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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

WORLD ELDER ABUSE AWARENESS DAY

Monday, June 13 • 1 to 2 p.m.

Every day 10,000 people turn 65 in the United States. That trend is going to continue for nearly the next 20 years. At the same time as the population is growing, a startling number of elders face abusive conditions. Every year an estimated 5 million (or 1 in 10) older Americans are victims of abuse or neglect (reported) – as many as 23.5 cases go unreported.

Abuse later in life is the willful abuse, or financial exploitation of an older adult. This abuse can take place in any setting (e.g., a house, apartment, residential health care setting, a doctor's office, or in any public place). Most often, it occurs where the victim resides.

WEAAD serve as a call-to-action for individuals, organizations, and communities to raise awareness about abuse, neglect, and the exploitation of elders. If you would like more information about this topic, please contact Linda Blake at 301-934-0109 or email at BlakeL@CharlesCountyMD.gov.



The Giving Bins

REMINDER: The Nanjemoy Council Giving Bins program is available Thursday, June 9 & June 23, 10-11 a.m. and 1-2 p.m. to help those in need.



Walk Charles County

Did you know
that walking
is Maryland's
State exercise?



October 5, 2016, has been declared by Governor Larry Hogan as Walk Maryland Day.

To get in shape and do your best you are invited to participate in the **Walk Charles County** club. This is a FREE, long-term walking/exercise program designed to inspire older adults to engage in regular physical activity. Every type of exercise counts, all you need to do is register at a senior center, pick up your activity log and get moving!

The statewide goal is a million miles!

Help put Charles County on the map! Simply register your miles from June 1 to October 5.

Thank you in advance for your support.

Activities & Classes

Audio Book Appreciation Month

Seniors will be introduced to audio books that the Library Outreach brings to the Center.

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

Nickel Bingo

Each Wednesday, June 1-29 1-2 p.m.
Fee \$.05/card

150th Anniversary of the Nickel

Did you know 2016 is the 150th anniversary of the nickel?

Thursday, June 2 10-11:30 a.m.
Fee: FREE

International Clothesline Week

This observance began in 2005 as an attempt to convince more people to dry clothes on clotheslines instead of using dryers and the energy it takes to run them.

Thursday, June 2 12-2 p.m.
Fee: FREE

Monday Bingo

The seniors get together for bingo.

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

A Little Garden Humor

It's fun to come up with answers to the garden humor jokes. They require just a little brain power.

Monday, June 6 10-10:45 a.m.
Fee: FREE

National Dairy Month

Milk...not just from cows anymore! Sample soy milks with Lisa Furlow as she discusses the difference in milks and how/whether soy milk is better for you.

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

Council Meeting

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

Egg-citement

Which came first... the chicken or the egg? Perhaps we will find out as we learn about eggs and the creatures that lay them. We will watch the incubation from start to finish right here at the center. Sharon Rabie (Humane Society).

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

Movie Matinee: Fireproof

Thursday, June 9 9-11 a.m.
Fee: FREE

National Soul Food Month

Celebrate national soul food month with some of our favorite foods... like fried cabbage, collards, chicken, cornbread, corn on the cob, yams, and sweet tea with lemon.

Thursday, June 9 Noon-2 p.m.
Fee: FREE

Creating a Lifelong Learning Program

Seniors will create a list of the places, states, and countries starting with where they were born and places they have lived in.

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

How Did We Survive?

Our seniors are all over the age of 60 and have survived many of the dangers inherent in everyday life not so long ago.

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

Craft

Have you ever thought seriously about an egg?

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

Father's Day Celebration

All the fathers who attend the center will be honored with poems, songs, cards, and other expressions.

Thursday, June 16 11 a.m.-Noon
Fee: FREE

Father's Day Quotes

During this time, father quotes will be read by the ladies and we will name some sitcom dads.

Thursday, June 16 12:45-1:45 p.m.
Fee: FREE

Cheese Word Search

Cheese...Cheese who knows the cheese. Seniors will learn about several kinds of cheeses.

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

Wedding Daze

Seniors can bring in their wedding pictures to share. There will be a game of shower bingo and wedding word search. Wedding songs will be played during this time.

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

Colors

There are hundreds of colors. Let us take a little time to try and discover what some of them are – besides the usual ones.

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

Hurricane Season

Summer is the time for hurricanes and tornados. Seniors will fill out a hurricane crossword puzzle.

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

Information and Assistance

Program provides access to information on programs, services, and various benefits to persons age 60 and older and their families. A representative from the Aging Division will be here.

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

Open Game Day

Seniors – choose any game you like for the day.

Thursday, June 23 12:45-1:45 p.m.
Fee: FREE

Award-Winning Words

June is the month of weddings and graduations. From a word bank, seniors will create clever advice with this game of quotable quotes.

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

Higher or Lower

Seniors will play this game against each other. Whoever ends up with the most matches wins the game.

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

First Color TV Broadcast

The first color TV broadcast was made by CBS in 1951. It was some time after that before the general public owned color sets.

Tuesday, June 28 12:45-1:45 p.m.
Fee: FREE

Ceramics

Donna Bailey will be here to assist seniors with their ceramics.

