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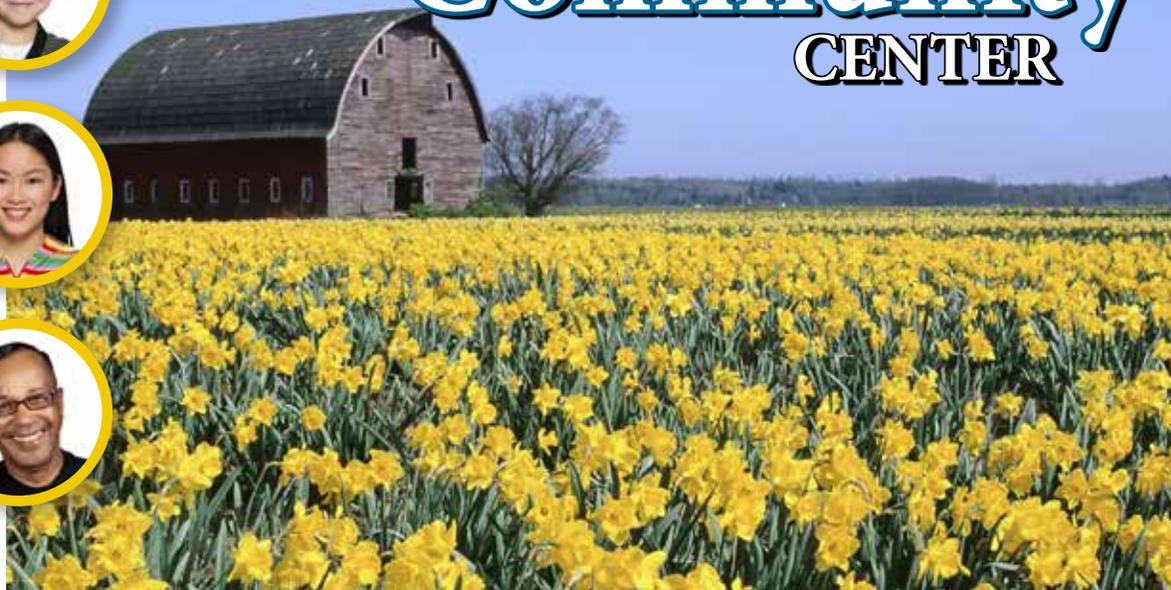
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NANJEMOY Community CENTER



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

Older Americans Month 2015!

This year the theme, “Get into the Act,” honors the 50th anniversary of Older Americans Month. Older Americans Month is an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation.



Older Americans Month is encouraged and supported by the federal Administration on Community Living (ACL). The ACL sets the theme for Older Americans Month.

We celebrate how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. In the SCOOP you will find programs to be held at the four senior centers in honor of Older American’s Month. Take time to visit the centers and take part in the celebrations.

Do you live in the western part of Charles County and need medical care?

The Western County Family Medical Center will be open 8 a.m.-Noon Mondays, Tuesdays and Thursdays. The center will be open on Wednesdays, 3-7 p.m. and Fridays, Noon-4 p.m. To make an appointment, call 301-246-4860. Located in the Nanjemoy Community Center.



Annual Senior Picnic

Waldorf Jaycees Community Center

Don't miss out on this year's fun. The Hometown Band will be there for your dancing and listening pleasure. Please bring a canned food item to share with needy families.



Transportation will be available using VanGO. This service is free; however, reservations are required. Please call 301-609-7917 (ext 2) to make your transportation reservation no later than Friday, June 12 at 2 p.m.

Event is FREE to all Charles County Senior Citizens. Tickets are required and will be available at all four senior centers beginning Wednesday, May 13. Sponsored by the Greater Waldorf Jaycees.

Wednesday, June 17
10:30 a.m.-2 p.m.

Fee: FREE (ticket required)

Activities & Classes

May Day

This will be a day of fun and games consisting of penny pitch, hot potato, ring toss and many others. We will also wrap the Maypole.

