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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)

## Start a New Fitness Program

The New Year is here how are the resolutions doing? If your goals are to exercise, get in shape, then you are at the right place. The Nanjemoy Community center has a fully equipped fitness room open during regular hours of operation. It is suggested that you speak with one of the fitness instructors before you begin to be sure you know how to operate the equipment. In the fitness room you will find treadmills, recumbent steppers, free weights, and Universal Weight machine. 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 with Justine 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 offered on Wednesday will help you reach your personal training goals using hand weights and resistant bands. Classes are 45 minutes in length. Take advantage of these fitness opportunities at the Senior 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, goodies in addition, for \$2.00/ each you can have a picture taken with your valentine. The Sweetheart Dance is open to all children 6-12 years of age. Children must be signed in and picked up by an adult. Youth 9 years of age and younger must be accompanied by an adult for the evening. This event is sponsored by the Charles County Arts Alliance.

**Friday, Feb. 6, 7-9 p.m.**

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

Register by  
Friday,  
Jan. 30



## Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, the Nanjemoy Community Center will be closed. Tune in to local radio and television for closing announcements. You may also call the inclement weather line at 301-934-9305 extension 5197.

## Activities & Classes

### Beverly's Bingo

Monday, Feb. 2	1-2 p.m.
Monday, Feb. 9	1-2 p.m.
Monday, Feb. 23	1-2 p.m.
Fee: FREE	

### Will the Groundhog see his Shadow?

Remember the saying that if the groundhog sees his shadow, we will have six more weeks of bad weather and if he doesn't spring will soon be here? Let's see what happens by using our own silhouette, do we have a shadow?

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

### Sweetheart Valentine Bulletin Board

Seniors will create their own Valentine for friends and family to be displayed on the board. Persons are encouraged to be creative writing poems and their own love letters.

Wednesday, Feb. 4	10-11:30 a.m.
Fee: FREE	

### Nickel Bingo

Wednesday, Feb. 4	1-2 p.m.
Wednesday, Feb. 11	1-2 p.m.
Wednesday, Feb. 18	1-2 p.m.
Wednesday, Feb. 25	1-2 p.m.
Fee: 5¢/card	

### What Is Chinese New Year?

Chinese New Year is a time for reflection and renewal while paying respect to our elders promising for a better year ahead. We will play the game called Lo Shu which is done in pairs.

Thursday, Feb. 5	10-11:30 a.m.
Fee: FREE	

### Love Week

We will celebrate this week being a little kinder, nicer, and friendlier or any other way you can show your love for each other. We will serve Valentine cookies and red punch.

Monday, Feb. 9	10:45-11:30 a.m.
Fee: FREE	

### New Year's Recipe

Donna Bailey from the Maryland University Extension services will discuss healthy recipes for you to try and add to your files.

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

### Valentine Craft

Seniors will have a choice of making a Valentine mobile or a napkin holder.

Tuesday, Feb. 10	12:45- 2 p.m.
Fee: FREE	

### Visit with the Nurse

The beginning of a New Year is the best time to start healthy habits. Ashley Lagana will be here to assist you. Have your blood pressure taken on a regular schedule.

Wednesday, Feb. 11	10:15 a.m.-Noon
Thursday, Feb. 26	10:15 a.m.-Noon
Fee: FREE	

### Western County Family Medical Center

Ms. Carolyn Thompson from the Medical Center will share information about services, hours of operation, and testing that can be done here in the Medical Center.

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

### How About the Birds?

Christine Gonzales from the Humane Society will talk about birds we can find right here in our community, followed by Bird Bingo. This fun game will help you to become familiar with each of their characteristics

Tuesday, Feb. 17	1-2 p.m.
Fee: FREE	

### Friendship Potpourri

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

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

### Ceramics, Ceramics

Seniors will continue to do their ceramics receiving help from Donna Bailey. Get a head start on your projects for the Annual County Fair.

Thursday, Feb. 19	10-11 a.m.
Fee: FREE	

### Numbers, Numbers

I am going to say four numbers. Can you say them backwards?

Thursday, Feb. 19	12:45-2 p.m.
Fee: FREE	

### B Words & Word Pair Games

Seniors will partner off to find the B word definitions and identify the words in pairs.

Monday, Feb. 23	10-11 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.

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

### Reading Love Poems

We will share some Valentine and love poems, which are still a part of love month celebration.

Tuesday, Feb. 24	1:45-2 p.m.
Fee: FREE	

### Movie Matinee

Chevy Chase takes a Vacation! Everything is planned, packed and about to go hilariously wrong. Come join us and get your laugh on.

Wednesday, Feb. 25	10-11:30 a.m.
Fee: FREE	

### Information & Assistance

Meet privately with Ruth Anderson-Cole, Senior I&A Program Specialist. Ruth will guide you through Medicare, Health insurance, prescriptions, energy assistance, fraud prevention, and other services as needed.

Thursday, Feb. 26	10:15 a.m.-Noon
Fee: FREE	

## The Winstons Duo Performance

The Winstons are returning to Nanjemoy for this year's Annual Valentine's Day Celebration. The Duo will be on stage showcasing dance moves and singing popular Motown songs. Lunch will be served at Noon followed by Bingo games and prizes. Sign up no later than Monday, February 9.

