



## Department of Aging and Disabilities

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### County Executive John R. Leopold

For Immediate Release

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### Activities at Arnold Senior Center

Annapolis, MD (June 27, 2011) – Arnold Senior Activity Center has announced events for July at the center, 44 Church Road, in Arnold. These include the following.

- Members can bring their grandchildren to an intergenerational event, “Sharkey’s Variety Show,” from 1 to 2 p.m. July 6 at the Arnold Senior Activity Center, 44 Church Road, Arnold. An ice cream treat will be offered as well. Sign up by July 1. Call 410-222-1922 for information or visit the center welcome desk.
- Meet Chopper, a seven-year-old male Boxer, who loves Frisbees, swimming, camping, and Harley motorcycles when Pets on Wheels visits from 1 to 1:30 p.m. July 13 at the Arnold Senior Activity Center, 44 Church Road, Arnold. Owner Sherry Baltz will share her pet with the senior center members. Call 410-222-1922 for information.
- Join Paulette Thompson, registered dietitian, for a demonstration on how to make a healthy and delicious summer salad on July 20 from 10:30 to 11:30 a.m. at the Arnold Senior Activity Center, 44 Church Road, Arnold. She’s also share nutritional facts. Sign up by July 15. Call 410-222-1922 or visit the center’s welcome desk for information.
- Get a mini-massage from Certified Massage Therapist Bonnie Pavlak from 10 a.m. to noon July 20 at the Arnold Senior Activity Center, 44 Church Road, Arnold. The 10-minute massage includes back, neck and hands. Massages are free and offered on a first-come, first-served basis. Call 410-222-1922 for information.
- Reggie Rice, who has been named D.C. Comedy Magician of the Year twice, will perform from 1 to 2 p.m. July 20 at the Arnold Senior Activity Center, 44 Church Road, Arnold. Grandparents and their grandchildren are welcome to enjoy this show featuring comedy and illusions. Call 410-222-1922 or visit the center’s welcome desk for information.
- Atria Manresa is sponsoring an ice cream social for all members of the Arnold Senior Activity Center, 44 Church Road, Arnold, at 1 p.m. July 27. There will be ice cream sundaes with favorite toppings. Sign up by July 22. Call 410-221922 or visit the center’s welcome desk for information.

- Sign up by July 29 at the cooking demonstration by Paulette Thompson, registered dietitian, from 10:30 to 11:30 a.m. Aug. 3 at the Arnold Senior Activity Center, 44 Church Road, Arnold. Participants will get to sample the food that she prepares. Call 410-222-1922 or visit the center's welcome desk for information.

The Arnold Senior Activity Center is one of seven senior centers operated by the Anne Arundel County Department of Aging and Disabilities. For information on the department and its services, visit [www.aacounty.org/aging](http://www.aacounty.org/aging), call 410-222-4464, or visit [www.facebook.com/arundelseniors](http://www.facebook.com/arundelseniors).

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