Annual Hot Dog Hoedown!!
An Old Fashioned American Cookout
Wednesday, July 31st, at 12:00 noon

Lunch includes 2 grilled hot dogs, chips, ice tea/lemonade and dessert. Tickets are $4.00 due at the time of sign up. Sign up ends July 29th.

Dress for the Wild West and enjoy country music with George Garris & Friends.

July is a celebration of America

We will be collecting food (non-perishable) for the Light House Shelter in July since summer is a very slow time for collections.

Suggestions:
Peanut Butter, Grape Jelly, Canned/Boxed Potatoes, Canned Fruit/Vegetables, Mac and Cheese, Saltine Crackers, Tuna, and Spaghetti Sauce.

Check expiration dates before bringing items into the center.

Please put in box in director’s office by 7/31/2019.
**Special Events in July**

**Wednesday, July 3rd 12:30 p.m.**  
**ICE CREAM SOCIAL WITH CHILLIE & GRIFF**  
Come out and enjoy a frozen treat and listen to Annapolis’ own Chillie Barber and Griff Griffin.

**Thursday, July 4th**  
CENTER IS CLOSED FOR 4TH OF JULY HOLIDAY!

**Monday, July 8th**  
**FIRST DAY OF SUMMER AACC CLASSES**

**Wednesday, July 10th, 10:00 a.m.**  
**FARMERS’ MARKET PROGRAM CHECKS: DISTRIBUTION AT ANNAPOLIS SENIOR ACTIVITY CENTER**  
Senior citizens must be at least 60 years of age and meet certain income guidelines. A government or state issued photo ID with your current address is required. A limited quantity is available. Please be here on time. See page 3 for details.

**Wednesday, July 10th, 12:30 p.m.**  
**SOUTH COUNTY SHOWSTOPPERS**  
Join us as we welcome this fun group from one of our fellow senior centers.

**Monday, July 15th, 9:00 a.m. - 2:00 p.m.**  
**AARP SMART DRIVERS COURSE**  
This one day course costs $15.00 for AARP members (bring card) and $20.00 for non-members. Sign up begins 7/1/19. Pay instructor on day of class.

**Wednesday, July 17th, 12:30 p.m.**  
**MUSIC WITH MOONEY & FRIENDS**  
Yours truly, Lewis “Mooney” Day will be performing some of your favorite tunes. Light refreshments will be provided.

**Thursday, July 18th, 9:30 a.m.**  
**VAN TRIP TO THE FARMERS MARKET**  
Are those farmer’s market coupons burning a hole in your pocket? Put them to use on this trip to the Anne Arundel County Farmers Market on Harry S Truman Pkwy. Sign up begins 7/1/19.

**Friday, July 19th, 10:30 a.m.**  
**LUNCHEON VAN TRIP TO BOATYARD BAR & GRILL**  
Enjoy a trip to this local restaurant located in Annapolis. Sign up begins 7/1/19.

**Friday, July 19th, 10:00 a.m. - 12:00 p.m.**  
**Legal Counsel**  
Need some legal advice? Maria Worthington McKenna from Council Baradel will be here to help answer any legal questions you may have. You must have an appointment. Sign up begins 7/1/19.

**Tuesday, July 23rd, 11:00 a.m.**  
**CAPTIONCALL PRESENTATION**  
Come meet Jenna Ferris and learn about how the CaptionCall telephone for the hard-of-hearing can help you stay socially connected with loved ones, conduct important business, and best of all, maintain confident communications for a longer, happier, healthier life.

**Wednesday, July 24th, 10:00 a.m.**  
**AGING IN PLACE PRESENTATION**  
Jennifer McAndrews and Donna Butman will present tips on how to navigate the abundance of resources available to seniors living in the Anne Arundel County area. The focus will be on determining when the time has come to make decisions regarding downsizing, aging in place and relocation. An outline of the expected costs and length of time for implementation, as well as what obstacles to expect will be covered.

