



Department of Aging and Disabilities

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For Immediate Release

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South County Senior Center's February Activities

Annapolis, MD (Feb. 1, 2012) – The South County Senior Activity Center, 27 Stepneys Lane, Edgewater, has announced the following events for February. Call 410-222-1927 or 410-798-4802 for information.

- Wanda Nason Raleigh, director of the Guardianship Program at the Anne Arundel County Department of Aging and Disabilities, will address the importance of signing medical advanced directives during a program at 10 a.m. Feb. 13 at the center. Maryland residents have the right to sign forms so that their wishes are known if they become unable to speak for themselves. The Health Care Agent Form allows persons to appoint someone trusted to make medical decisions in their stead. The other form is called a Living Will; it is an expression of what type of treatment a patient wants or doesn't want. Finances are not discussed during this program.

- Come enjoy the band "Music by 1940's" at the Valentine's Day party from 1 to 2:30 p.m. Feb. 14 at the center. The staff will treat you to some special refreshments. Then on Feb. 15, from 12:30 to 2:30 p.m. at the center, enjoy the Bates Jazz Ensemble with dancing also planned.

- Ryan Helfenbein will present "Unveiling the Undertaker" at 1 p.m. Feb. 16 at the center. Refreshments will be served. Participants will uncover some of the areas of funeral services that consumers should be more aware of. These include the costs involved with cremation and funeral services, casket choices, veteran burial benefits, embalming, and costs of funeral home assistance.

- Local financial advisor Tim Laur will present five workshops, "Foundations of Investing," from 10 to 11:30 a.m. Feb. 21 and March 6, 13, 20, and 27 at the center. Topics will include mutual funds, the stock market, retirement planning, and investing. Participants can register for all or just one or two of the sessions.

- "Fashion with Flair," a fashion show and tea, will be held at 1 p.m. Feb. 22 at the center. Bring your own teacup and you can win a prize. Additional refreshments will be served. Space is limited. Sign up at the front desk.

- Charlie Black, owner of Aquafit PT, will present a program, "Balance Awareness," at 10 a.m. Feb. 27 at the center. A question-answer period will follow.

The South County Senior Activity Center is operated by the Anne Arundel County Department of Aging and Disabilities from 8 a.m. to 4:30 p.m. weekdays. Membership is free. Visit www.aacounty.org/aging for information on all seven senior centers in the county.

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