

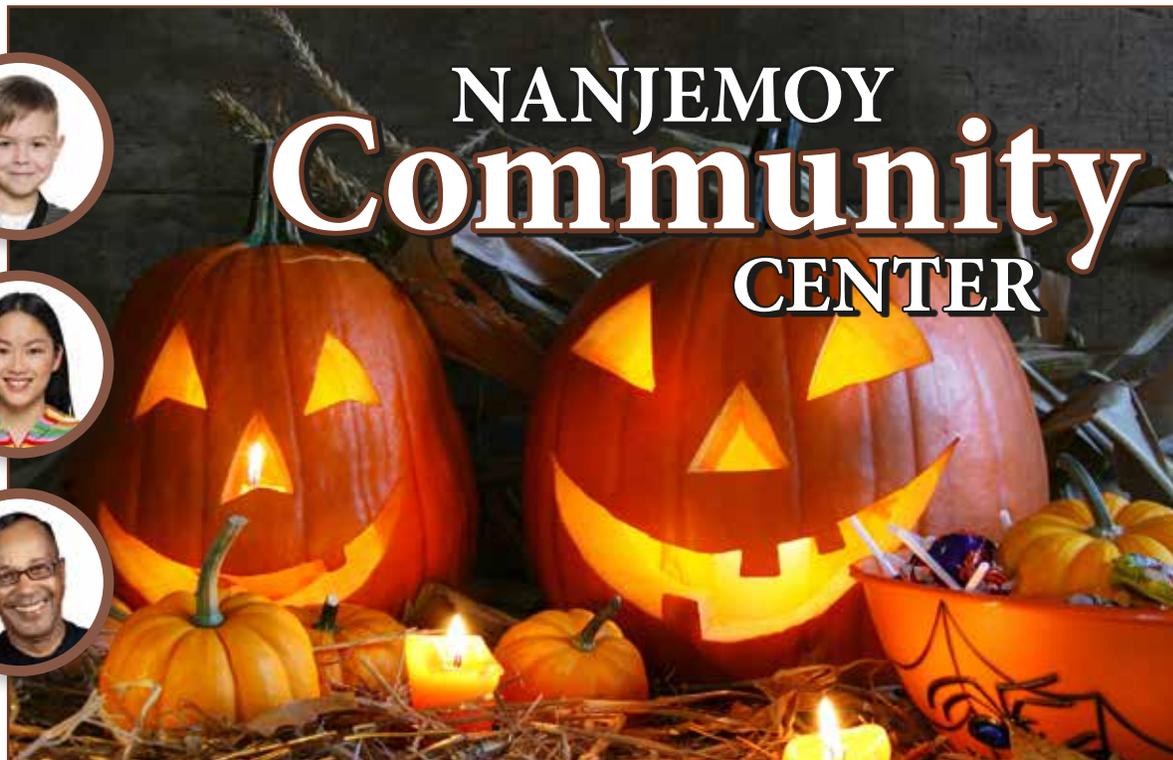
Classes & Programs
Page 2



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

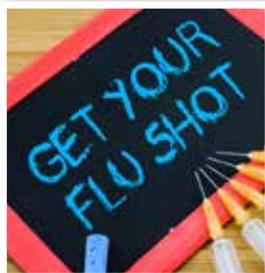
The Flu & You!

The Best Way to Avoid the Flu is Vaccination

According to the Centers for Disease Control and Prevention, the single best way to prevent the flu is to get an annual vaccination, which is recommended for every-one 6 months of age and older. Despite these recommendations, immunization rates among adults 65 and older are still far below public health goals. The leading reason older adults do not get the flu shot is because they are unaware they need to every year.

Every flu season is different, and influenza infection can affect people differently. Flu viruses are constantly changing. They change from one season to the next or they can change in the course of one flu season. Make getting an annual flu vaccine one of the most important precautions you may take protecting you, your family, and community. Vaccine options are widely available at a doctor's office or local pharmacy.

