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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

March National Nutrition Month

Each March, the Academy encourages Americans to return to the basics of healthful eating through National Nutrition Month. This year's theme: "*Bite into a healthy lifestyle* – is one based on regular physical activity and an eating pattern chosen to meet individual nutrient needs within calorie limits – is vital to maintaining good health and quality of life," said registered dietitian nutritionist and Academy President Sonja Connor. This concept gives consumers an easy reminder that achieving optimal health is not about a specific food or time of year, but rather a life-long commitment that leaves plenty of time for the foods and activities we love.



As part of this public education campaign, Nutritionist, Lisa Furlow, will visit the four senior centers showing persons how to take small steps leading to a healthy lifestyle.

Senior Center Schedule:

- Clark Senior Center • Thursday, Mar. 5, 11 a.m.
- Nanjemoy Senior Center • Tuesday, Mar. 10, 10 a.m.
- Indian Head Senior Center • Thursday, Mar. 19, 11:15 a.m.
- Waldorf Senior Center • Tuesday, Mar. 31, 11:15 a.m.

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.

Cash Bingo



Senior Services of Charles County Fundraiser

This fundraiser offers prizes of \$25, \$50 and a \$150 jackpot. Subs from Nicks of Clinton will be available for individual purchase or you may add chips and a cold drink making a complete lunch package for \$5/each.

Admission: \$20 for regular games and specials with additional packs for \$5/ea. Early Birds: \$2 for one pack of four games. Cover All for \$2/ea.

All proceeds directly benefit the four senior centers.

Wednesday, March 4
10 a.m.-1:30 p.m. at the
Waldorf Senior Center

Save the Date for the Next Cash Bingo...

Wednesday, June 3, Sept. 2, & Nov. 4
at the Waldorf Senior Center

Activities & Classes

Beverly's Bingo

Every Monday in March we will have a blast playing our favorite Bingo!

Each Monday, March 2-30 1-2 p.m.
Fee: FREE

Celebrate Your Name Week

What's in a name, after all? Have you ever thought about what is the meaning of your name? Do you feel that your name is accurate in describing you? Let's research our names!

Monday, March 2 10-10:45 a.m.
Fee: FREE

Memorial Pre-Planning

It is never too early to start planning your demise. We never know the day or hour this may happen. Lyn Starke from Trinity Memorial Gardens will be here to give us information as to what we need to do and prepare.

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

International Listening Awareness Month

Have you ever been absorbed in a thought when a friend tells you something important, but you have no idea what they said because you were not listening? Let's slow down and stop and start listening so we can respond, comprehend and use the information given us.

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

Nickel Bingo

Each Wednesday, March 4-25 1-2 p.m.
Fee: 5¢/card

Women's History Month

We will celebrate and honor influential women in history. Some of these women belong to our churches or different organizations.

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

New Game Day

Seniors can pick from these new games: Polygon, Phase 10 twist, Sequence, and Last Word. We would love to have you come and help us in learning how to play these games. Let the fun begin!

Thursday, March 5 12:45-2 p.m.
Fee: FREE

Imagine That

Working your imagination keeps creativity alive and well. We will use our imagination to complete some scenarios.

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

Old Autograph Album Reminiscing

Bring in your Autograph books, photo albums or any expressions of friendship when you were growing up. We can share with the other seniors.

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

Shamrock Craft Day

Seniors will make Puffy Shamrocks as decorations for the St. Patrick's Party.

Thursday, March 12 10-11 a.m.
Fee: FREE

Green Foods Word Game

Taking turns naming green fruits and vegetables.

Monday, March 16 10-11 a.m.
Fee: FREE

St. Patrick's Day Bash

We will dress up in our green attire. The fun tradition, stories, and symbols of St. Patrick's Day create opportunities for plenty of fun.

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

Smoothies

Donna Bailey will prepare a variety of healthy smoothies.

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

Days of Spring

We will talk about the changes spring brings.

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

Movie Matinee:

The Hunt For John Wilkes Booth

We will follow the trail of one of America's earliest assassins-a man who changed history.

Thursday, March 19 10-11:30 a.m.
Fee: FREE

National Goof Off Day

This is a day to do whatever makes you happy.

Monday, March 23 10-11 a.m.
Fee: FREE

National Bubble Day

Take your turn blowing bubbles.

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

National Make Up Your Own Holiday

If you could have your own holiday day, what would it be, what would you do?

Tuesday, March 24 12:45-2 p.m.
Fee: FREE

Ceramics, Ceramics with Donna

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

Table Talk

Seasons are changing, and the weather is getting warmer. What are your plans? Are you thinking about having a vegetable or flower garden?

