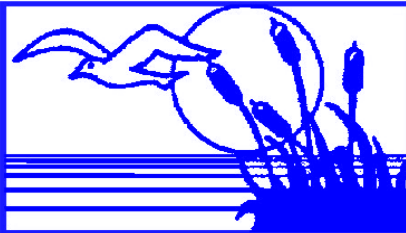


SOUTH COUNTY



SENIOR CENTER

Anne Arundel County
Department of Aging & Disabilities

Making Life Better

February 2012 Newsletter



27 Stepneys Lane, Edgewater, MD 21037

410-222-1927 or 410-798-4802

Center Hours: Monday – Friday

8:00 am – 4:30 pm

Reminder:

Be sure to “Scan in” with your key tag for EACH ACTIVITY you participate in. Class Registration, Trip Registration, Special Events, Card Playing & classes are all listed!



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Fashions With Flair

A Fashion Show and Tea



Wednesday, February 22nd
at 1:00 pm

Come watch the fashions stroll down the runway! Enjoy light refreshments while sipping on tea. Bring your own teacup and you could win a prize! Door prizes too. Space is limited. Please sign up at the front desk.

E-Mail: southcenter@aacounty.org

Website: www.aacounty.org/aging

February Happenings

Wednesday, February 1

“Spring Class Registration” ~ Registration begins today for spring AACC classes that will start on April 2nd. In addition to registering here at the center, please see the “Best Ways to Register” on page 6.

Friday, February 3, 11:15 am - 12:45 pm

“South County Senior Center Computer Group” (SCSCCG) ~ will hold its regular monthly meeting of the 2011-2012 season. A presentation and discussion on Social Networking/Social Media will be the primary topic. The presentation will be followed by an open forum (bring your computer questions and/or experiences/issues/observations) and, time/interest permitting, a discussion of additional current topics/issues of computer/cyber interest.

Join fellow seniors in this open meeting and discover what they are doing with computers and digital/cyber devices. Meeting is open to ALL senior center members. Just show up.

Bring a Flash/pen/jump/thumb drive to the meeting if you have one. Handouts, if any, will be digital!

Monday, February 6, 12:30 pm

“Publishing Your Family Story” ~ by Steve Gauss.

Tuesday, February 7, 9:30 am

“Advisory Council Meeting” ~ Everyone is welcome to attend our monthly meeting, this month held at the Center.

Tuesday, February 7, 11:30 am

“Board of Directors of Friends of South County Senior Center, Inc.” ~ meeting held at the center.

Tuesday, February 7, 1:00 pm

“New Kids on the Block” ~ Please join us at this time for an informative overview of the center happenings.

Wednesday, February 8, 12:30 pm

“Movie on the Big Screen” ~ **“The Help”** ~ See details on page 3.

Thursday, February 9, 10:30 am

“Van Trip to Pascal Senior Center” ~ We have been invited by Pascal Senior Center to attend a Black History Month performance of W.E.B. DuBois by Master Motivational Story Speaker Bill Grimmette. Please sign up for the van and lunch at the front desk.

Monday, February 13, 10:00 am

“Medical Advance Directives” ~ Wanda Nason Raleigh, Director of the Department of Aging & Disabilities Guardianship Program, will address the importance of signing medical advanced directives. As a resident of the State of MD you have the right to sign forms so that your wishes are known if you are unable to speak for yourself. The Health Care Agent Form allows you

to appoint someone you trust to make medical decisions if you become unable. The other form is called a Living Will; it is an expression about what type of treatment you want or don't want. We **do not** discuss finances at this session.

Tuesday, February 14, 1:00 pm - 2:30 pm

“Valentine’s Party” ~ The band ‘Music by 1940’s’ will play, and we’ll treat you to some special refreshments for a Valentine’s Day celebration.

Wednesday, February 15, 12:30 pm

“Ice Cream Sundae Social” ~ It’s the first sundae social of the year to benefit the Hearts of Gold FUNdraisers. It’s \$2.00 for a delicious sundae.