**Wednesday, July 24th, 12:30 p.m.**  
**DJ BOB JONES**  
Your favorite DJ is back! Listen to some of your favorite tunes that will give you nostalgia.

**Thursday, July 25th, 10:00 a.m. - 1:00 p.m.**  
**SHOPPING TRIP: “SUPER” WALMART**  
Located on George Claus Blvd., this store offers a full line of groceries, clothing, a Subway and more. Sign up begins 7/1/19.

**Friday, July 26th, 10:00 a.m. - 1:00 p.m.**  
**SHOPPING TRIP: “OLD” WALMART**  
Shop at this store located on Chesapeake Center Drive in Glen Burnie. Sign up begins 7/1/19.

**Tuesday, July 30th**  
**FALL REGISTRATION FOR AACC CLASSES BEGINS**

**Wednesday, July 31st, 12:00 p.m.**  
**HOT DOG HOECTION**  
Come out to the center to enjoy some grilled hot dogs and music by George Garris & Friends. See page 1 for details. Sign up by 7/29/19.

Anyone needing special accommodations must contact Isaac Jones at 410-222-1818 or through Maryland Relay, 7-1-1 or by e-mail at annapoliscenter@aacounty.org at least 7 days in advance of the event. All materials available in alternative formats upon request.
Fitness Room Training

Interested in using the fitness equipment but not sure where to start? Join Colleen Frank for a one-hour, mandatory orientation prior to using the fitness room. The mandatory orientation is offered on the following dates in July:

Thursday, July 11th, from 9:30 a.m. - 10:30 a.m.
Tuesday, July 23rd, from 9:30 a.m. - 10:30 a.m.

You must be on time or you will not be able to participate in the fitness orientation.

Donations towards disinfectant wipes and equipment repairs are appreciated!

Senior Farmers’ Market Program Checks Distribution

When: July 10th, 2019 at 10:00 a.m.
Where: Annapolis Senior Activity Center

Guidelines are as follows:

⇒ 60 years of age or older
⇒ Bring a gov’t or state issued photo ID
⇒ Be a resident of Anne Arundel County
⇒ Meet Federal Income Guidelines
⇒ $23,107 single person
⇒ $8,177 for each additional family member

PLEASE BE ON TIME IF YOU ARE INTERESTED IN RECEIVING FARMERS’ MARKET CHECKS. THE CHECKS WILL BE ISSUED ON A FIRST COME, FIRST SERVED BASIS.

SAVE THE DATE!

QUARTER AUCTION
WEDNESDAY,
SEPTEMBER 18TH @ 10:00 A.M.
A “Not So Senior Moment”
By Martha Thorn

Lynne Mormann Pines Rittenberg grew up in the 19-room house her grandfather built in Northwest Baltimore’s Arlington neighborhood. In 1913 he completed the building with its antique shop showroom, workshop, varnish room, three-story barn and shed. Built from old wood from a torn down bank, the house still stands more than 100 years later. Lynne gave upholstery and woodwork records to the Baltimore Museum of Industry.

As a child, Lynne played with dolls and played baseball, badminton, board games, and hide ‘n’ seek with neighborhood children. She participated in choral groups and the Methodist Church. At 14, she began working at jobs, including clerk typist, switchboard operator and babysitter.

The first in her family to attend college, Lynne entered Salisbury State College at 16. She had financial aid but worked transcribing tapes from lectures, as campus switchboard operator, and as hat check girl at a nightclub where she met national tennis players such as Billie Jean King and Jimmy Connors. After graduating from college in 1973, she was director at West River United Methodist Church Camp. While developing original programs for the camp, she was offered a job as education specialist at the Chesapeake Bay Center for Environmental Studies in Edgewater (Smithsonian Environmental Research Center). She accepted.

At 20, she worked on the Rhode River Education Project run by the Smithsonian, Metro D.C. schools, and the YMCA. She helped high school students and their teachers learn about the river’s history, its estuarine life and marshes.” At 21, she was brainstorming with John Page Williams of the new Chesapeake Bay Foundation and Tom Wisner of the Chesapeake Biological Laboratory, Solomon's Island, about programs to help the Bay. “I was so young, and it was such a privilege to work with them,” she said.

