



Department of Aging and Disabilities

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For Immediate Release

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Arnold Senior Center's February activities

Annapolis, MD (Feb. 1, 2012) – The Arnold Senior Activity Center, 44 Church Road, Arnold, has announced its events for February. Call 410-222-1922 for information.

- On Feb. 15 from 12:30 to 2:30 p.m., join the center members for a Sweetheart Dance featuring the music of the 1940's Band. Refreshments will be served. Signup by Feb. 10 at the center desk.
- As part of Black History Month observances, the center will show the movie "Ray" from noon to 2 p.m. Feb. 16. This film is the story of Oscar Award-winner Jamie Foxx portraying rhythm and blues legend Ray Charles who rose from obscurity to world fame in spite of losing his eyesight at age 6. The cost is \$2 and includes popcorn, snacks, and drinks. Signup by Feb. 14.
- Enjoy musical memories with a sing-along with retired music teacher Bill Sharkey from 12:45 to 1:45 p.m. Feb. 22 at the center. All are welcome to attend.
- Certified Massage Therapist Bonnie Pavlak will offer 10-minute back, neck, and hand massages from 10 a.m. to noon Feb. 27 at the center. The free massages are on a first-come, first-serve basis.
- Ryan Helfenbein, magazine columnist, will continue his free series, "Ask the Undertaker," at 10 a.m. Feb. 29 at the center. His topic this time is "Unveiling the Undertaker," covering lots of consumer questions about funerals, cremations, casket choices and costs, veterans burial benefits, and funeral services.
- Registration is underway now for the spring session of classes offered by Anne Arundel Community College at the center. Classes start April 2. An administrative fee is \$80; those under age 60 pay an additional \$40 per course. There may be class material supply fees as well. See www.aacounty.org/aging and click on the center for a list of classes.

The Arnold Senior Activity Center is one of seven senior center operated by the Anne Arundel County Department of Aging and Disabilities. It is open from 8 a.m. to 4:30 p.m. weekdays and membership is free. See www.aacounty.org/aging for more information.

- Making Life Better -