12:30-2:30 pm **“Bates Jazz Ensemble”** ~ Come enjoy an afternoon of great music and dancing.

Thursday, February 16, 1:00 pm

“Ask the Undertaker” ~ As part of his ongoing series, Ryan Helfenbein will present ‘Unveiling the Undertaker.’ During this presentation, we will uncover some of the areas of funeral service that consumers should be made more aware of, including:

- What costs are involved with cremation and funeral services?
- Are there other caskets available besides what is shown to me?
- Are there veteran burial benefits available to help cover costs?
- Is embalming required?
- What exactly am I paying for when contracting a funeral home’s assistance?
- Is there a way to protect my family from this financial burden?
- Do funerals today really cost \$10,000 and up?

Come and enjoy some refreshments as we uncover some of the areas in funeral service today.

Tuesday, February 21, 10:00 am - 11:30 am

“Foundations of Investing” ~ Local financial advisor Tim Laur will present this first in a series of five workshops.

Four additional workshops will be as follows:

March 6 Focus on Investing

March 13 Take Stock in the Market

March 20 A Smart Start to Mutual Funds

March 27 Making Sense of Retirement

Please sign up for those you wish to attend.

Wednesday, February 22, 1:00 pm

“Fashions With Flair” ~ See page 1 for details.

Thursday, February 23, 1:00 pm

“Irrevocable Funeral Trusts” ~ Mr. Gregory Markomanolakis will speak on this important subject, a method to plan ahead to pay for your final expenses and protect your assets.

Monday, February 28, 10:00 am
“Balance Awareness” ~ Mr. Charlie Black, owner of Aquafit PT, will present this informative program followed by an opportunity for questions.

Wednesday, February 29, 1:00 pm
“Terry Marsh” ~ has been singing and performing for over 20 years. She sings the great standards of the Big Band era and Broadway, as well as the classic jazzy blues of Ella Fitzgerald and Lena Horne, with a little of Patsy Cline’s blue country mixed in as well.

Looking Ahead . . .

Monday, March 5, 10:00 am
“Diet and Cancer Prevention” ~ Dr. Amy Allen-Chabot, Associate Professor in Nutrition and Biology at AACC, is the presenter.

Wednesday, March 7, 1:00 pm
“Douglas Everton” ~ returns for an afternoon of music and laughter.

Friday, March 23, 9:00 am - 1:00 pm
“Spring Flea Market” ~ It’s the big semi annual flea market, there’s something for everyone!

Wednesday, March 28, 8:30 am - 12:30pm
“Safe Driving Class” ~ Sign up at the front desk.

Wednesday, March 28, 1:00 pm
“Mr. and Mrs. O’Toole” ~ as portrayed by ‘Characters with Character,’ will entertain us with their Irish songs, jokes, trivia, and karaoke.

Flea Market Dates

Friday, March 23, 9:00 am-1:00 pm **Spring Flea Market**
 Friday, April 13, 9:00 am-2:00 pm **Book Sale**
 Friday, May 11, 9:00 am-12 noon **Bargain Jewelry & Accessories Sale**
 Friday, July 13, 9:00 am-1:00 pm **Christmas in July Sale**
 Friday, September 21, 9:00 am-1:00 pm **Fall Flea Market**
 Friday, October 5, 9:00 am-2:00 pm **Book Sale**
 Week of November 12, 9:00 am-12 noon **Holiday Sale**



February Van Trip

**Dollar Store and
 Old Country Buffet
 Lunch on your own
 Friday, February 17, 10:00 am**
 Sign-up at the front desk as soon as possible.

Caregiver Support Community Workshops Presented by Mary C. Fridley RN,BC, Sponsored by A.A. County Department of Aging and Disabilities National Family Caregiver Support Program

Thursday, March 1, 6:30 pm - 8:30 pm Workshop #1: Christmas in July??