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

Health Matters

National Nutrition Month

Lisa Furlow, Nutritionist will visit, (Full write up on front page)

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

Visit with the Nurse

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

Senior Information & Assistance

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

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

Medstar Medicare Choice

Alease Kouadio from the Medstar Medicare Choice Organization will be here to give us more information on health benefits and to answer any questions we may have.

Tuesday, March 31 10-11 a.m.
Fee: FREE

Special Events for All Ages!

Family BINGO

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

Friday, March 27 6-8 p.m.
Fee: \$2/player

Easter Eggstravaganza

Don't miss the annual egg hunt! Remember, pictures may also be taken with the Easter Bunny for \$2. Pick up your coloring page beginning March 18 and bring it with you on the day of the event for judging. Register by March 20.

Age: 1-12
Saturday, March 28 10-11:30 a.m.
Fee: \$3/pp

March 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	
<div style="background-color: #ffffcc; padding: 10px; border: 1px solid black;"> <h2 style="margin: 0;">Ice Cream Social</h2> <p style="margin: 0;">\$1 per sundae per visit during Center hours!</p> </div>					
2 Celebrate your Name 10:00 Beverly's BINGO 1:00	3 Memorial Pre-Planning 10:00 Council Meeting . . 1:00	4 Listening Awareness . 10:00 Nickel Bingo 1:00	5 Women's History . . . 10:00 New Game Day 12:45	6 Make-N-Take 10:30	7
9 Imagine That 10:45 Beverly's BINGO 1:00	10 Nutrition Month 10:00 Album Reminiscing . . 12:45	11 Visit the Nurse 10:15-Noon Nickel Bingo 1:00	12 Shamrock Craft Day . 10:00 Open Games 12:45	13 Rummy 1:00	14
16 Word Game 10:00 Beverly's BINGO 1:00	17 St. Patrick's Day Bash 10:00-11:00 St. Patrick's Day Meal NVFD Auxillary Fee: \$9/pp 5-7 p.m.	18 Smoothies 10:00 Nickel Bingo 1:00 Pick up your sheet to Color for the Easter Event on March 28!	19 Movie Matinee 10:00 Days of Spring 12:45-2:00	20 Craft Corner 10:00 Register for the Easter Egg Eggstravaganza	21
23 National Goof Off Day 10:00 Beverly's BINGO 1:00	24 Bubble Day 10:00 Make Up Your Own Holiday 12:45-2:00 Buffet Bingo at the Waldorf Jaycees 11:00-2:00	25 Ceramics, Ceramics . 10:00 Reading Creative Writings 12:45 Nickel Bingo 1:00	26 Senior I&A Outreach 10:15 Visit the Nurse . . 10:15	27 Family BINGO 6:00-8:00	28 Easter Egg Eggstravaganza 10-11:30 a.m.
31 Table Talk 10:00 Beverly's BINGO 1:00	31 Medstar Medicare Choice 10:00 Open Games 12:45	<div style="background-color: #008000; color: white; padding: 10px; border: 1px solid black;"> <h2 style="margin: 0;">St. Patrick's Day Meal</h2> <p style="margin: 0;">NVFD Auxillary • Tuesday, March 17 • 5-7 p.m. • Fee: \$9/pp</p> </div>			



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.

Buffet Bingo

The Greater Waldorf Jaycees in partnership with the Department of Community Services has planned their Annual Buffet Luncheon & Bingo for the senior citizens of Charles County. Included will be a delicious cold buffet luncheon, bingo, and prizes. The event is free and open to all Charles County senior citizens, age 60 and older. Please make your own transportation arrangements. Tickets are required; please contact a senior center to check availability.

Tuesday, Mar. 24, 11 a.m.-2 p.m.

Fee: FREE



✱ **Mar. 27**
Family Bingo

✱ **Mar. 28**
Easter
Eggstravaganza

✱ **Apr. 7**
Council
Meeting

✱ **Apr. 24**
Family Bingo

Friendship Farm Park

Friendship Farm Park is located off Friendship Landing Road, just off of Route 425 in Nanjemoy. This scenic park overlooks the Nanjemoy Creek and offers a variety of passive recreational activities, such as hiking, fishing and kayaking. Over seven miles of recreational trail provides public access to the park's 382 acres of forest and occasional agricultural fields. Visitors can explore the outstanding natural resources and serenity that surrounds Nanjemoy Creek. Amenities such as interpretive signs, benches and observation decks are highlights along the trail.

Friendship Farm Park is also noted for reliable wildlife viewing opportunities. In addition to hiking, horses are allowed on portions of the trail from April – November.

A County-owned boat ramp is open year round (dawn to dusk) and offers easy access to the Potomac River. Limited shoreline and pier fishing is available. Maryland DNR has designated this small section of the park as a free fishing area – anglers are not required to possess a fishing license. Information provided by CCG website.

