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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

15th Annual Nanjemoy Heritage Day

Saturday, Sept. 12 • Noon-3 p.m.

Join us to celebrate the amazing heritage of Nanjemoy. The day will begin with a lively parade starting at the Nanjemoy Fire Department, ending at the Community Center. Events at the center include live music, crafts for kids, face painting, farm animals, local heritage displays, classic cars, games, food, bake sale, and more.

Attend this fun-filled day with local area businesses, organizations, family farms, fire department representatives, and nearby churches. Vendors will be selling products, and the yearly souvenir T-shirts will be available for sale. Taking part in this special day will help you gain a deeper understanding of the Nanjemoy community and all that it has to offer.

If you are interested in being a vendor, exhibitor, or participating in the parade with a classic vehicle or antique farm equipment, please call 301-246-9612. In addition, this year we are searching for families with deep roots in this community willing to share family photos and artifacts. See center staff.

Join your community for this wonderful event!



Sex As We Age & HIV/AIDS

Yes! Aging healthy means being intimate and having an active sex life, but are we being safe? According to the CDC, HIV/AIDS's are on the rise in the senior population. Are you surprised? Many may be thinking "it can't happen to me," but what are the contributing factors for this statistic?

Join Dr. Abney from the Department of Health and Carolyn Thompson from the Western County Family Medical Center as they discuss and share information about why seniors are at a high risk of contracting this virus. Indian Head Senior Center has been invited to join us.

Thursday, Sept. 17

10-11:30 a.m.

Fee: FREE

Activities & Classes

Coupon Crazy

September is National Coupon Month. Bring your coupons to see how much you can save.

Tuesday, Sept. 1 10-11 a.m.
Fee: FREE

Have You Heard Three is a Crowd?

Three is a popular number found in our written and spoken word. Let's take a quiz to test our knowledge of popular phrases.

Thursday, Sept. 3 10-11:30 a.m.
Fee: FREE

Speed Spelling Bee

Seniors will be asked to spell easy words to check your ability to recall facts and test your brains.

Thursday, Sept. 3 12:45-1:45 p.m.
Fee: FREE

Heart Healthy

Donna Bailey, University of MD Cooperative Extension, will discuss eating properly, exercising, and keeping a healthy heart.

Tuesday, Sept. 8 10-11 a.m.
Fee: FREE

Fall Poems

Each senior will pick a poem to read and perform as if there was a large audience.

Tuesday, Sept. 8 12:45-1:45 p.m.
Fee: FREE

Medicare Fun & Games

Alease Kouadio will be here to tell us more about Medicare and all that it has to offer.

Wednesday, Sept. 9 10-11 a.m.
Fee: FREE

Nutrition

Lisa Furlow, Nutritionist, will demonstrate preparing food using a microwave.

Thursday, Sept. 10 10-11 a.m.
Fee: FREE

September Word Game

With September being the ninth month, this game will be centered around the number nine.

Thursday, Sept. 10 12:45-1:45 p.m.
Fee: FREE

Biography of Singer, Ray Charles

How did Ray Charles get started.

Tuesday, Sept. 15 10-11 a.m.
Fee: FREE

Classical Music Month

The power of classical music transcends language barriers and memory loss.

Tuesday, Sept. 15 12:45-1:45 p.m.
Fee: FREE

Harvest Tea/Table Talk

Let's savor the flavor of orange spice while we sit and talk about whatever is on your minds.

Wednesday, Sept. 16 10-11 a.m.
Fee: FREE

Fall Craft

Seniors will make their own fall hat.

Monday, Sept. 21 10-11 a.m.
Fee: FREE

Waffle Breakfast

September is National Waffle Month. Join us for a waffle breakfast with toppings.

Tuesday, Sept. 22 9:30-11:30 a.m.
Fee: \$3

Painting on Canvas

We will paint a fall leaf on canvas. These will be framed to give to a friend or hang in your home.

Tuesday, Sept. 22 12:45-1:45 p.m.
Fee: FREE

First Day of Autumn

Let's welcome autumn and talk about what this season means to us.

Wednesday, Sept. 23 10-11 a.m.
Fee: FREE

Newspaper/Magazine Articles

Articles can be found in the newspaper or magazine for discussion and knowledge.

Thursday, Sept. 24 10-11 a.m.
Fee: FREE

Movie Matinee

Selma, a true story of courage and hope that changed the world forever.

Thursday, Sept. 24 10-11:30 a.m.
Fee: FREE

Laundry Basketball

Here is your chance to play basketball inside.

Monday, Sept. 28 10-11:30 a.m.
Fee: FREE

Ceramics

Donna Bailey will visit to help complete our projects in time for the Fair.

Tuesday, Sept. 29 10-11:30 a.m.
Fee: FREE

Top Crayons Color Word Search

We will search for unfamiliar crayon colors.

Tuesday, Sept. 29 1-1:45 p.m.
Fee: FREE

Do You Remember M*A*S*H?

We will do a MASH trivia crossword puzzle.

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

BINGO!

Monday Bingo

Each Monday, Sept. 14-28 1-2 p.m.
Fee: FREE

Nickel Bingo

Each Wednesday, Sept. 2-30 1-2 p.m.
Fee: 5¢

Special Events

Council Meeting

Tuesday, Sept. 1 1-2 p.m.
Fee: FREE

National Sweet Corn Day

Seniors will be served fresh yellow or white corn prepared by staff as a side dish for lunch.

Wednesday, Sept. 2 Noon-12:30 p.m.
Fee: FREE

Sex As We Age & HIV/AIDS Presentation

See page 1 for full description. We will be joined by the Indian Head Senior Center.