During a break from a grant at the Smithsonian, she worked on the new Maryland Science Center’s Travelling Education Team, doing programs for fifth through eighth graders throughout Maryland and westward to places such as Paw Paw, W.Va., and eastward to Chincoteague, Va.

Her bosses urged her to earn a master’s degree, so she entered the science and environmental education program at Cornell University, Ithaca, N.Y. For her thesis, she analyzed how primary teachers and children used audio-tutorial science kits. “Some teachers used them as enrichment, some as a routine part of a day, and others as punishment,” Lynne observed. “Some students learned meaningfully, others not at all.” At Cornell, Lynne was surrounded by international academics, including people from Australia, Spain, Sudan, India, Brazil and Columbia. She fell in love with Leon Pines, who was born in Rhodesia and raised in Israel.

She helped him attain his doctorate degree by typing five versions of his dissertation. “The shortest version was 512 pages and in those days, if margins were 1/16 inch off, a page had to be retyped. That was love!” Lynne said. The two married when he got his Ph.D. in 1977. She had completed her master’s research and written the first draft of her thesis. Leon accepted a job as an associate professor at the University of Maine at Farmington, making $13,000 a year. In 1978 they bought a farmhouse and an old barn on a trout stream in Temple, Maine. The property cost $18,800.

For three summer months, they lived with Leon’s dad in Israel while Leon “wrote the first curriculum for cooperative extension agents” at the College of Agriculture at Rehovot. They borrowed cars, Army tents and camping gear to travel from Israel’s Lebanese border to farms in the Negev Desert, talking to farmers and visiting agricultural research stations. They bought a used Vespa motor scooter to visit places such as Bethlehem and Jerusalem.

While staying in a kibbutz for 10 days, Lynne became sick from DDT poisoning. Originally assigned to the cotton fields, she was reassigned to packaging honey and royal jelly. On a lighter note, she and Leon snorkeled in the Gulf of Elat. “Back then you could look off the cliffs and see thousands of sharks at Sharm-El-Sheikh at the tip of the Sinai Desert,” Lynne said. “Now there’s an Egyptian resort there.”

In 1980 they bought Eurail Passes. Lynne planned a three-month trip to Israel, Greece, Italy, France, Monaco, Spain and England with the help of “books, magazines and a travel agent.”

While in Melbourne, Australia, 1981- 82, they stayed with an Aussie family for three months. That family then came to visit them in Maine for three months. When Leon led a graduate seminar in 1983, he and Lynne stayed 45 days in the U.S. Virgin Islands.

Lynne couldn’t find a teaching job in sparsely populated western Maine, so she revamped her master’s thesis, did typing jobs, wrote articles about alternative energy, and became a part-time legal secretary. She also helped establish
“Everyone’s Resource Depot, a non-profit organization at the University of Maine, Farmington campus,” that helped people reuse and recycle. “At the Depot we helped people make shoes, gloves and mittens out of leather scraps from tanneries, classroom supplies out of rubber scraps from a puzzle factory, and on and on with limitless imagination,” Lynne said. “Forty years later, the Depot is still vital.”

Leon and Lynne divorced, but they remained “loving friends.” He died at 49 in 1998. “A soldier, he had fought in wars before we met. Sadly, those experiences caught up with him,” she said.

While a summer camp secretary and counselor in Maine, Lynne decided to move to Annapolis. She worked first as a secretary, then as a fifth grade teacher at Gibson Island Country School. She wrote the school’s kindergarten through sixth grade science curriculum, designed an elementary science classroom, and helped plan and build a nature and fitness trail along the Magothy River. She took part-time jobs as switchboard operator at Westinghouse, curriculum writer at Arlington Echo, and jazz writer for the King of France Tavern.