Get your flu shot on Wednesday, Oct. 21, from 3-7 p.m. at Western Charles Family Medical Center at (4375 Port Tobacco Rd., Nanjemoy). Details: 301-246-4860.



MONSTER MASH

Dance the night away in your scariest, funniest, or cutest costume. A costume contest will be held with refreshments throughout the night. Advanced registration is encouraged. Open to youth age 6-12.

Friday, Oct. 23, 7-9 p.m.

Tickets: \$3 in advance, \$5 at the door.

10th ANNUAL Breast Cancer awareness Fitness Walk

Saturday, Oct. 10
8:30 a.m.-1 p.m.
Fee: \$25/pp

Don't miss out on a great day benefitting the fight against breast cancer! This event is open to the entire community. The festivities will take place at the Indian Head Village Green. The cost is \$25 per person, and includes healthy snacks, bottled water, and lunch. A free T-shirt will be available to the first 120 registrants. There will be music, exercise warm-ups, vendors, raffles, and door prizes.

Registration begins at 8:30 a.m. Event held rain or shine. Details: 301-743-2125.

Walk for the women & men in your life!

Activities & Classes

Cities & Nicknames

Many cities around our great country have nicknames. Let's see if we can match some of them. How many of these cities have you visited?

Thursday, Oct. 1 10-11:30 a.m.
Fee: FREE

Superstitions Crossword Puzzle

Picking these on a nice day will cause rain before too long. Is this superstitious or not?

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

Reading for Health

Our brains are nourished and exercised when we read.

Monday, Oct. 5 10-11 a.m.
Fee: FREE

Monday Bingo

Specials and regular bingo games.

Each Monday, Oct. 5-26 1-2 p.m.
Fee: FREE

Leafy Wreath Craft

Fall is in the air! We will bring a little bit of color inside with this colorful leaf wreath.

Tuesday, Oct. 6 10-11:30 a.m.
Fee: FREE

Council Meeting

Tuesday, Oct. 6 1-2 p.m.
Fee: FREE

Matching Words

A synonym has the same meaning as another word. Match each word with its synonym.

Wednesday, Oct. 7 10-11:30 a.m.
Fee: FREE

Nickel Bingo

Each Wednesday, Oct. 7-28 1-2 p.m.
Fee: 5¢

Movie Matinee

This uproarious adventure is about an ordinary couple in the right place on the wrong night.

Thursday, Oct. 8 10-11:30 a.m.
Fee: FREE

Confusion

The poem, *If hummingbirds have eagle wings*, will be discussed by the group.

Thursday, Oct. 8 12:45-1:45 p.m.
Fee: FREE

Things in Fours

Think about things that have four of anything to complete this puzzle. It's just a little brain teaser.

Tuesday, Oct. 13 10-11 a.m.
Fee: FREE

Humane Society

Ms. Gonzales from the Humane Society will discuss those pesky groundhogs.

Tuesday, Oct. 13 1-2 p.m.
Fee: FREE

Holiday Recipes

It's not too early to start thinking about what to prepare for the holidays. Donna Bailey, University of Maryland Extension, will bring in some of her ideas to get us started.

Wednesday, Oct. 14 10-11 a.m.
Fee: FREE

The Missing Invitation

How would you handle this missing invitation story? After the story is read, it's open for discussion by the group.

Thursday, Oct. 15 10-11 a.m.
Fee: FREE

Table Talk

Seniors will talk about their plans for the winter. Do we have what we need in case of an emergency? Make a list of some of the things we need.

Thursday, Oct. 15 12:45-1:45 p.m.
Fee: FREE

Raking Leaves

Raking leaves is quite a chore, whether you are younger or older.

Monday, Oct. 19 10-11 a.m.
Fee: FREE

Creative Musing

Seniors will read creative writings that are submitted by residents from different areas.

Tuesday, Oct. 20 10-11 a.m.
Fee: FREE

Halloween Crafts

Halloween crafts will be made to decorate the senior room and for our Halloween Bash.