Thursday, Sept. 17 10-11:30 a.m.
Fee: FREE

A Matter of Balance

Learn why we must exercise every day to maintain a healthy life and live to 100. We should be aware of our no "fall-ty" habits.

Thursday, Sept. 17 12:45-1:45 p.m.
Fee: FREE

Aging Resources Outreach

Caroline Edelen, Program Specialist, provides persons age 60 and older and their families access to information regarding programs, services, and benefits.

Thursday, Sept. 24 10:15 a.m.-Noon
Fee: FREE

National Grandparents Day

Grandparents Day is celebrated in September. Let's sit and talk about how many grandchildren, great-grand and great-great if there are any. Bring in your pictures!

Monday, Sept. 14 • 10-11:30 a.m. • Fee: FREE



September 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>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>Walk Fit ... 9:30-10:30</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>Walk Fit ... 9:30-10:30</p> <p>Coupon Crazy ... 10:00-11:00</p> <p>Council Meeting . 1:00</p>	<p>2</p> <p>National Sweet Corn Day ... 12:00-12:30</p> <p>Nickel Bingo ... 1:00</p>	<p>3</p> <p>Walk Fit ... 9:30-10:30</p> <p>Have You Heard Three is a Crowd ... 10:00-11:30</p> <p>Speed Spelling Bee ... 12:45-1:45</p>	<p>4</p> <p>Craft Corner ... 10:00</p>	<p>5</p>
<p>7</p> <p>Labor Day Center Closed</p>	<p>8</p> <p>Walk Fit ... 9:30-10:30</p> <p>Heart Healthy ... 10:00-11:00</p> <p>Fall Poems ... 12:45-1:45</p>	<p>9</p> <p>Medicare/Fun & Games ... 10:00-11:00</p> <p>Nickel Bingo ... 1:00</p>	<p>10</p> <p>Walk Fit ... 9:30-10:30</p> <p>Nutrition ... 10:00-11:00</p> <p>September Word Games ... 12:45-1:45</p>	<p>11</p> <p>Open Games ... 10:00</p>	<p>12</p>
<p>14</p> <p>National Grandparents Day ... 10:00-11:30</p> <p>Monday Bingo ... 1:00</p>	<p>15</p> <p>Walk Fit ... 9:30-10:30</p> <p>Biography of Ray Charles ... 10:00-11:00</p> <p>Classical Music Month ... 12:45</p>	<p>16</p> <p>Harvest Tea/Table Talk ... 10:00-11:00</p> <p>Nickel Bingo ... 1:00</p>	<p>17</p> <p>Walk Fit ... 9:30-10:30</p> <p>Sex As We Age & HIV/AIDS ... 10:00-11:30</p> <p>Matter of Balance ... 12:45</p>	<p>18</p> <p>Craft Corner ... 10:00</p>	<p>19</p>
<p>21</p> <p>Fall Craft ... 10:00 -11:00</p> <p>Monday Bingo ... 1:00</p>	<p>22</p> <p>Walk Fit ... 9:30-10:30</p> <p>Waffle Breakfast ... 9:30-11:30</p> <p>Painting on Canvas ... 12:45</p>	<p>23</p> <p>First Day Autumn ... 10:00</p> <p>Nickel Bingo ... 1:00</p>	<p>24</p> <p>Walk Fit ... 9:30-10:30</p> <p>Aging Resources Outreach ... 10:15-Noon</p> <p>Movie Matinee ... 10:00-11:30</p> <p>Newspaper/Magazine Articles ... 10:00-11:00</p>	<p>25</p> <p>Craft Corner ... 10:00</p> <p>Family Bingo ... 6:00-8:00</p>	<p>26</p>
<p>28</p> <p>Laundry Basketball ... 10:00</p> <p>Monday Bingo ... 1:00</p>	<p>29</p> <p>Walk Fit ... 9:30-10:30</p> <p>Ceramics ... 10:00-11:30</p> <p>Top Crayons Color Search ... 1:00-1:45</p>	<p>30</p> <p>Do you Remember M*A*S*H? ... 10:00-11:30</p> <p>Nickel Bingo ... 1:00</p>	<div style="border: 2px solid brown; padding: 10px; text-align: center;"> <p>Reminder: Council Meeting Tuesday, Sept. 1 • 1 p.m. • Fee: FREE</p> </div>		

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

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

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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.

Energy Assistance



The Electric Universal Service Program (EUSP) is a state program to assist eligible customers with paying their bills. It is administered by the Department of Human Resources, Office of Home Energy Programs.

The programs help with following:

- Financial assistance with current electric bills
- Settling past unpaid electric bills
- Weatherization services to reduce further bills

Eligibility information and application assistance is available at all Senior Centers. Seniors citizens who have questions or wish to participate in this program can contact Senior Information & Assistance staff at 301-934-9315, ext. 5143.

Caroline Edelen, Program Specialist has monthly visits to the Nanjemoy Senior Center. You may stop in and see Caroline on the fourth Thursday of each month. The visit date for this month is **Thursday, Sept. 24, 10 a.m.-Noon**. This service is FREE and open to eligible persons.



WALK FIT

**Each Tuesday & Thursday in September
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. **No class on Sept. 17.**

**10th ANNUAL
Breast Cancer
awareness
Fitness Walk**

Don't miss out on a great day benefitting the fight against breast cancer. For information call 301-743-2125 (IHSC).

Saturday, Oct. 10
Indian Head Village Green

A sneak peek at upcoming events

- * **Sept. 5**
Jammin' at the
Creek (Indian
Head)
- * **Sept. 17-20**
Charles County
Fair
- * **Sept. 25**
Family Bingo
- * **Oct. 30**
Monster Mash
Dance