

Classes & Programs
Page 2



Activity Calendar
Page 3



More Programs & Activity Sneak Peeks
Page 4



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

May is Older American's Month!

May is a month of fresh beginnings! Perennials bloom once again, blazing a trail of bright color. May is also when we celebrate Older American's Month (OAM), acknowledging the perennial contributions of older adults to our nation.

The 2016 OAM theme is Blaze a Trail. The Administration for Community Living will use this opportunity to raise awareness about important issues facing older adults. We will also highlight ways that older Americans are advocating for themselves, their peers, and their communities.

To support Older American's Month, our senior centers will offer an Open House and a variety of special events. The Indian Head Senior Center has scheduled a Bike to Work Day/Wellness Fair on Friday May 20, at the Village Green Pavilion. The event includes entertainment and vendors promoting health and wellness. The Nanjemoy Senior Center Open House will be held Wednesday, May 18.

Be a Trailblazer! Join us in promoting activities, inclusion, and wellness for older Americans.



Spring Gala

In honor of Older American's Month the Nanjemoy Senior Center is throwing a **Spring Gala!** Enjoy music from the 50's through the 90's.

Friday, May 13, 6-9 p.m.
Fee:\$3/pp (includes age 55+)

Fishing at Camp Merrick

Located on the Potomac River, LCM Retreat Center provides the ideal setting for groups to plan a special day outdoors. With 300 private wooded acres located on the water making it the ideal location to host a variety of functions.

Bring your fishing poles and bait if you would like to try your hand at fishing. In addition, you can bring your favorite board games and set up in a spot overlooking the Potomac River.

We will travel to Camp Merrick from the community center. Once there, you have a choice to fish from the pier or the shoreline.

Early registration required. Box lunch in included.

Fee: FREE
Thursday, May 12, 9:30 a.m.-2 p.m.



Activities & Classes

May Day

This will be a day of fun and games. There will be shuffleboard, golf putting, pin the tail on the possum, hula hoop and more.

Monday, May 2 10-11:30 a.m.
Fee: FREE

Monday Bingo

Each Monday, May 2-23 1-2 p.m.
Fee: FREE

Tai Chi

Gentle exercise for stress reduction, and more.

Each Tuesday, May 3-31 11:15-11:45 a.m.
Fee: \$1/pp

Worm Bingo with the Humane Society

Christine Gonzales – Vermicomposting is a great way to help the environment by recycling your kitchen trash into wonderful fertilizer for your plants. We will learn about the amazing earthworms... the most useful undemanding pets.

Tuesday, May 3 10-10:45 a.m.
Fee: FREE

Nanjemoy Council Meeting

Group that meets the first Tuesday of the month.

Tuesday, May 3 1-2 p.m.
Fee: FREE

Breathe Easy

This class will focus on your breathing and provide ways to improve your overall lung capacity.

Each Tuesday, May 3-31 1-1:30 p.m.
Fee: FREE

Mother's Day Celebration

Rev. William Thorpe from Zion Baptist Church in Welcome, Md. will be our guest speaker.

Wednesday, May 4 10:30-11 a.m.
Fee: Generous Donation

Nickel Bingo

Each Wednesday, May 4-25 1-2 p.m.
Fee 5¢ per card

Cinco De Mayo

Let's celebrate Mexico's Independence. Enjoy salsa, chips, guacamole and tacos for lunch.

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

Jim's Pay Day

Come go to the horse race with us.

Thursday, May 5 12:45-1:45 p.m.
Fee: FREE

Quotes of Biblical Proportion

How many of today's common phrases are ancient and actually paraphrased from the Bible?

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

Train Day

Mr. Richard Lord collects trains. He plans to visit the center and share his knowledge of trains promising to bring in a few from his collection.

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

Let's Wake up our Brains

We will use this time to wake-up our brains. Let's see how well we do

Tuesday, May 10 12:45-1:45 p.m.
Fee: FREE

The Scented Spring

We will enjoy country western music for the day. Seniors can bring in their dvds or albums and we will listen to them.

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

Movie Matinee: Black or White

Love has no color. Can people from two seemingly different worlds find common ground when nothing is as simple as black or white?

Thursday, May 12 10-11:30 a.m.
Fee: FREE

A Fish Wish

This is a poem that will be read by the seniors after which they will answer the questions.

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

How Low Can You Go?

Word definitions are given and each answer includes the letters l, o, and w. We will fill in the missing letters and the person with the most wins!

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

High Blood Pressure

Lisa Furlow will be here to discuss the pros and cons of high blood pressure.

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

Flower Names

May is the month when flowers start blooming. Let's find pictures of the many flowers in magazines and on the internet.

Tuesday, May 17 1:45-2:15 p.m.
Fee: FREE

First Watch

We are talking about watches we wear on our wrist. Bring in your old watches.

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

May Craft

Make flower clips to display notes and papers.

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

Open Games

Seniors can choose any board game they like and also try a Wii game.

Thursday, May 19 12:45-1:45 p.m.
Tuesday, May 31 12:45-1:45 p.m.
Fee: FREE

National Photo Month

Pictures will be taken by seniors, inside and outside, of whatever they like.

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

The Merry Month of May

May brings many exciting changes. The warmer weather brings out the gardeners. Let's see if we can crack the code.

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

Smile Awhile

Observed in the United Kingdom, but everyone everywhere feels better when they are smiling.