Loved ones with dementia are trapped in the moment; there is no before or after. If these moments are boring, confusing, or frightening they can result in challenging behaviors. In this workshop caregivers will learn how to identify and engage loved ones in meaningful activities to create joyful moments not only for loved ones but for themselves, too.

Thursday, March 8, 6:30 pm - 8:30 pm Workshop #2: Stop! I want to get off...

The caregiving experience is a roller coaster of emotions and one wonders if the ride will ever end. In this workshop caregivers will learn about normal and not-so-normal emotions. They will learn how to effectively manage stress, understand the meaning of the “Ah Ha!” moment, and learn essential coping skills to be able to enjoy the “ride”.

Thursday, March 15, 6:30 pm - 8:30 pm Workshop #3: Health is More than Physical...

Physical, emotional, and spiritual health are a package deal with one being dependent on the others. In this workshop caregivers will learn how to strengthen and maintain their “package deal” through good nutrition, setting and maintaining boundaries, and nurturing their spirits.

ANNAPOLIS	Monday February 6, 13, 20	2:30-4:30pm
ARNOLD	Thursday April 5, 12, 19	6:30-8:30pm
BROOKLYN PARK	Thursday May 3, 10, 17	1-3pm
O’MALLEY	Monday March 12, 19, 26	5:30-7:30pm
PASADENA	Thursday, June 14, 21 & 28	1-3pm
PASCAL	Tuesday May 15, 22, 29	6:30-8:30 pm

Register on line at www.aacounty.org/aging
 or call 410-222-4464 ext 3094

“Movie on the Big Screen”



“The Help”

Wednesday, February 8, 12:30



At the dawn of the civil rights movement, three Mississippi women are about to take one extraordinary step. Twenty-two-year-old Skeeter has just returned home after graduating from Ole Miss, and her mother won’t be happy until she finds a husband. Aibileen, a wise African-American maid and caretaker, suffers after the loss of her own child. And Minny, Aibileen’s sassy best friend, struggles to find and hold a job. Seemingly as different from one another as can be, these women will nonetheless come together for a clandestine project that will put them all at risk.

Trip News

Trip Desk hours: Mondays 10 am-12 noon Wednesdays 8:30 am - 1 pm Fridays 9 am -11 am

Trip # 8 Adirondack Rails, Sails & Lighthouses



Sunday, June 17 to Friday, June 22	Depart: 7:00 am Return: 7:00 pm	Total Cost: \$1084 pp dbl \$1314 pp single	Deposit: \$250.00 interim Payment \$250.00 Due March 23rd Final payment April 20th	Trip Leaders: Shirley Callahan & Sally Guaragna
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Come join us for a trip through the beautiful scenic landscape of upstate New York to Rome, New York. Enjoy a guided tour of the Fulton Chain Region, a scenic railroad excursion through the Adirondacks and a luncheon cruise on Raquette Lake. We will view the only two lighthouses, Bluff Point and Crown Point, on Lake Champlain that are open to the public. For full details about the trip, brochures are available at the trip desk.

Price includes: transportation, attractions and admissions per itinerary, all taxes and tips. Insurance is available through Access America. Forms for insurance can be picked up at the trip desk.

Trip # 10 Kennedy Center ~ Addams Family



Sunday, July 22	Depart: 11:30 am Return: 8:00 pm	Total Cost: \$175.00 pp	Deposit: \$25.00 Final payment: June 8th	Trip Leaders: Shirley Callahan & Sally Guaragna
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“The Addams Family” brings the darkly delirious world of Gomez, Morticia, Uncle Fester, Grandma, Wednesday and, of course Lurch to life. It’s a “classic, full-tilt, fast paced, old-fashioned musical comedy!” It’s every parent’s nightmare. Your little girl has suddenly become a young woman, and what’s worse, has fallen deliriously in love with a sweet, smart young man from a respectable family. Yes, Wednesday Addams, the ultimate princess of darkness, has a “normal” boyfriend, and for parents Gomez and Morticia, this shocking development will turn the Addams house downside up! After the show, we will enjoy a delicious seafood buffet dinner at Phillips Flagship Restaurant, a popular Washington, D.C. restaurant overlooking the Washington Channel on the Southwest waterfront. This show is presented in the Grand Opera House. Showtime at 1:30 pm.