Monday, May 4 10-11:30 a.m.
Fee: FREE

Beverly's Bingo

Every Monday in May, Beverly will have specials and regular bingo games for all seniors to enjoy.

Each Monday, May 4-18 1-2 p.m.
Fee: FREE

Cinco de Mayo

Cinco de Mayo is a holiday that can be celebrated in a variety of ways, which can be very entertaining and stimulating to the senses. We will celebrate with guacamole dip and decorative hats.

Tuesday, May 5 10-11:30 a.m.
Fee: FREE

Center for Vein Restoration

Misty Hall, Community Outreach Coordinator with the Center for Vein Restoration, will be here to talk about signs, symptoms, risk factors and treatment options of leg vein disease. After her presentation she will perform a lower leg vein demonstration to display proper blood flow.

Wednesday, May 6 10-11:30 a.m.
Fee: FREE

Nickel Bingo

Wednesday, May 6 1-2 p.m.
Wednesday, May 13 1-2 p.m.
Wednesday, May 20 1-2 p.m.
Wednesday, May 27 1-2 p.m.
Fee: 5¢

Mother's Day Breakfast

We will celebrate our Mothers by having a nice breakfast. Please join us for this wonderful occasion.

Thursday, May 7 9:30-10:30 a.m.
Fee: \$2

Home Is Where the Heart Is

Home may be where the heart is, but we have many names for it. Let's see if you can list them.

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

Movie Matinee

My Sister's Keeper demonstrates the deep human emotion about a loving family challenged and united by a child's illness. This emotion may tear them apart, or it may be the first step to a triumphant realization of devotion, and what it means to be a family.

Monday, May 11 12:45-2 p.m.
Fee: FREE

Mother Goose Day

Whatever their origin, Mother Goose rhymes have been a part of our lives, and we in turn taught them to our children and grandchildren. We will test your memory to see how many you can recall.

Tuesday, May 12 10-11 a.m.
Fee: FREE

Visit with the Nurse

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

Wednesday, May 13 10:15 a.m.-Noon
Thursday, May 28 10:15 a.m.-Noon
Fee: FREE

Music Appreciation

Music sets the mood for many activities. Music also stirs memories of days and events gone by.

Thursday, May 14 10-11 a.m.
Fee: FREE

Do you Have A Green Thumb?

We will begin by testing your knowledge to see if you do. Next will be a survey to see if you have what it takes to have a green thumb.

Monday, May 18 10-10:45 a.m.
Fee: FREE

Discussing New Food Labels

Donna Bailey from the Maryland Extension 4-H Program will discuss new food labels, how to check the sodium content, and other ingredients that may be harmful to our health.

Tuesday, May 19 10-11 a.m.
Fee: FREE

Spring Poems

Seniors will spend the afternoon reading and sharing spring poems. We will then discuss what each poem means to us.

Tuesday, May 19 12:45-2 p.m.
Fee: FREE

How Would You Handle This?

Whose Life Is It Anyway? We will read this story, then we decide how the situation should have been handled.

Wednesday, May 20 10-11:30 a.m.
Fee: FREE

Memorial Day Celebration

Military personnel have been invited to come and share their story about being in the military. I'm sure it has been quite an experience to have participated in any branch of the military. There will be time for questions.

Thursday, May 21 10:30-11:30 a.m.
Fee: FREE

Open Games

Seniors can play the games of their choice. A majority vote can decide which games to play.

Thursday, May 21 12:45-2 p.m.
Fee: FREE

How's Your Garden Growing?

We discussed planting our gardens last month. So far, how is your garden growing? What did you plant and what's coming up? Share with the others what's growing in your garden.

Tuesday, May 26 10-11 a.m.

Open House

During Open House seniors will display their ceramics pieces as well as other items they have made. There will be light refreshments.

Wednesday, May 27 10-11 a.m.
Fee: FREE

National Different-Colored Shoe Day

This simple act demonstrates willingness to step outside one's normal comfort zone to be unique. Choosing crazy combinations will make for more laughter.