Tuesday, Oct. 20 12:45-1:45 p.m.
Fee: FREE

Games We Play

Do you remember any games you played as a young boy or girl?

Wednesday, Oct. 21 10-11 a.m.
Fee: FREE

Information & Assistance

Ms. Caroline Edelen, Department of Aging, will assist our seniors with their paper work.

Thursday, Oct. 22 10:15 a.m.-Noon
Fee: FREE

Open Games

Seniors will learn to play some of the new games.

Thursday, Oct. 22 10-11 a.m.
Fee: FREE

Newspaper Article

Articles will be taken from the Independent or the Washington Post for discussions.

Monday, Oct. 26 10-11 a.m.
Fee: FREE

How Important is it for Seniors to Exercise?

Ms. Carol Thompson will talk to us about the importance of exercising at our age.

Tuesday, Oct. 27 10-11 a.m.
Fee: FREE

Self-Esteem & Quality of Life

A person with high self-esteem is in control of their life. We will discuss this trait.

Tuesday, Oct. 27 12:45-1:45 p.m.
Fee: FREE

Relevant to Automobiles

Some of us drive and others get a ride. We will list the things that make our automobiles run.

Wednesday, Oct. 28 10-11:30 a.m.
Fee: Free

Halloween Bash

We will play games, dance, and have a lot of fun.

Thursday, Oct. 29 10 a.m.-Noon
Fee: FREE

The Spider Family Dance

This spider dance routine is done to the tune of The Addams Family TV show.

Thursday, Oct. 29 12:45-1:45 p.m.
Fee: FREE

Family Bingo

Join us for some family fun time.

Friday, Oct. 30 6-8 p.m.
Fee: \$2/player

Fishing at Camp Merrick

Bring your fishing poles and bait! Get ready for a fun filled day on the water. We will travel to Camp Merrick, and you may fish off of the pier or on the shoreline. Early registration is required. Box lunches will be provided.