Price includes: transportation, reserved seats for show, dinner and all taxes and gratuities.



**The Book Club
will meet again on
Monday, February 27, at 1 pm**

**Book selection is “Prodigal Summer”
(by Barbara Kingsolver)**



Trees

A number of diseased/dead trees in our parking lot were recently removed, and need to be replaced. Our Friends group has concluded it may be a fitting tribute to a loved one, family or friend, to purchase a tree in that person’s name. Approximate cost is \$150. Please see Sharon if interested.

Information and Assistance



I&A provides access to all programs and services for which you may be eligible without having to go from agency to agency. An I&A specialist is available by calling 410-222-4257.



Advisory Council / Friends Corner

The Board of Directors of our newly organized group, Friends of South County Senior Center, Inc., is now meeting monthly at 11:30 am on the first Tuesday of each month. This space in the newsletter will now report on activities of both the Advisory Council and the Friends group.

The Advisory Council and the Friends' Board are both very appreciative of the support shown by our Center members for our Christmas Angels project. The quantity of gifts and food provided for our four local families and for the Lutheran Mission Society was extremely generous! Thanks to all who helped!

A meeting was held in January to provide help and assistance to Mary Seaton for her flea market operation. If you are interested in also helping, please let us know.

For those who have joined our Friends of South County Senior Center, Inc., please join us for the annual meeting on March 6th at 10:30 am. New members are always welcome to join our incorporated group.

Election of Board of Director members will be held at this time. The current Board has agreed to serve another term; there will be a call for nominations at the meeting.

Thanks to Friends, the donation to the American Cancer Society and the Alzheimer's Association was rounded up to \$4,000.00 for each organization. Our Friends group will financially be supporting the fashion show in February.

The next Advisory Council meeting will be held on Tuesday, February 7, at 9:30 am, at the Center. The Council members welcome your feedback, questions, and comments. If you do not want to speak personally to staff or Council members, the suggestion box is located on the podium near the front desk.

VOLUNTEER INCOME TAX ASSISTANCE

Tax season begins! Trained tax volunteers will be available at the center from February 1st until April 6th. They will be available to assist you with "SIMPLE" 2011 Income Tax Returns only. Our volunteers cannot do returns involving partnerships or corporations, self-employed persons or rental properties. This year's Adjusted Gross Income limit (AGI) is \$50,000. Also, the guidelines call for doing only Business EZ, and no more than 5 stock transactions.

APPOINTMENTS ARE REQUIRED!

**Call 410-222-1927
or stop by the front desk.**

Scholarship Assistance

Friends of South County Senior Center, Inc., is offering to help those individuals who truly need assistance paying this increased fee. Ideally, the member will pay the previous fee of \$40.00, or even more if possible, and Friends will pay the rest. Scholarship requests will be handled privately and confidentially. Please see Sharon when registering. It is Friends' goal that no member miss out on registering if they wish to do so.

The Friends of South County Senior Center, Inc. Board of Directors requested that Treasurer Paul Sherbert compile a list of how their funds are spent so that you have a better understanding of why we work so hard at raising money.

