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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

World Elder Abuse Awareness Day – June 15

Every day 10,000 people turn 65 in the United States. That trend is going to continue for nearly the next 20 years. Demographics are shifting, and there will be more elderly people in the U.S. than ever before. At the same time as the population is growing, a startling number of elders face abusive conditions. Every year an estimated 5 million (or 1 in 10) older Americans are victims of elder abuse, neglect, or exploitation. Experts believe that for every case of elder abuse or neglect reported, as many as 23.5 cases go unreported.

WEAAD serves as a call-to-action for individuals, organizations, and communities to raise awareness about abuse, neglect, and exploitation of elders. If you would like more information about this topic, please contact Linda Blake at 301-934-0109 or email at BlakeL@CharlesCountyMD.gov.

Linda plans to visit senior centers this month discussing elder abuse. The dates are as follows: Nanjemoy Senior Center, Monday, Jun. 15, at 10 a.m. and nearby Indian Head Senior Center, Tuesday, Jun. 16 at 11:15 a.m. This event is FREE.

The Funny Magic Dude

Join us for a picnic-style dinner, and see a magic show that's out of this world. Comedy that will make you laugh out loud and audience participation where dancing, laughter, and hands on magic come to life. Preregistration is required by Wednesday, Jun. 10.

Friday, Jun. 12, 6-8 p.m. • Fee: \$3/pp



Annual Senior Picnic

Greater 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 are available at all four senior centers.

Sponsored by the Greater Waldorf Jaycees.

Wednesday, Jun. 17

10:30 a.m.-2 p.m.

Fee: FREE (ticket required)

Activities & Classes

National Rose Month

Seniors will celebrate National Rose Month by coloring roses to use as room decorations.

Monday, Jun. 1 10-11:30 a.m.
Fee: FREE

Monday Bingo with Beverly

Regular bingo and specials for the month of June.

Each Monday, Jun. 1-29 1-2 p.m.
Fee: FREE

Name That Tune

Sing nature's praises as we fill in the blanks of song titles with names of trees, flowers, animals, and weather.

Tuesday, Jun. 2 10-11:30 a.m.
Fee: FREE

Nickle Bingo

Each Wednesday, Jun. 3-24 1-2 p.m.
Fee: 5¢

Gardening Spelling Bee

Let's see how many words we can spell working together as a team.

Wednesday, Jun. 3 10-11:30 a.m.
Fee: Free

National Gardening Exercises Day

Let's plant radishes, flower seeds, or plants to enjoy watching them grow.

Thursday, Jun. 4 10-11:30 a.m.
Fee: FREE

June is African-American Music Appreciation Month

Let's listen to music by Louis Armstrong, Mahalia Jackson, Stevie Wonder, and many others.

Thursday, Jun. 4 12:45-2 p.m.
Fee: FREE

Show & Tell

Pull out your old relics or keepsakes to share with other members of the senior group.

Monday Jun. 8 10-11:30 a.m.
Fee: FREE

Cooking is Fun

Donna Bailey (UMD Extension) will show us how cooking can be fun. She will share recipes and offer a food demonstration.

Tuesday, Jun. 9 10-11:30 a.m.
Fee: FREE

The ABC's of Sun Safety

Learn sun safety using the alphabet from A to Z.

Tuesday, Jun. 9 12:45-1:45 p.m.
Fee: FREE

Visit with the Nurse

Ashley Lagana will check your blood pressure and answer general health questions.

Wednesday, Jun. 10 10:15 a.m.-Noon
Thursday, Jun. 25 10:15 a.m.-Noon
Fee: FREE

Summer Anagrams

How many summer anagrams can you complete?

Wednesday, Jun. 10 10-11 a.m.
Fee: FREE

Father's Day Celebration

Ladies... tell your husbands, boyfriends, significant others, to take part in a very special Father's Day celebration.

Thursday, Jun. 11 10 a.m.-Noon
Fee: FREE

Warm Weather Songs

We will sing a few summer songs filling in the blanks as we go.

Monday, Jun. 15 10-11 a.m.
Fee: FREE

Western Charles County Medical Clinic

Carol Thompson will share information about available services and resources. Everyone will have an opportunity to get their questions answered and become familiar with this wonderful service available in the Nanjemoy community.

Tuesday, Jun. 16 10-11 a.m.
Fee: FREE

Summer Poems

We will spend the day reading summer poetry.

Tuesday, Jun. 16 12:45-1:45 p.m.
Fee: FREE

Greetings from the Grandkids

Let's read articles written by eighth graders sharing their life stories and interactions they had with older adults.

Monday, Jun. 22 10-11 a.m.
Fee: FREE

Biography of Morgan Freeman

The actor Morgan Freeman has starred in many movies. Let's read his biography to learn about his life and how he got started as an actor.

