nurse . . . . . 10:15	<b>24</b> <b>Family BINGO</b> 6-8 p.m. • \$2/player	<b>25</b>
<b>27</b> National Karaoke Week . . . . .10:00 Beverly's BINGO . . . . 1:00	<b>28</b> Spring Banner . . . . .10:00 Open Games . . . . . 12:45	<b>29</b> Tuesday Moring Tempting Tea . . . . .10:00 Nickel Bingo . . . . . 1:00	<b>30</b> Open Games . . . . .10:30		

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

**Blue Grass Concert-Larry Stephenson Band**  
 Sunday, April 19 • 2-4 p.m.  
 Nanjemoy Community Center • Cookout immediately following  
 Call Seth Heisserman for FREE TICKETS at 301-751-5273



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.

# Earth Day 2015

## What day of the week is Earth Day 2015?

This observance always falls on April 22. On Earth Day, enjoy the tonic of fresh air, contact with the soil, and companionship with nature! Walk through the woods in search of emerging wildflowers and green moss. Go outside, no matter what the weather and enjoy the day.

*Source: Farmers Almanac*



## A sneak peek at upcoming events

- ✿ Apr. 3  
Good Friday  
Centers Closed
- ✿ Apr. 24  
Family Bingo
- ✿ May 15  
Caregivers  
Conference

## Smallwood State Park

Smallwood State Park takes its name from General William Smallwood, a native born Charles Countian. He was the highest ranked Marylander who served in the American Revolutionary War. His house, called Smallwood's Retreat, has been restored and is open to visitors seasonally. Besides the restored house, the 628 acre park offers a marina, boat launching ramps, a picnic area, camping area, pavilions, a recycled tire playground and nature trails. On occasion, there are craft demonstrations, military exhibitions and other special events.

Smallwood State Park was dedicated in September 1958, as a historic park. At the time, the park consisted of 30 acres of land which included the Retreat House and the grave site of General William Smallwood. Smallwood reached the rank of major general for his service as a patriot leader during the Revolutionary War. He was elected Governor of Maryland in 1785, and later served in the Maryland Senate. During his term as the 4th Governor of Maryland, Maryland ratified the Federal Constitution. The plantation house reflects Smallwood's life-style as a gentleman planter.



*Source: Department of Natural Resources.*