Friends of South County Senior Center, Inc. Expenditures for 2011

Donations	\$1,269.00
Arm chair & couch arm covers	\$ 118.00
VCR/DVD player	\$ 64.00
Sound system repair & updates	\$5,985.00
Scholarships	\$ 555.00
Aquarium Service	\$1,205.00
Entertainment	\$6,996.00
Stage Extension	\$ 866.00
Pool Room Supplies	\$ 259.00
Paper Shredding Day	\$ 600.00
Beauty Shop Supplies	\$ 149.00
Flower Garden Supplies	\$ 119.00
Aquarium Supplies	\$ 361.00
Total	\$18,546.00

**Thanks to Friends for their generosity,
and to all who support our fundraising efforts.**

Weekly Acti

Monday	Tuesday	Wedn
<p>8:30-11:30 DPAO: Carving © 10:00-11:00 Adapted Physical Education © 10:00-12:00 Civil War © 10:00-12:00 Pinochle 11:00-11:45 Chair Exercise * 11:05-12:05 HLOA:Line Dance 12:10-1:30 Integrative Strength & Flexibility Techniques (Yoga) © 12:30-2:30 DPAO: Crafts © 12:30-3:30 DPAO: Carving © 1:00-3:00 History of England © 1:45-4:00 Badminton ©</p> <p>Monday, February 20th The Center will be closed for Presidents' Day.</p> <p>February 6, 12:30 pm Genealogy Club ~ Details on Page 2! February 27, 1:00 pm Book Club ~ Details on page 4.</p>	<p>8:00-8:50 Exercise w/Weights (drop in) ♥ 8:05-8:55 Core Stability Techniques © 9:00-10:00 Functional Conditioning II © 9:00-11:00 Masterpieces of Symphonic Music © 9:00-11:30 DPAO: Portrait Painting © 10:00-11:00 Functional Conditioning II © 10:30-12:00 Integrative Strength & Flexibility Techniques (Yoga) © ♥ 11:00-12:00 Functional Conditioning II © 12:05-1:05 Functional Conditioning II © 12:15-2:15 Intermediate Spanish © 12:15-2:15 Beginning Italian © 1:00-3:00 Art Education for Older Adults © 1:10-2:10 Functional Mobility/Balance © 1:30-2:30 HLOA: Tap Dance © 2:15-4:00 Badminton (v) 2:15-4:15 Autobiography Writing © 2:20-4:20 Autobiography Writing for Sr. Citizens © 2:20-4:20 Beginning Italian II ©</p> <p>February 7 9:30 am, Advisory Council Meeting at the center 11:30 Board of Directors of Friends of South County Senior Center, Inc. Meeting at the center 1:00 pm "New Kids on The Block" Program</p>	<p>8:00-10:30 DPAO:Water 9:15-10:55 Beginning Fr 10:00-11:00 Adapted Ph 10:00-12:00 Maryland G 10:00-12:00 Swedish We 10:45-12:45 DPAO: One 11:00-11:45 Chair Exerc 11:00-12:30 Integrative Technique 11:00-12:40 Intermediate 12:30-2:00 Perspectives 12:30-3:30 Mah Jongg & 12:35-2:05 HLOA: Tap 1:00-3:30 DPAO:Stained 1:15-2:45 HLOA: Line 1:30-3:30 DPAO:One St 2:15-4:15 Creative Writi 2:30-3:45 HLOA: Mid E</p> <p>February 8 and 25, 9:00 Blood Pressure & Gluc</p>

Codes: © = Community College sponsored. Registration required (v) = Volunteer * = Registration not required

Center on Aging
Anne Arundel Community College
BEST WAYS TO REGISTER
for Classes:

1st ~ Online*: myaacc.aacc.edu
 2nd ~ By telephone* using STARS
 410-777-2241
 3rd ~ In person at one of AACC's three campus locations:

- ▶ Arnold Campus
- ▶ Glen Burnie Town Center
- ▶ AACC at Arundel Mills

4th ~ Mail to: Continuing Education & Workforce Development—CALT 115
 101 College Parkway, Arnold, MD 21012
 (Credit card, check or money order, payable to AACC)


HLOA = Healthy Living for Older Adults
DPAO = Design and Production of Art Objects

We Need Your Help!

Derrick our custodian also has other duties at another County building. Please help us in the gym by putting away your chair after using it, and picking up a few extra chairs at the same time. Thanks!

