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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

Fitness Program

The New Year is here! Are you keeping up with your New Year's resolutions? If your goal was to exercise, then you are at the right place. The Nanjemoy Community Center has a fully equipped fitness room that is open during regular hours of operation. It is suggested that you speak with one of the fitness instructors before you begin to make sure you know how to operate the equipment.

In the fitness room you will find treadmills, recumbent steppers, free weights, and an universal gym. We encourage the buddy system, which makes exercising enjoyable and safer.

If fitness equipment is not your ideal choice, there are two classes offered for older adults. Exercise with LaMont is held on Mondays, and Strength Training on Wednesdays, both at 11 a.m. Exercise with LaMont consists of functional conditioning and a combination of muscular and cardiovascular training. The strength training class is offered on Wednesdays and will help you reach your personal training goals through the use of hand weights and resistant bands. Classes are 45 minutes in length.

Take advantage of these fitness opportunities at the community center to improve your overall health and wellbeing.



Sweetheart Dance

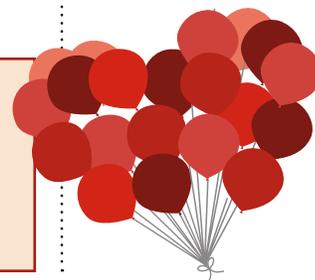
Bring your sweetheart, your best friend, and your family to the annual Valentine's Day dance. Entertainment provided by the popular and talented DJ Rockin Roger. The night will feature special games and goodies, as well as having your picture taken with your favorite valentine for \$2.

The Sweetheart Dance is open to all children age 6-12 years. Children must be signed in and picked up by an adult. Children 9 and younger must be accompanied by an adult for the evening. The Senior Center Council will sell hotdogs, french fries, and pizza. This event is sponsored by the Charles County Arts Alliance.

Friday, February 12
7-9 p.m.

**Fee: \$3 in advance,
\$5 at the door**

**Register by
Wednesday, Feb. 3**



Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, the Nanjemoy Community Center will be closed. The center does not necessarily open late or close early with Charles County Public Schools. Tune in to local radio and television for closing announcements. You may also call the inclement weather line, 301-934-9305 ext. 5197.

Activities & Classes

Monday Bingo

Only four cards per player.

Monday, Feb. 1, 8, 22, 29 1-2 p.m.
Fee: FREE

Want To Be a Spunky Old Broad?

Exactly what is a spunky old broad? Seniors will discuss this topic while naming ideas or suggestions about where this title came from.

Tuesday, Feb. 2 10-10:45 a.m.
Fee: FREE

Council Meeting

This meeting is open to community members who want to make a difference in Nanjemoy.

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

Nickel Bingo

Each Wednesday, Feb. 3-24 1-2 p.m.
Fee: 5¢/card

Prescription Drug Awareness

Mr. Allen Evans from the Charles County Health Department will be giving a presentation discussing prescription drugs and things to watch out for. Plan on attending to learn new facts and refresh your memory on prescription drugs.

Thursday, Feb. 4 10 a.m.
Fee: FREE

Reminiscent Corner

Most of us grew up without the amenities that are available today. We will talk about our childhood and how we survived.

Monday, Feb. 8 10-11 a.m.
Fee: FREE

It's Mardi Gras

Seniors will decorate the bulletin board with Mardi Gras masks and beads. We will add pizzazz to our Mardi Gras celebration by making quick and easy crafts.

Tuesday, Feb. 9 10-11:30 a.m.
Fee: FREE

Jell-O Week is February 5-11

We will make one of the many jell-o recipes. Did you know that immigrants entering Ellis Island were given jell-o as a "welcome to America" treat?

Wednesday, Feb. 10 10-11 a.m.
Fee: FREE

Say It with Hearts

We wouldn't have many love songs without the word "heart." We will try to finish the words of popular love songs.

Thursday, Feb. 11 10-11 a.m.
Fee: FREE

Presidents' Day Crossword Puzzle

Seniors will fill out a crossword puzzle using former President names.

Tuesday, Feb. 16 10-11 a.m.
Fee: FREE

Wild About Worms with the Humane Society

Ms. Gonzalas from the Humane Society will be here to discuss this month's topic and playing Bingo with participants.

Tuesday, Feb. 16 1-2 p.m.
Fee: FREE

Meditation

Seniors will sit in a circle listening to soft music as they close their eyes and clear their minds. We will begin to take deep breaths that will help prepare our bodies for exercise.

Wednesday, Feb. 17 10-11:30 a.m.
Fee: FREE

Show & Tell

This is a time when seniors can bring in anything they like, new or old, and talk about the item. Was it a gift or did you purchase it?

Thursday, Feb. 18 10-11:30 a.m.
Fee: FREE

Words with CH in Them

Seniors will pair up into teams and come up with the right answers for the "ch" words.

Thursday, Feb. 18 12:45-1:45 p.m.
Fee: FREE

Newspaper & Magazine Articles

Articles about your health, taxes, fuel, and/or energy assistance will be available to read and discuss.

Monday, Feb. 22 10-11 a.m.
Fee: FREE

Hot Breakfast Month

A hot breakfast will be served consisting of sausage, eggs, hash browns, toast, and orange juice.

Tuesday, Feb. 23 9:30-10:30 a.m.
Fee: \$3/pp

Breakfast Puzzle

February is hot breakfast month. To help celebrate, we will have a fun word puzzle that features lots of popular breakfast foods.

Tuesday, Feb. 23 12:45-1:45 p.m.
Fee: FREE

National Black History Month

Mr. Marbray from the Metropolitan Methodist Church will discuss the history of Charles County.