**Thursday, February 12, 10:30 a.m.- 2 p.m.**

**Fee: \$5/pp (and a generous lunch donation)**

## National Black History Month Celebrations

Seniors will search magazines for pictures of individuals who made major contributions as representatives of African Americans. The photos will be made into posters, displayed in the room and serve as the focal point of weekly discussions on Mondays throughout Feb.

**Each Monday in Feb.  
10-10:45 a.m. • Fee: FREE**

# February 2015

## Event Calendar

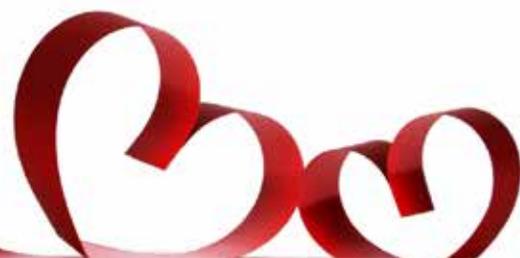
 Programs for All Ages  
 Youth

 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 BINGO . . . . . 1:00-2:00	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 Board Games . . . 9:30-11:00 Nickel Bingo . . . . . 1:00-2:00	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	
				<div style="border: 2px solid red; border-radius: 15px; padding: 10px; background-color: #800000; color: white;"> <p><b>Ice Cream Social</b>            \$1 per sundae per visit            during Center hours!</p> </div>	
<b>2</b> Black History Month . . . . . 10:00 Beverly's Bingo . . . . . 1:00	<b>3</b> Groundhog Day . . . . 10:00 Council Meeting . . . . . 1:00	<b>4</b> Sweetheart Valentine Bulletin Board . . . . . 10:00 Nickel Bingo . . . . . 1:00	<b>5</b> Chinese New Year . . . 10:00 Games, Games . . . . . 12:45	<b>6</b> Sweetheart Dance . . . . . 7:00-9:00 Children Ages 6-12	<b>7</b>
<b>9</b> Black History Month . . . . . 10:00 Love Week . . . . 10:45-11:30 Beverly's BINGO . . . . . 1:00	<b>10</b> New Year's Recipe . . . 10:00 Valentine Craft . . . . . 12:45	<b>11</b> Visit with the Nurse . . . . . 10:15-Noon Nickel Bingo . . . . . 1:00	<b>12</b> Valentine's Day Party with The Winston's Duo . . . . . 10:30-2:00	<b>13</b> Make it and Take it . . . 10:00	<b>14</b> Valentine's Day
<b>16</b> CLOSED Presidents Day	<b>17</b> Western County Family Medical Center . . . . . 10:00 How about the Birds . . 1:00	<b>18</b> Friendship Potpourri . . . . . 10:00 Nickel Bingo . . . . . 1:00	<b>19</b> Ceramics, Ceramics . . 10:00 Numbers, Numbers . . 12:45	<b>20</b> Craft Corner . . . . . 10:00 Family Bingo . . . . . 6:00-8:00	<b>21</b>
<b>23</b> Black History Month . . . . . 10:00 Word Pair Games . . . . 10:00 Beverly's Bingo . . . . . 1:00	<b>24</b> Tuesday Morning Tempting Tea . . . . . 10:00 Reading Love Poems . 12:45	<b>25</b> Movie Matinee . . . . . 10:00 Nickel Bingo . . . . . 1:00	<b>26</b> Senior I&A Outreach . 10:00 Visit with the Nurse . . . . . 10:15-Noon	<b>27</b> Craft Corner . . . . . 10:00	<b>28</b>

### Council Meeting

Tuesday, Feb. 3 · 1-2 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](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.

## Need Help Paying Heating & Electric Bills?

The Maryland Energy Assistance Program and the Electric Universal Service Program provide one time assistance grants to help with electric bills and home heating bills.

Persons age 60 and older can call Senior I&A at 301-609-5712 or 301-870-3388 ext. 5143 for current eligibility guidelines and to schedule an appointment.

Please bring the following documents to your appointment:

- Proof of residency
- Social security numbers for the entire household
- Verification of income (social security, VA, annuity, retirement, pay stubs if employed. etc.)
- A copy of your most recent utility bill and the name and account number of your energy suppliers
- **Homeowners:** A copy of your property tax
- **Renters:** A copy of your lease agreement

## Mattawoman Creek Arts Center

Mattawoman Creek Art Center (MCAC) was founded in 1986 by a concerned group of local citizens. Located in Smallwood State Park in Marbury, Maryland, MCAC is a non-profit organization. The gallery is open Friday- Sunday, 11:00 a.m. - 4:00 p.m. during scheduled exhibitions and shows. The office is open Monday, Wednesday, and Thursday, 9:00 a.m.-1:00 p.m. Admission to both the park and MCAC is free; however, donations are greatly appreciated.

The MCAC seeks to encourage the practice and appreciation of the visual arts in our community. The Center offers an opportunity to introduce new art forms, concepts, and ideas through innovative programming. Workshops, lectures, demonstrations, films, and seminars for all ages, levels of experience and artistic involvement are available. MCAC holds numerous exhibits of regional, national and international art. For more information about the Mattawoman Creek Art Center, please call 301-743-5159, or visit their website at [www.mattawomanart.org](http://www.mattawomanart.org)



- \* **Feb. 20**  
Family Bingo
- \* **Mar. 17**  
St. Patrick's Day Party
- \* **Mar. 20**  
Family Bingo
- \* **Mar. 28**  
Easter  
Eggstravaganza