Beauty Shop Hours

Monday	8 am-3 pm	Karen
Tuesday	8:30-11:30	Faye 12 noon-3 pm Karen
Wednesday	8:30-11:30	Faye 12 noon-3 pm Karen
Thursday	8 am-3 pm	Joyce
Friday	8 am-3 pm	Joyce or Karen



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 Classes
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 page 9.

Trans
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Activity Schedule

Wednesday	Thursday	Friday
<p> Color © French © Physical Education © Government © Sewing * Stroke Painting © Sewing * Strength & Flexibility Yoga (Yoga) © French © Theater © Scrabble (v) Dance © Glass © Dance © Stroke Painting © Sewing © Eastern Dance © </p> <p> 10 am - 11:30 am Case Monitoring </p>	<p> 8:00-8:50 Exercise w/Weights (drop in) ♥ 8:05-8:55 Core Stability Techniques © 9:00-10:00 Functional Conditioning II © 9:00-12:00 DPAO: Art © 10:00-11:00 Functional Conditioning II © 10:00-12:00 History of Anne Arundel County © 10:00-12:00 Contemporary Literature © 10:00-3:00 DPAO: Porcelain China Painting © 10:30-12:30 Integrative Strength & Flexibility Techniques (Yoga) © ♥ 11:00-12:00 Functional Conditioning II © 12:05-1:05 Functional Conditioning II © 12:30-4:00 Party Bridge (v) 1:00-4:00 Cultural Influences in America © 1:10-2:10 Functional Mobility/Balance © 1:30-4:00 Introduction to Social Media © 2:15-4:00 Badminton (v) </p> <p> Badminton is canceled for February 9th. </p> <p> Police Station classes are canceled the third Thursday of each month. </p>	<p> 8:15-10:15 Beginning Spanish © 8:50-11:30 Duplicate Bridge (v) 9:00-10:30 Computer Security for the Home Computer © 9:30-12:30 DPAO:Painting © 10:00-11:00 HLOA:Adaptive PE © 10:00-3:00 Quilting Club (v) 10:30-12:30 Intermediate Spanish © 11:05-12:05 HLOA:Line Dance © 11:30-12:30 HLOA:Jazz Dance © 12:35-2:05 HLOA: Tap Dance © 1:30-3:30 MS Windows XP, Level 1© 1:30-4:00 Digital Photography © 2:30-3:30 Cardiovascular Conditioning © </p>

♥ = Class held at the Southern District Police Station
 (L) = Library

Membership is FREE (January 1-December 31). It is open to 55 years of age and older. Your key tag allows operation at any of the seven senior centers in the county. **Remember to update your form each year.**

Arundel Community College Classes - Registration occurs four times per year as determined by AACC. Classes begin in January, April, July and October, and generally last 6-8 weeks. There is an administrative fee of \$80 for seniors 60 and over. For ages 55 to 59, the cost is \$40 per class plus administrative fee.

Meals Program - A balanced, nutritious meal is served Monday-Friday at 12 noon. Reservations are required. Please call 410-222-1912 for further information. The menu is included on the calendar.

Transportation Program provides transportation to senior centers, nutrition sites, medical appointments and other purposes. Call 410-222-4826 for information and scheduling.

Senior Center Plus is a special program for frail older adults. For information call Pamela Potter at 410-222-4464.

SHIP (Senior Health Insurance Assistance Program) Call 410-222-4464, ext. 3092.

February						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Hearts of Gold FUNdraisers

We have chosen Canine Companions for Independence, and the Arthritis Foundation as recipients of our fundraising efforts for 2012.

Mark your calendar, and help us by supporting the following fundraisers:

Ice Cream Socials: February 15, March 14, April 4, 12:30 pm
\$2.00 for a delicious ice cream sundae

Bake Sales on March 23 and September 14

Monthly 50/50's

Spring Plant Sale on May 9 and 10 (we're again looking for plant related items so we can again set up our 'Garden Shop,' bring them as soon as you can.)