Wednesday, May 27 10-10:45 a.m.
Fee: FREE

Senior Information & Assistance

This outreach program provides persons age 60+ and their families access to information regarding programs, services, and benefits they may qualify for. Presenter: Ruth Anderson-Cole

Thursday, May 28 10:15 a.m.-Noon
Fee: FREE

Older American Month - Seniors Appreciation Week

FREE Popcorn & Movie

Monday, May 11 • 12:45 p.m.

FREE Yogurt

Tuesday, May 12 • 12:30 p.m.

FREE Ice Cream Sandwiches

Wednesday, May 13
12:30 p.m.

FREE Cookie Decorating

Thursday, May 14
11 a.m.



May 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	
				1 Craft Corner 10:00	2
4 May Day 10:00-11:30 Beverly's BINGO 1:00	5 Cinco De Mayo 10:00-11:30 Council Meeting 1:00	6 Center for Vein Restoration... 10:00-11:30 Visit the Nurse 10:15-Noon Nickel Bingo 1:00	7 Mother's Day Breakfast..... 9:30-10:30	8 Open Games 10:00	9
11 Free Popcorn & Movie "My Sister's Keeper"..... 10:00 Beverly's BINGO 1:00 Home is Where the Heart Is 12:45	12 Mother Goose Day 10:00-11:00 Free Yogurt 12:30	13 Visit the Nurse..... 10:15 Free Ice Cream Sandwiches 12:30 Nickel BINGO 1:00	14 Music Appreciation .. 10:00 Free Cookie Decorating 11:00	15 Craft Corner 10:00	16
18 Do you Have A Green Thumb..... 10:00 -10:45 Beverly's BINGO 1:00	19 Discussing New Food Labels 10:00-11:00 Spring Poems .. 12:45-2:00	20 How Would You Handle This..... 10:00-11:30 Nickel Bingo..... 1:00	21 Memorial Day Celebration ... 10:30-11:30 Open Games ... 12:45-2:00	22 Craft Corner 10:00	23
25 Memorial Day Center Closed	26 How's your Garden Growing 10:00-11:00	27 Open House... 10:00-11:00 National Different-Colored Shoe Day..... 10:00-10:45 Nickel Bingo..... 1:00	28 Visit the Nurse 10:15-Noon Senior Information & Assistance..... 10:15-Noon	29	30

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

Council Meeting
 Tuesday, May 5 • 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



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.

Nanjemoy Volunteer Fire Department Annual Northern Snakehead Fishing Tournament

The Nanjemoy Volunteer Fire Department (NVFD) will hold its Annual Northern Snakehead Fishing Tournament on Saturday, May 23, and Sunday, May 24, 2015. Everyone is invited to participate.

Registration will be held at the NVFD, 4260 Port Tobacco Road, Nanjemoy, MD 20662 on Saturday, May 23, 2015, from 3-6 p.m., and will consist of signing rules and regulations governing the tournament. Registration deadline is 6 p.m. on May 23.

Entry Fee & Prizes: A \$30 entry fee will be charged per person. Participants may enter the Hook & Line and/or the Bow & Arrow divisions. If both divisions are entered, the entry fee must be paid for both.

Prizes will be awarded as follows:

	Hook & Line	Bow & Arrow
1st Place	\$250	\$500
2nd Place	\$150	\$300
3rd Place	\$100	\$100

For more information on the rules and regulations visit www.nvfco4.com.

A sneak peek at upcoming events

- * **May 15**
Caregivers
Conference
- * **May 23 & 24**
NVFD
Snakehead
Fishing
Tournament
- * **June 17**
Senior Citizen
Picnic-Waldorf
Jaycee's

Smile Awhile!

National Smile month will be observed May 18 to June 18, 2015. This month promotes three key messages, all which go a long way in helping maintain a healthy smile.

- 1. Brush your teeth twice a day, morning and night**
- 2. Cut down on how often you have sugary foods and drinks.**
- 3. Visit your dentist regularly.**