Tuesday, Jun. 23 10-11 a.m.
Fee: FREE

Humane Society Bingo

Christine Gonzales from the Humane Society will host Zoo Bingo.

Tuesday, Jun. 23 1-2 p.m.
Fee: FREE

Field Trip Farmer's Market and Bert's

Join us for a trip to the market followed by a yummy lunch at our favorite place, Bert's. Contact center staff to register. Persons are responsible for their own lunch cost.

Wednesday, Jun. 24 9 a.m.-2 p.m.
Fee: Lunch Cost

National Pink Day

Pink will be the color of the day. Plan to wear pink, and help us decorate the room in this color.

Thursday, Jun. 25 10-2 p.m.
Fee: FREE

Senior Information & Assistance

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

Thursday, Jun. 25 10:15 a.m.-Noon
Fee: FREE

Summer Craft: Luminary

Monday, Jun. 29 10-11:30 a.m.
Fee: FREE

Ceramics

Donna Bailey will continue to help persons as they work on their fair projects.

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

Open Games

Seniors may play the game of their choice.

Tuesday, Jun. 30 12:45-1:45 p.m.
Fee: FREE

Juneteenth Celebration

Juneteenth is the oldest known celebration commemorating the ending of slavery in the United States. Nanjemoy Senior Center will visit the Clark Senior Center (La Plata) and take part in the celebration. Lunch is included.

Thursday, Jun. 18, 10 a.m.-2 p.m.
Fee: Generous Lunch Donation



June 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 National Rose Month 10:00-11:30 Monday Bingo 1:00	2 Presentation on Strokes and Alzheimer, by Yolanda Cole 10:00-11:00 Name that Tune 11:00-11:30 Council Meeting 1:00	3 Gardening Spelling Bee 10:00-11:30 Nickel Bingo 1:00	4 National Gardening Exercise Day... 10:00-11:30 African American Music 12:45-2:00	5 Craft Corner 10:00	6
8 Show & Tell... 10:00-11:30 Monday Bingo 1:00	9 Cooking is Fun 10:00-11:30 The ABC's of Sun Safety 12:45-1:45	10 Summer Anagrams 10:00-11:00 Visit the Nurse 10:15-Noon Nickel Bingo 1:00	11 Father's Day Celebration ... 10:00-Noon Open Games ... 12:45-1:45	12 Open Games 10:00	13
15 Warm Weather Songs 10:00-11:00 Monday Bingo 1:00	16 Western Charles County Medical Clinic Presentation .. 10:00-11:00 Summer Poems. 12:45-1:45	17 Annual Senior Picnic at the Jaycees 10:30-2:00	18 Juneteeth Celebration at the Clark Senior Center 10:00-2:00 Center is Open	19 Craft Corner 10:00	20
22 Greeting from the Grandkids 10:00-11:00 Monday Bingo 1:00	23 Biography of Morgan Freeman 10:00-11:00 Humane Society Animal Bingo 1:00-2:00	24 Trip to Farmer's Market & Berts. 9:00-2:00	25 National Pink Day 10:00-2:00 Senior I&A Outreach 10:15-Noon Visit the Nurse. 10:15-Noon	26 Craft Corner 10:00	27
29 Summer Craft 10:00-11:30 Monday Birgo 1:00	30 Ceramics with Donna Bailey .. 10:00-11:00 Open Games ... 12:45-1:45	<div data-bbox="792 1711 1477 1885" data-label="Text"> <p>Reminder: Council Meeting Tuesday, Jun. 2 • 1-2 p.m. • Fee: FREE</p> </div>			

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.

June is Cataract Awareness Month

According to Prevent Blindness America's Vision Problems in the U.S. report, more than 22.3 million Americans have cataracts. A cataract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris, and is normally transparent. The lens helps to focus images onto the retina - which transmits the images to the brain.

Cataracts are a leading cause of blindness among older adults in the United States. More than half of all Americans have cataracts by the time they are 80 years old. Generally, a cataract does not cause pain, redness, or tears. The following problems may indicate that you may have a cataract: blurred vision, double vision, ghost images, or the sense of a film over your eyes. Lights seem too dim for reading or close-up work, or you are dazzled by strong light. You change eyeglass prescriptions often and the change does seem to help your vision.

If you have concerns, please check with an ophthalmologist.

A sneak peek at upcoming events

✿ July 3
Town of La Plata
Summer Concert
Featuring
Paul Thomas

(Rock, Modern Rock,
Country, Blues)

✿ July 11
Household
Hazardous Waste
Collection

(10430 Audie, off of Radio
Station Rd., La Plata)

June is National Safety Month

Each June the National Safety Council celebrates National Safety Month as a time to bring attention to major safety issues.

Week 1: Prevent prescription drug abuse

Week 2: Stop slips, trips, and falls

Week 3: Be aware of your surroundings

Week 4: Put an end to distracted driving