Monday, Feb. 1 • 10-11:30 a.m.
Fee: FREE

Biographies of Louis Armstrong & Rosa Parks

As we continue to celebrate Black History Month we will discuss these two icons and others that come to mind during our discussion.

Wednesday, Feb. 3 • 10-11:30 a.m.
Fee: FREE

Who's in Charge Here?

Wednesday, Feb. 24 10-11 a.m.
Fee: FREE

Information & Assistance

Through the Senior Information & Assistance Outreach Program, the elderly, age 60 and older and their families, may access information about programs, services, and benefits available to them within Charles County.

Thursday, Feb. 25 10:15 a.m.-Noon
Fee: FREE

Open Games

Seniors can play games of their choice or learn new ones.

Thursday, Feb. 25 12:45-1:45 p.m.
Fee: FREE

A Farmer's Prospective

Zekiah Farms is a working farm that offers locally grown seasonal fruits and vegetables. Cindy Thorne will visit and talk about their naturally raised USDA inspected meats, plants, vegetables, fruits, and raw honey. Thorne encourages persons to visit the farm and see firsthand all they have to offer.

Monday, Feb. 29 10-11 a.m.
Fee: Free

Valentine's Day Party

Josh will be here to play his great selection of music and popular tunes. Trivia games, snacks, and chocolate candy will be some of the treats.

Thursday, Feb. 11 • 11 a.m.-2 p.m. • Fee: FREE

*Happy
Valentine's
day!*

February 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 | Computer Lab ... 8:30-4:30 Fitness Room ... 8:30-4:30 Billiards Drop In ... 8:30-4:30 Card Games ... 12:30-1:30 | Computer Lab ... 8:30-8:00 Fitness Room ... 8:30-8:00 Billiards Drop In ... 8:30-8:00 Strength Training ... 11:00-11:30 Bingo ... 1:00-2:00 Nickel 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 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 | |
| 1 National Black History Month ... 10:00-11:30 Monday Bingo ... 1:00 | 2 Want to be a Spunky Old Broad? ... 10:00-10:45 Council Meeting ... 1:00 | 3 Biographies of Louis Armstrong & Rosa Park ... 10:00-11:30 Nickel Bingo ... 1:00 | 4 Prescription Drug Awareness ... 10:00-11:30 | 5 Craft Corner ... 10:00 | 6 |
| 8 Reminiscent Corner ... 10:00-11:00 Monday Bingo ... 1:00 | 9 It's Mardi Gras ... 10:00-11:30 | 10 Jell-O Week ... 10:00-11:00 Nickel Bingo ... 1:00 | 11 Say it with Hearts ... 10:00-11:00 Valentine's Day Party ... 11:00-2:00 | 12 Valentine's Day Craft ... 10:30 Sweetheart Dance 7-9 p.m. Fee: \$3 in advance \$5 at the door | 13 |
| 15 Presidents' Day Center Closed | 16 Presidents' Day Crossword Puzzle ... 10:00-11:00 Humane Society ... 1:00 | 17 Meditation ... 10:00 Nickel Bingo ... 1:00 | 18 Show & Tell ... 10:00-11:30 Words with CH in Them ... 12:45-1:45 | 19 Open Games ... 10:00 | 20 |
| 22 Newspaper & Magazine Articles ... 10:00 Monday Bingo ... 1:00 | 23 Hot Breakfast Month ... 9:30 Breakfast Puzzle ... 12:45-1:45 | 24 Who's in Charge Here? ... 10:00-11:00 Nickel Bingo ... 1:00 | 25 Senior I&A Outreach ... 10:15-Noon Open Games ... 12:45-1:45 | 26 Open Games ... 10:00 Family BINGO ... 6:00-8:00 | 27 |
| 29 A Farmers Prospective ... 10:00-11:00 Monday Bingo ... 1:00 | | | | | |

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

Reminder: Council Meeting
 Tuesday, Feb. 2 • 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.

Dinorock “Dinosaur Babies”

Saturday, March 12 • 11 a.m.
Nanjemoy Community Center • Fee: \$2

Dinosaur Babies is a show about baby dinosaurs and family behavior. It consists of songs with hand, rod, string and body puppets, and active audience participation.

Nelson is a little boy who loves dinosaurs. He even dreams about them. Lately, Nelson has been afraid to go to sleep. He saw "that scary movie about dinosaurs" so now he has dinosaur nightmares. The Dream Weavers, "Yawn, Stretch, and ZEEZEE," arrive to help Nelson have a good dream. They introduce Nelson to baby dinosaurs, which aren't scary at all. Along the way, they give him strategies to help deal with the scary dreams. Together, with the help of various baby dinosaurs, the Dream Weavers guide Nelson through his fears and he conquers his nightmares. Below is a list of characters that will be featured in the show at the center:

Danny Diplodocus - He's a tiny little baby with a great big mama.

Doris the Stegosaurus - She's not even 2 but she knows what to do: I'm just followin' mom.

QE, the Quetzalcoatlus Kid - The only flying reptile baby in the show.

Mama Maiasaura - You can't have a show about babies without a mama!

Sam the Triceratops - He wants to grow up to be just like his dad.

Big Bad Baby Rex - My favorite food is meat, meat, meat.

Each baby has their own tale to tell as they introduce concepts such as: what fossils tell us about the natural world, instinctive behavior, and geography, and how babies (all babies) relate to their world.

This event is sponsored by the Charles County Arts Alliance.



**A sneak peek
at upcoming
events**

- * **March 11**
Senior Citizen Prom
- * **March 12**
Dinorock
“Dinosaurs Babies”
- * **March 17**
St. Patrick's Day Celebration
- * **March 19**
Easter Eggstravaganza