Fall Plant Sale on October 10

The 'Silent Auction' will again take place in October, we'll be soliciting for quality items, gift certificates, etc. Please help us as you're able!

Walk Your Way To Fitness

OUR GRAND TOTAL OF
STEPS ACHIEVED IN THE
SIX WEEK PERIOD:

5,227,249 !!!

RESULTS OF OUR RECENT FITNESS PROGRAM!

Congratulations to all who participated, especially to those who either maintained or actually lost weight over the holidays!

First Place:

For attaining the most steps:
Shunko Polansky

Second Place:

Chosen in a drawing of all who participated each week:
Diana Buchanan

Third Place:

Chosen in a drawing of all participants:
Sherri LePage



"Let's CAN Hunger"

Have you noticed our food collection basket has returned? It will now be a year round project, as hunger in our community unfortunately continues throughout the year. We welcome your donations. Please check freshness and/or expiration dates of items that you bring.



Anne Arundel County Service Reduction Dates

In addition to regularly scheduled holiday closings, the Center will be closed on the following dates:

April 9, 2012
May 25, 2012



February Lunch Menu

<p>"Lunch is served daily with fun and friendship!" Please give generously towards the \$4.03 cost of each meal. Persons under the age of 60 must pay full price for their meal. Please reserve or cancel your meal by calling 410-222-1912. Thank you! Menu item substitutions may occur.</p>		Wednesday, Feb. 1	Thursday, Feb. 2	Friday, Feb. 3
		Mar. Cucs & Onions Chicken Diablo Confetti Corn Kale Rye Bread Pineapple Tidbits	Coleslaw BBQ Pork Ribette Oven Brown Potato Pickled Beets Wheat Bread Mixed Fruit Compote	Mar. Cucs & Tomatoes Roast Beef /Gravy Mashed Potatoes Steamed Cabbage Wheat Bread Sliced Peaches
Monday Feb. 6	Tuesday, Feb. 7	Wednesday, Feb. 8	Thursday, Feb. 9	Friday, Feb. 10
Health Salad Beef Stew Large Biscuits Pineapple Tidbits	Broccoli Salad Open Face Turkey Sandwich Lima Beans White Bread (2) Banana	Apple Juice Roast Beef /Gravy Mashed Potatoes Collard Greens Pumpernickel Bread Sliced Peaches	Pickled Beets Chicken w/Lemon Sauce Oven Brown Pots Green Beans Wheat Bread Apple Sauce	Split Pea Soup BBQ Pork Ribette Ranch Salad Carrots Whole Wheat Bread Pineapple Tidbits
Monday, Feb. 13	Tuesday, Feb. 14	Wednesday, Feb. 15	Thursday, Feb. 16	Friday, Feb. 17
Vegetable Barley Soup Southwest Chicken 7 Bean Salad Italian Vegetables Wheat Bread Applesauce	Oriental Salad Pork Chop/Gravy Mashed Potatoes Stewed Tomatoes Pumpernickel Bread Chocolate Cake /w Cherry Sauce	Health Salad Sliced Turkey w/Gravy Mashed Sweet Potatoes Green Beans Dinner Roll Apricot Halves	LTO Hamburger Patty Creole Beans Spiced Beets Sandwich Bun Mandarin Oranges	Apple Juice Chicken Rosemary Oven Brown Potatoes Kale Whole Wheat Bread Sliced Peaches
Monday, Feb. 20	Tuesday, Feb. 21	Wednesday, Feb. 22	Thursday, Feb. 23	Friday, Feb. 24
ALL SITES CLOSED 	Dixie Slaw Chicken A LA King Green Beans Large Biscuit Fruit Cocktail	Box Lunches	Mar. Cucs. & Onions Knockwurst Baked Beans Coleslaw Hot Dog Bun Sliced Peaches	Fresh Tomato Soup Seafood Salad Pickled Beets Wheat Bread Sliced Apples
Monday, Feb. 27	Tuesday, Feb. 28	Wednesday, Feb. 29		
Cole Slaw Pulled Chicken BBQ Carrots Sandwich Roll Sliced Peaches	Mediterranean Salad Swedish Meatballs Rice Steamed Cabbage Wheat Bread Pineapple Tidbits	Chicken Noodle Soup Sloppy Joe Ranch Salad Peas Sandwich Roll Fruit Cocktail		