Eventually, she left her teaching job to work full time for the Historic Inns of Annapolis. “I wrote a letter to Paul Pearson, the owner of the Maryland Inn,” she said. “I admired the Inn and I wanted summer work there. When Mr. Pearson got my letter, he called me up and told me I was a writer, and he wanted to hire me to do press releases. “‘What’s a press release?’ I asked. Soon Lynne was writing articles for the Capital, Sun, Post and magazines like “Bon Appetit,” “Yachting,” and “Travel and Leisure,” informing them about jazz concerts at the King of France Tavern, renovations at Reynolds Tavern, meals at the Treaty of Paris Restaurant, and other items of interest about the Maryland Inn, the Governor Calvert House, the Robert Johnson House, and the State House Inn. She loved working for Mr. Pearson and was soon promoted from staff to public relations director. Unfortunately, Mr. Pearson fell on hard times, and the company was dissolved.

Her next job was public affairs officer with the Department of Natural Resources (DNR) Wildlife Service. She handled press releases, phone calls, complaints, TV and radio interviews, specialized publications like the “Guide to Hunting and Trapping in Maryland,” and “The Guide to Waterfowl Hunting,” helped arrange public hearings to set hunting seasons, and represented DNR at special events at the Maryland Zoo and National Aquarium in Baltimore, Towson University’s Special Olympics, Maryland State Fair, Seafood Festival, Easton Waterfowl Festival, and Maryland Taxidermy Competition.

After the DNR’s Public Affairs Office reorganized, Lynne wrote environmental programs for Maryland State Parks and helped revive the job of naturalist park ranger. As a ranger at Sandy Point State Park she taught staff and visitors about the Bay. After 7 ½ years as a park ranger and nearly 17 years with DNR, she stopped work to marry again. She left work in November 2002 and was married in December at the William Paca House. She was 50.

Her second husband owned homes and hotels in several states. While at their home in Miami, Lynne attended the U.S. Sailing School. They sailed three times in the Bahamas aboard his yacht. On other trips they visited Martha’s Vineyard, Charleston, Seattle, British Columbia, New Mexico, and the Grand Canyon. While living part-time in Florida, she volunteered at Fairchild Tropical Garden’s Herbarium. She archived dried tropical specimens so botanists can study them for the next 200 years. “When we brought my mom to Florida, she volunteered too. She sewed big dried palm leaves onto special linen paper. Only good seamstresses can do that. She enjoyed herself a lot,” Lynne said.

Amid the good times were some stressful and heartrending events. Lynne’s mom had a heart attack. Her dad entered a VA Hospital. Her husband broke his leg. In 2003 Lynne’s dad died at nearly 91. After going on a trip to Iceland and Greenland to learn about Eskimos and Vikings, her husband suggested they sell their individual homes in Annapolis to buy a bigger condo. At the time, it made financial sense, but now Lynne regrets selling her home. It marked a change in their relationship. After a surprise divorce in 2008, she discovered that the man she had fallen in love with was not the man she married. He had disguised his very poor track record with women and property. She was back to apartment living and working, but happily taking care of and fostering a grand new friendship with an ailing mom.

Between substitute teaching, taking a poetry and creative writing class at the Annapolis Senior Activity Center, and re-connecting with her many friends in the Annapolis area, Lynne is busy. “I may be poor as a church mouse,” she laughs, “but I love life and passing the enthusiasm I inherited from dad, mom and extended family to the children I’ve worked with for the past 11 years in 13 elementary schools! My favorite song is ‘This Little Light of Mine!’”