Tuesday, May 24 1:45-2:15 p.m.
Fee: FREE

Potpourri Bags

Seniors will paint designs on their bags that will be filled with fragrant potpourri.

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

Memorial Day Celebration

Memorial Day honors U.S. soldiers who died fighting for their country. In 1971 the U.S. Congress declared Memorial Day a national holiday.

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

Information & Assistance

A representative from the Department of Community Services will be here to provide information.

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

Garden Talk

We will talk about our gardens, what we have planted.

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

May 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 Board Games . . . 9:30-11:00 Exercise with LaMont 11:00-11:45 BINGO 1:00-2:00 Open Games 6:30-7:30</p>	<p>Walk Fit 9:30-10:30 Computer Lab . . . 8:30-4:30 Fitness Room 8:30-4:30 Billiards Drop-In . . 8:30-4:30 Tai Chi 11:15-11:45 Breathe Easy 1:00-1:30</p>	<p>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 Nickel Bingo 1:00-2:00 Open Games 6:30-7:30</p>	<p>Walk Fit 9:30-10:30 Computer Lab . . . 8:30-4:30 Fitness Room 8:30-4:30 Billiards Drop-In . . 8:30-4:30</p>	<p>Computer Lab . . . 8:30-4:30 Fitness Room 8:30-4:30 Billiards Drop-In . . 8:30-4:30</p>	
<p>2 May Day 10:00-11:30 Monday Bingo 1:00</p>	<p>3 Worm Bingo . . . 10:00-10:45 Tai Chi 11:15-11:45 Breathe Easy 1:00-1:30 Council Meeting 1:00</p>	<p>4 Mother's Day Celebration 11:00-2:00 Play by the Nanjemoy Seniors "Check Under the Bed" 12:45-1:45 p.m. Nickel Bingo 1:00</p>	<p>5 Cinco De Mayo 10:00-11:30 Jim's Pay Day . . . 12:45-1:45</p>	<p>6 Craft Corner 10:00</p>	
<p>9 Quotes of Biblical Proportion 10:00-11:30 Monday Bingo 1:00</p>	<p>10 Train Day 10:00-11:30 Tai Chi 11:15-11:45 Breathe Easy 1:00-1:30 Let's wake up our Brains 12:45-1:45</p>	<p>11 The Scented Spring 10:00-11:30 Nickel Bingo 1:00</p>	<p>12 Fishing Trip to Camp Merrick 9:30-2:00 Movie Matinee: Black or White 10:00-11:30 A Fish Wish 12:45-1:45</p>	<p>13 Open Games 10:00 Senior Spring Gala 6:00-9:00</p>	<p>14</p>
<p>16 How Low Can You Go 10:00-11:00 Monday Bingo 1:00</p>	<p>17 High Blood Pressure 10:00-11:00 Tai Chi 11:15-11:45 Breathe Easy 1:00-1:30 Flower Names 1:45-2:15</p>	<p>18 First Watch 10:00-11:00 Nickel Bingo 1:00</p>	<p>19 May Craft 10:00-11:00 Open Games 12:45-1:45</p>	<p>20 Craft Corner 10:00 Family Bingo 6:00-8:00</p>	<p>21</p>
<p>23 National Photo Month 10:00-11:00 Monday Bingo 1:00</p>	<p>24 The Merry Month of May 10:00-11:00 Tai Chi 11:15-11:45 Breathe Easy 1:00-1:30 Smile Awhile 1:45-2:15</p>	<p>25 Potpourri Bags 10:00-11:30 Nickel Bingo 1:00</p>	<p>26 Memorial Day Celebration 10:00-Noon Information & Assistance 10:15-Noon</p>	<p>27 Craft Corner 10:00</p>	<p>28</p>
<p>30 Memorial Day Center Closed</p>	<p>31 Garden Talk . . . 10:00-11:00 Tai Chi 11:15-11:45 Breathe Easy 1:00-1:30 Open Games 12:45-1:45</p>		 <p>BLAZE A TRAIL: MAY 2016</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

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 Community Day & Outdoor Movie Night

On Saturday, June 4, the community center will host their first Community Day. This special event will include a variety of games, prizes and entertainment to be held inside and outdoors.

This is the perfect time for you to visit and display your skills at one or maybe all of the following tournaments: 40 yard dash, half quart basketball, and corn hole, with some of the games being played nickelodeon style.

At dusk we will offer our first premiere outdoor movie. Vendors will be available with food items to purchase. FREE popcorn will be provided by center staff.

This is a great time to show your support to the community center by visiting and sharing your ideas about this event while making suggestions of additional activities you want offered throughout the summer. Talk with your neighbors, and encourage them to attend and bring family members to this first ever outdoor movie night.

Saturday, June 4, from 4 to 8 p.m.

(Movie begins at dusk)

Fee: FREE



HELPING THOSE IN NEED

The Giving Bins



As a reminder, the Nanjemoy Council Giving Bins program is available at the center to help those in need by providing items for daily living.

**Available Thursday, May 12 and 26
10 to 11 a.m. and 1 to 2 p.m.**

The council feels strongly about giving back to the community and believes their efforts with Giving Bins will do just that.

A Sneak Peek At Upcoming Events

**June 2: Mt. Hope
Spring Concert**

**June 4: Community
Day at the Center**

**June 8: Mt. Hope
Kindergarten
Stepping Up Program**

**June 15: Senior Picnic
at the Jaycees**