<p><u>'Showstoppers' News</u> All the donations received for November and December are forwarded to the South County Assistance Network. The total - \$850!!!</p>	<p>We will again be collecting items for Charlotte Hall Veterans' Home visit in May, watch for the list so you can help.</p>
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Hours of Operation:

Monday – Friday 8:00 am – 4:30 pm

Important Phone Numbers:

Senior Center 410-222-1927
or 410-798-4802
FAX 410-222-1989
Nutrition 410-222-1912
Transportation 410-222-4826
Department of Aging 410-222-4464
Corporal Jimmy Miller 410-222-0080
I&A 410-222-4257

South Co. E-Mail: southcenter@aacounty.org

Dept. of Aging & Disabilities

Website: www.aacounty.org/aging

Senior Center Staff:

Sharon Poet, Director

Denise Miller, Office Manager

Derrick Booth, Custodian

Nutrition Site Aide: Flo Watts

Van Drivers: Rondell Dean, Osie (Mac)
McCullers & Ernest Dees

Honoring Black History Month

- Wednesday, February 8, 12:30 pm
“Movie On The Big Screen: ~ “The Help” ~
Come enjoy this great movie and have some fresh popped popcorn. See description of the movie on page 3.
- Thursday, February 9, 10:30 am
“Van Trip to Pascal Senior Center” ~ We have been invited by Pascal Senior Center to attend a Black History Month performance of W.E.B. Du-Bois by Master Motivational Story Speaker Bill Grimmette. Please sign up for the van and lunch at the front desk.
- Wednesday, February 15, 12:30-2:30
“Bates Jazz Ensemble” ~ Come enjoy an afternoon of great music, great fun, and dancing.
- Wednesday, February 22, 1:00 pm
“Fashions With Flair” ~ A Fashion Show & Tea
Come watch the fashions stroll down the runway! Enjoy light refreshments while sipping on tea. Bring your own teacup and you could win a prize! Door prizes too.

We need artists who are willing to display their artwork for a two month period at the Center. If interested, please see Sharon.

Have you lost your key tag? Is your key tag showing wear? MARCH is Key Tag Amnesty Month! During this month only, we will gladly replace it!



Inclement Weather Policy:

“Listen to your radio or television.

A.A. County Senior Centers will not open if media announcements indicate a weather related closure (members will not be admitted.) If there is a 2 hour delay the Center will open at 10 am. This is to insure not only the safety of our center members but also allows facilities crew to give their full attention to priority buildings and allow for unimpeded parking lot and sidewalk clearing. Center staff will be available to assist you by phone. When A.A. County offices are closed due to weather, senior centers will also be closed. If A.A. County Schools are closed due to weather, Center staff will report as usual, but classes, lunch, and transportation will be canceled. If schools open one or two hours late, the Center will also open late. Classes with start times prior to 10:00 am will be canceled. Classes that begin at 10:00 am or later will be held as scheduled. In the event the schools close early, all classes starting at 1:00 pm or later will be canceled. The Center will close at 2:00 pm.”

Anyone needing special accommodations must contact Sharon Poet at 410-222-1927, or by email at southcenter@aacounty.org at least 7 days in advance of an event. TTY users please call via Maryland Relay 7-1-1. All materials are available in alternative formats upon request.

Products and Services advertised in this publication are not endorsed or guaranteed by the South County Senior Center, A.A. County Department of Aging & Disabilities, Friends of Arundel Seniors (FOAS), or FATA, Inc.