She has faith and optimism that everything always works out. She says, “God is good. Always look for the blessings.” She’s open to new adventures and creative opportunities. She believes in sacrifice, giving back to the community, and helping others. After all, look at all the things she’s done and she’s only 66. Just think how much more she can accomplish.
### Weekly Class Schedule

**Codes:**
© = Community College Course, Registration Required.  
* = Free Center sponsored course

**DPAO** = Design & Production of Art Objects

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>8:30-9:30 Aerobics (Cardiovascular Conditioning) ©</td>
<td>8:30-9:30 Pilates (Core Stability Tech.) w/Colleen ©</td>
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<tr>
<td>9:00-10:30 Beginning French ©</td>
<td>8:30-9:30 Pilates (Core Stability Tech.) w/Kim ©</td>
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<tr>
<td>9:00-11:00 iPhone Basics ©</td>
<td>9:15-12:15 DPAO: Watercolor ©</td>
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<tr>
<td>9:30-10:30 Beg.-GentleYoga (Integ. Strength/Flex) ©</td>
<td>9:30-10:30 Intermed. Tai Chi (Funct. Mobility and Bal.) ©</td>
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<tr>
<td>10:00-11:30 Aerobics (Functional Conditioning 3) ©</td>
<td>10:00-11:15 Beg.-Intermed.Yoga (Integ. Strength/Flex) (Res.)©</td>
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<tr>
<td>10:00-12:00 Design, Market, Art of Ceramics ©</td>
<td>10:30-11:30 Adaptive PE (Chair Class) ©</td>
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<tr>
<td>10:30-11:30 Intermediate French ©</td>
<td>11:30-12:30 Spanish-English Exchange *</td>
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<tr>
<td>11:15-1:15 iPad Basics ©</td>
<td>11:30-1:30 Adapted Tai Chi ©</td>
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<tr>
<td>11:30-1:30 Beginning Tai Chi (Funct. Mobility/Bal.) ©</td>
<td>12:30-1:30 Pilates (Core Stability Techniques) ©</td>
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<tr>
<td>12:30-2:30 Design, Market, Art of Ceramics ©</td>
<td>1:00-3:00 Knitting *</td>
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<tr>
<td>1:00-2:30 Conversational French ©</td>
<td>1:00-3:00 DPAO: One Stroke Painting ©</td>
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<td>1:00-4:00 Yarn Garden Knitting &amp; Crochet *</td>
<td>1:00-3:30 DPAO: Pastels ©</td>
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<tr>
<td>1:30-2:30 Tai Chi Chair (Adaptive PE) ©</td>
<td>1:30-3:00 Intermediate Line Dancing ©</td>
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<tr>
<td>1:45-3:45 iPhone Intermediate ©</td>
<td>2:00-4:00 Intermediate Spanish ©</td>
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<tr>
<td>3:00-4:00 Line Dance-Beginning ©</td>
<td>3:05-4:00 Open Table Tennis *</td>
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<th>Wednesday</th>
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<tr>
<td>8:30-9:30 Aerobics (Cardiovascular Conditioning) ©</td>
<td>8:30-9:30 Pilates (Core Stability Tech.) w/ Colleen ©</td>
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<tr>
<td>9:15-12:15 DPAO: Oil Painting ©</td>
<td>8:30-9:30 Pilates (Core Stability Tech.) w/Kim ©</td>
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<tr>
<td>9:30-10:30 Beg.-Gentle Yoga (Integ. Strength/Flex) ©</td>
<td>9:30-10:30 Intermed. Tai Chi (Funct. Mobility and Bal.) ©</td>
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<tr>
<td>10:00-10:45 Keep Your Mind Alert I *</td>
<td>10:00-11:15 Beg.-Intermed.Yoga (Integ. Strength/Flex) (Res.)©</td>
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<tr>
<td>10:00-11:30 Jewelry Making *</td>
<td>10:00-12:00 Sewing Group *</td>
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<tr>
<td>10:30-11:30 Aerobics (Functional Conditioning 3) ©</td>
<td>10:30-11:30 Adaptive PE (Chair Class) ©</td>
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<tr>
<td>10:45-11:30 Keep Your Mind Alert II *</td>
<td>10:30-11:30 Spanish-English Exchange *</td>
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<tr>
<td>11:30-12:30 Beginning Tai Chi (Funct. Mobility/Bal.) ©</td>
<td>11:30-12:30 Aerobics (Cardiovascular Conditioning) ©</td>
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<td>11:45-3:00 Party Bridge *</td>
<td>11:45-3:30 Duplicate Bridge *</td>
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<tr>
<td>12:30-1:30 Beginning Tai Chi (Funct. Mobility/Bal.) ©</td>
<td>12:30-1:30 Pilates (Core Stability Techniques) ©</td>
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<td>1:00-2:30 Smartphone Photography ©</td>
<td>1:00-2:30 BINGO *</td>
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<td>1:30-2:45 Intermediate Yoga (Integrative Strength/Flex) ©</td>
<td>1:00-3:00 Maryland History ©</td>
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<td>2:50-4:00 Open Table Tennis *</td>
<td>1:00-3:30 DPAO: Watercolor ©</td>
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<td>1:30-2:30 Strength and Tone (Functional Cond. II) ©</td>
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Annapolis Senior Activity Center
Friday

