



Department of Aging and Disabilities

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For Immediate Release

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O'Malley Senior Center Activities Announced

Annapolis, MD (May 23, 2011) – Activities at O'Malley Senior Activity Center in Odenton in June have been announced. They include:

Quilt Demonstration and Programs

Join Anne Arundel Community College instructor Sally Sileski along with many of her students at a Quilt Demo from 1 to 4 p.m. June 3 at the O'Malley Senior Activity Center Annex, 1270 Odenton Road, Odenton. They will be displaying their quilts and giving demonstrations on hand quilting. You don't have to be a quilter to attend.

The Quilt Club meets every Friday of the month at 1 p.m. at the O'Malley Annex and new members are welcome. Participants can help one another with different projects and learn new ideas and techniques. Machines are available.

A quilted casserole cover workshop will be held from 10 to 11 a.m. June 15 at the O'Malley Annex with quilter Becky McKie. The workshop is free; signup is required. There is a supply list available.

For information, call 410-222-0140.

Ask The Undertaker

The rise in the popularity of cremation may raise a multitude of questions for the average consumer. Choices surrounding cremation not only encompass services, but merchandise as well. An education presentation will be held at 10:30 a.m. June 7 at the O'Malley Senior Activity Center, 1275 Odenton Road, Odenton. You can gain insights into options available today and a better understanding what cremation is all about. Refreshments will be served.

The presenter is Ryan Helfenbein, a licensed funeral director, certified planning counselor, and columnist for *Outlook by the Bay* magazine. Questions can be e-mailed to him in advance at Ryan@lastingtributesfuneralcare.com. For information, call the center at 410-222-6227 or 301-621-9515.

AARP Safe Driving Course

A four-hour AARP Safe Drive Course will be offered from 9:30 a.m. to 2:30 p.m. June 21 at the O'Malley Senior Activity Center, 1275 Odenton Road, Odenton. The course is designed for seniors to learn how to drive defensively, deal with aggressive drivers, and adjust to vision and hearing loss. Auto insurance discounts are available in some cases – check with your insurance agent. The fee is \$12 for AARP members and \$14 for non-members. Registration is required and can be completed at the center. Call 410-222-6227 or 301-621-9515 for information.

Weight Loss

An eight-week Weight Loss Program will be held from 1 to 2:15 p.m. Wednesdays, starting July 13, at the O'Malley Senior Activity Center, 1275 Odenton Road, Odenton. It is sponsored by the Anne Arundel County Department of Aging and Disabilities' Nutrition Program and will be taught by Paulette J. Thompson. Sessions will cover goals. Several sessions will deal with nutrition facts on fats, carbohydrates, and proteins. Ms. Thompson also will discuss shopping, storing, and serving healthy food on a budget, and eating out as well as revamping your own recipes.

While the sessions are free, registration is required. Visit the center officer for registration and program outline. Call 410-222-6227 or 301-621-9515 for information.

The O'Malley Senior Activity Center is one of seven operated by the Anne Arundel County Department of Aging and Disabilities.

*- Making Life Better -
- May is Older Americans Month -*