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

Thursday 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.

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

Gone Fishing

How much do you know about fishing and names of fish? There is a puzzle that will help you come up with some answers.

Thursday, June 30 12:45-1:45 p.m.
Fee: FREE

June 2016 Event Calendar

 Programs for All Ages
 Youth

 Tots & Younger Children
 Adults

 Seniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>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 with LaMont11:00-11:45 BINGO 1:00-2:00 Fitness Orientation 3:00-4:00 Video Fit 6:30-7:30</p>	<p>Computer Lab . . . 8:30-8:00 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 Tai Chi11:15-11:45 Card Games 12:30-1:30</p>	<p>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</p>	<p>Computer Lab . . . 8:30-8:00 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</p>	<p>Computer Lab . . . 8:30-4:30 Fitness Room 8:30-4:30 Billiards Drop-In . . 8:30-4:30</p>	
		<p>1 Audio Book Appreciation Month 10:00-10:45 Nickel Bingo 1:00</p>	<p>2 150th Anniversary of the Nickel 10:00-11:30 International Clothesline Week 12:45-2:00</p>	<p>3 Craft Corner10:00</p>	
<p>6 A Little Garden Humor 10:00-10:45 Monday Bingo 1:00</p>	<p>7 National Dairy Month 10:00-11:30 Council Meeting 1:00</p>	<p>8 Egg-citement . . 10:00-11:30 Nickel Bingo 1:00</p>	<p>9 Movie Matinee: Fireproof 9:00-11:00 National Soul Food Month 12:00-2:00 Giving Bins Available</p>	<p>10 Craft Corner10:00</p>	<p>11</p>
<p>13 Creating a Lifelong Learning Program 10:00-11:30 World Elder Abuse Day 1:00-2:00 Monday Bingo 1:00</p>	<p>14 How Did We Survive? 10:00-11:00 Breathe Easy 1:00-1:45</p>	<p>15 Craft 10:00-11:00 Nickel Bingo 1:00</p>	<p>16 Father's Day Celebration . . . 11:00-12:00 Father's Day Quotes 12:45-1:45</p>	<p>17 Open Games10:00</p>	<p>18</p>
<p>20 Cheese Word Search 10:00-11:00 Monday Bingo 1:00</p>	<p>21 Wedding Daze . 10:00-11:00 Tai Chi11:15-11:45 Colors 12:45-1:45 Breathe Easy 1:00-1:45</p>	<p>22 Hurricane Season 10:00-11:30 Nickel Bingo 1:00</p>	<p>23 Information & Assistance 10:00-12:00 Open Game Day 12:45-2:00 Giving Bins Available</p>	<p>24 Open Games10:00</p>	<p>25</p>
<p>27 Award-Winning Words 10:00-11:30 Monday Bingo 1:00</p>	<p>28 Higher or Lower 10:00-11:30 Tai Chi11:15-11:45 First Color TV Broadcast 12:45-1:45 Breathe Easy 1:00-1:45</p>	<p>29 Ceramics 10:00-11:00 Nickel Bingo 1:00</p>	<p>30 Thursday Morning Tempting Tea . . 10:00-11:00 Gone Fishing . . . 12:45-1:45</p>		

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

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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.

Senior Farmers Market Nutrition Program

Once again, this year we are excited to be able to offer senior farmers market coupons. This program provides free coupons to be used at any approved farmers markets for fresh fruits and vegetables. To be eligible to receive coupons you must be enrolled in one of the following Federal Programs:

- Qualified Medicare Beneficiary Program (QMB)
- Special Low-Income Medicare Beneficiary Program (SLMB)
- Maryland Energy Assistance Program (MEAP)
- Senior Prescription Drug Assistance Program (SPDAP)
- EXTRA HELP with Medicare D Prescription Drug Program
- Medicaid
- SSI
- Food Stamps
- Senior Employment Program

If you are not enrolled in any of these programs but make below \$1,287 a month in income, you may still be eligible. Verification of eligibility must be presented at time of pick-up. Participation in the program in past years, does not automatically qualify you for this year. **Details: Lisa Furlow 301-934-0138 or 301-870-3388 ext. 5138.**

DISTRIBUTION DATES

Indian Head Senior Center July 7 • 9:30 a.m.
Nanjemoy Senior Center July 14 • 9:30 a.m.
Waldorf Senior Center July 21 • 9:30 a.m.
Clark Senior Center July 28 • 9:30 a.m.



June is National Safety Month

Each June the National Safety Council celebrates National Safety Month as a time to bring attention to major safety issues.

- Week 1 . . . Prescription Painkiller Abuse
- Week 2 . . . Transportation Safety
- Week 3 . . . Emergency Preparedness
- Week 4 . . . Slips, Trips, and Falls

Everyone can get involved in reducing the risk of injuries. Together, we can share information about steps people can take to protect themselves and others.

A Sneak Peek At Upcoming Events

**July 4: Nanjemoy
Community Center will be
closed**

**July 8: Outdoor
Movie Night**

**July 4: Fireworks at the
Charles County Fair grounds**

**Aug. 2: National
Night Out**