Thursday, Oct. 1 • 9 a.m.-2 p.m. • Fee: FREE



October 2015 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</p> <p>Fitness Room ... 8:30-8:00</p> <p>Billiards</p> <p>Drop In ... 8:30-8:00</p> <p>Board Games ... 9:30-11:00</p> <p>Exercise with LaMont ... 11:00-11:45</p> <p>Bingo ... 1:00-2:00</p> <p>Open Games ... 6:30-7:30</p>	<p>Walk Fit ... 9:30-10:30</p> <p>Computer Lab ... 8:30-4:30</p> <p>Fitness Room ... 8:30-4:30</p> <p>Billiards</p> <p>Drop In ... 8:30-4:30</p>	<p>Computer Lab ... 8:30-8:00</p> <p>Fitness Room ... 8:30-8:00</p> <p>Billiards</p> <p>Drop In ... 8:30-8:00</p> <p>Strength Training ... 11:00-11:45</p> <p>Nickel Bingo ... 1:00-2:00</p> <p>Open Games ... 6:30-7:30</p>	<p>Walk Fit ... 9:30-10:30</p> <p>Computer Lab ... 8:30-4:30</p> <p>Fitness Room ... 8:30-4:30</p> <p>Billiards</p> <p>Drop In ... 8:30-4:30</p>	<p>Computer Lab ... 8:30-4:30</p> <p>Fitness Room ... 8:30-4:30</p> <p>Billiards</p> <p>Drop In ... 8:30-4:30</p>	
			<p>1</p> <p>Fishing Trip to Camp Merrick ... 9:00-2:00</p> <p>Cities and Nicknames ... 10:00-11:30</p> <p>Superstitions Crossword Puzzle ... 12:45-1:45</p>	<p>2</p> <p>Craft Corner ... 10:00</p>	<p>3</p>
<p>5</p> <p>Reading for Health ... 10:00-11:00</p> <p>Monday Bingo ... 1:00</p>	<p>6</p> <p>Leafy Wreath Craft ... 10:00-11:30</p> <p>Council Meeting 1-2 p.m.</p>	<p>7</p> <p>Matching Words ... 10:00-11:30</p> <p>Nickel Bingo ... 1:00</p>	<p>8</p> <p>Movie Matinee ... 10:00-11:30</p> <p>Confusion ... 12:45-1:45</p>	<p>9</p> <p>Open Games ... 10:00</p>	<p>10</p>
<p>12</p> <p>Columbus Day Center Closed</p>	<p>13</p> <p>Things in Fours ... 10:00-11:00</p> <p>Humane Society ... 1:00-2:00</p>	<p>14</p> <p>Holiday Recipes ... 10:00-11:00</p> <p>Nickel Bingo ... 1:00</p>	<p>15</p> <p>The Missing Invitation ... 10:00-11:00</p> <p>Table Talk ... 12:45-1:45</p>	<p>16</p> <p>Craft Corner ... 10:00</p>	<p>17</p>
<p>19</p> <p>Raking Leaves ... 10:00-11:00</p> <p>Monday Bingo ... 1:00</p>	<p>20</p> <p>Creative Musing ... 10:00-11:00</p> <p>Halloween Craft ... 12:45-1:45</p>	<p>21</p> <p>Games We Play ... 11:00-Noon</p> <p>Nickel Bingo ... 1:00</p> <p>Flu Vaccination ... 3:00-7:00</p>	<p>22</p> <p>Information and Assistance ... 10:15-12:00</p> <p>Open Games ... 10:00-11:00</p>	<p>23</p> <p>Craft Corner ... 10:00</p> <p>Monster Mash Dance ... 7:00-9:00</p>	<p>24</p>
<p>26</p> <p>Newspaper Articles ... 10:00-11:00</p> <p>Monday Bingo ... 1:00</p>	<p>27</p> <p>Importance of Exercise as You Age ... 10:00-11:00</p> <p>Self-esteem & Quality of Life ... 12:45-1:45</p>	<p>28</p> <p>Relevant to Automobiles ... 10:00-11:30</p> <p>Nickel Bingo ... 1:00</p>	<p>29</p> <p>Halloween Bash ... 10:00-Noon</p> <p>Spider Family Dance ... 12:45-1:45</p>	<p>30</p> <p>Craft Corner ... 10:00</p> <p>Family Bingo ... 6:00-8:00</p>	<p>31</p>

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



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.

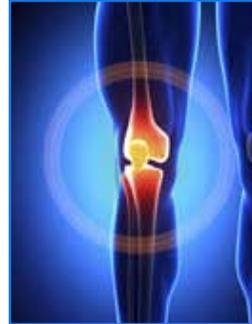
Vision Statement – Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best 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.

October is Bone & Joint Health Awareness Month!

What you should know to keep your bones and joints healthy.

Bones support you and allow you to move. They protect your brain, heart, and other important organs from injury. Bones also store nutrients like calcium, which help keep our bones strong, and then release them into the body when you need them for other uses.



Joints are places where two bones in your body meet, such as your elbow or knee. Joints also have cartilage, which acts as a spongy shock absorber on the ends of the bones to prevent them from rubbing against each other.

What can you do to keep your bones healthy: Stay active, spend time in the sun, moderate amount of salt and alcohol, build muscle, healthy food choices, and maintain ideal body weight. If you have a sore joint, you can use an ice pack or a bag of frozen vegetables. Tell your health care provider if your pain is improving or worsening.

Information by: Arthritis foundation & NIH.gov.

A sneak peek at upcoming events

- * **Oct. 21**
Flu Vaccination
at Western
County Family
Medical Center
- * **Oct. 23**
Monster Mash
Dance
- * **Oct. 30**
Family Bingo
- * **Nov. 19**
Thanksgiving
Program



WALK FIT

Each Tuesday & Thursday
in October

9:30-10:30 a.m. • Fee: FREE

Get yourself fit with a low impact walking routine. Four trips around the community center is equivalent to a mile.

Let's get started on Tuesdays and Thursdays, center staff will be available.

Please consult your physician before beginning any new exercise program.