8:30-9:30 Aerobics (Cardio. Conditioning) ©
9:15-12:15 DPAO: Painting with Desiree ©
9:30-10:30 Chair Exercise *
10:00-11:30 Oceanography ©
10:30-11:30 Aerobics (Funct. Conditioning 3) ©
11:30-12:30 ZUMBA (Cardio. Conditioning) ©
12:30-1:30 Weight Training for Older Adults ©
1:00-3:00 Scrabble Group *
1:00-3:00 Art Co-op *
1:30-2:30 Chair Tai Chi (Adaptive PE) ©
2:35-3:45 Open Table Tennis *

July 2019

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<tr>
<th>SUN</th>
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Ongoing Programs at the Center

Information and Assistance: Specialists from the Department of Aging and Disabilities Information and Assistance are available to provide information about the available resources to seniors through the county. Call 410-222-4257 or visit them on the second floor of 2666 Riva Road in Annapolis.

State Health Insurance Program (SHIP)
SHIP provides health insurance assistance and information to Medicare-eligible persons and their families. Call 410-222-4257 to schedule an appointment with a SHIP counselor.

Senior Center Plus: This program is currently offered on Wednesdays and provides specialized activities to frail adults. Participants receive staff support to help them participate independently at the center. For information, call 410-222-4464.

Thank You!

Flea Market Results
More than $1,700 was raised to benefit the center during the Spring flea market fundraiser which was conducted under the auspices of Annapolis Seniors, Inc!

The center would like to thank those who gave so generously of their time and donations to benefit the center. Thanks go to the donors, volunteers, and valued customers. A special thanks go to our flea market organizer, Shirley Norlem!

Jewelry Sale Results
Thanks to our wonderful donors and volunteers more than $1,800 was raised to benefit the center during the jewelry sale which was conducted under the auspices of Annapolis Seniors, Inc. The center would like to thank those who gave so generously of their time, items and money to benefit the center.

Membership is FREE. The center is open to seniors 55 years of age and older. Your card allows participation at any of the seven senior centers in the county.

Anne Arundel Community College Classes - Registration occurs 4 times per year: Dates will be announced. Most classes run for 10 weeks. There is an administrative fee of $80 for seniors age 60 and over. For ages 55 to 60, the cost is $40 per class plus an $80 administrative fee.

Nutrition Program - A balanced, nutritious meal is served Monday-Friday at 12 noon. Reservations are required. Please call 410-222-1003 for further information. The menu is included in this newsletter on page 9.

Transportation Program provides transportation to senior centers, nutrition sites, medical appointments and other purposes. Please call 410-222-0022, 410-222-0225, or 410-222-7440 for information and scheduling.

