



Department of Aging and Disabilities

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For Immediate Release

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Pasadena Senior Center announces July activities

Annapolis, MD (June 28, 2011) – The Pasadena Senior Activity Center has announced activities for July at the center at 4103 Mountain Road, Pasadena. These include the following.

- A Grief and Bereavement workshop will be offered at 10:30 a.m. July 12 at the Pasadena Senior Activity Center, 4103 Mountain Road, Pasadena. Professional Healthcare Resources will visit the center and discuss resources and methods to deal with grief. Sign up at the front desk by July 5. Call 410-222-0030 for information.
- Relax, renew, and restore your body, mind, and spirit at the “Healing Touch” program from 9 to 11 a.m. July 13 at the Pasadena Senior Activity Center, 4103 Mountain Road, Pasadena. Zinda Wienke, a certified healing touch practitioner, will give a 30 minute presentation on healing touch followed by appointments of 30 minutes each. Space is limited. Sign up by July 6. It is first come, first served. Call 410-222-0030 for information.
- Senior Farmers’ Market Nutrition Program checks will be held from 10 a.m. to noon July 12 at the Pasadena Senior Activity Center, 4103 Mountain Road, Pasadena. Senior citizens must be at least 60 years of age and meet certain income guidelines. Seniors will verify their eligibility at the time of distribution. For more information, call a Maryland Access Point specialist at 410-222-4257.
- Tickets go on sale July 13 for the Pasadena Senior Activity Center summer picnic to be held Aug. 17 at the Kurtz’s Beach club, 2070 Kurtz Ave., Pasadena. Doors open at 11 a.m. with lunch from noon to 2 p.m. music will be by Johnny Walker. Space is limited. Van transportation is available – sign up when you buy your ticket at \$15 each. Purchase tickets at the center desk when you register. Call 410-222-0030 for information.
- Learn about social media at “Intro to Social Networking: Facebook” from 10 a.m. to noon July 13 and 20 at the Pasadena Senior Activity Center, 4103 Mountain Road, Pasadena. Computer instructor Donna Shoemaker will host the two-day workshop on the popular network site. Learn how to set up an account and navigate through the site. You must have a useable e-mail address with password for the workshop. A wait list will be taken for people

who have already taken this class but would like an opportunity to attend. Register at the center welcome desk; space is limited. Call 410-2220030 for information.

- “Declutter and Downsizing: A Guide for Seniors” will be offered from 10 to 11:30 a.m. July 27 at the Pasadena Senior Activity Center, 4103 Mountain Road, Pasadena. These activities can be demanding physically, mentally, and emotionally. Learn practical tips and information from local professional organizer Trish Walsh on how to clear out the clutter and bring a new level of organization to your life. Sign up at the center’s front desk by July 20.

The Pasadena Senior Activity Center is one of seven operated by the Anne Arundel County Department of Aging and Disabilities. For information, call 410-222-4464, visit www.aacounty.org, e-mail info_and_assistance@aacounty.org, or check out facebook.com/arundelseniors.

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