Book Donations

Just like all other donations, book donations are to be brought to the front desk upon entering the center. We are no longer accepting books written before 2009 or cookbooks of any kind. Please check copyright dates before bringing books into center. Copyright dates can usually be found on the first few pages of the book.
Trips & Adventures

“The Best Little Whorehouse in Texas” at the Totem Pole Playhouse located in Fayetteville, PA. Enjoy a family style lunch at Hickory Bridge Farm. After lunch, we head to Fayetteville, PA, to enjoy the play that has been nominated for multiple Tony Awards! (Tuesday, August 13th)

Are you feeling lucky!? We take our annual trip the Sugar House Casino located in Philadelphia, Pennsylvania. Sugar House offers unique dining options, live entertainment, and waterfront views! (Thursday, September 26th)

We will take a trip to the National Portrait Gallery located in Washington, DC. Check out upcoming exhibits such as Women of Progress: Early Camera Portraits and One Life: Marian Anderson. (Thursday, October 3rd)

Tea Time at the Tea Trolley located in Delta, PA. Enjoy a full afternoon at the Tea Trolley House. We will also make a stop at the Markets of Shrewsbury, a Pennsylvania Farmer’s Market. (Tuesday, November 5 thru Saturday, November 9)

When signing up for trips please bring:

- Your membership key tag
- Current names and phone numbers of your two emergency contacts
- Your deposit

Plan early so you do not miss out on a fabulous trip!

PLEASE MAKE A NOTE OF TRIP DESK HOURS:

Monday Thru Friday
10:00 a.m. - 12:00 noon
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>1) Baked Meatballs w/Peking Sauce&lt;br&gt;Brown Rice&lt;br&gt;Japanese Vegetables&lt;br&gt;Dinner Roll w/Marg&lt;br&gt;Mandarin Oranges&lt;br&gt;Apple Juice&lt;br&gt;Milk</td>
<td>2) Chicken Marsala&lt;br&gt;Buttered Bowtie&lt;br&gt;Pasta&lt;br&gt;Green Peas&lt;br&gt;Italian Bread w/Marg&lt;br&gt;Fresh Fruit&lt;br&gt;Cranberry Juice&lt;br&gt;Milk</td>
<td>3) Beef Hot Dog&lt;br&gt;Baked Beans&lt;br&gt;Cherry Cobbler&lt;br&gt;Coleslaw&lt;br&gt;WW Hot Dog Bun&lt;br&gt;Ketchup &amp; Mustard&lt;br&gt;Fruit Punch Juice&lt;br&gt;Milk</td>
<td>4) CLOSED</td>
<td>5) Glazed Ham&lt;br&gt;Mashed Spiced Yams&lt;br&gt;Zucchini &amp; Squash&lt;br&gt;Dinner Roll w/Marg&lt;br&gt;Tropical Fruit&lt;br&gt;Apple Juice&lt;br&gt;Milk</td>
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<td>8) Stuffed Salmon w/Dill Sauce&lt;br&gt;Corn&lt;br&gt;Green Beans&lt;br&gt;WW Bread w/Marg&lt;br&gt;Mandarin Oranges &amp; Pineapple&lt;br&gt;Apple Juice&lt;br&gt;Milk</td>
<td>9) Salisbury Steak&lt;br&gt;w/Gravy&lt;br&gt;Whipped Potatoes&lt;br&gt;Curry Okra &amp; Tomatoes&lt;br&gt;Dinner Roll w/Marg&lt;br&gt;Pineapple Tidbits&lt;br&gt;Cranberry Juice&lt;br&gt;Milk</td>
<td>10) Pork Roast&lt;br&gt;w/Onion Gravy&lt;br&gt;Scalloped Potatoes&lt;br&gt;Spinach&lt;br&gt;Dinner Roll w/Marg&lt;br&gt;Fresh Fruit&lt;br&gt;Orange Juice&lt;br&gt;Milk</td>
<td>11) Creamy Paprika Chicken&lt;br&gt;Rice Pilaf&lt;br&gt;Ratatouille&lt;br&gt;Italian Bread w/Marg&lt;br&gt;Fresh Fruit&lt;br&gt;Apple Juice&lt;br&gt;Milk</td>
<td>12) Hamburger&lt;br&gt;Baked Beans&lt;br&gt;Hot Spiced Apples&lt;br&gt;Carrifruit Salad&lt;br&gt;WW Hamburger Bun&lt;br&gt;Ketchup&lt;br&gt;Cranberry Juice&lt;br&gt;Milk</td>
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<td>15) Baked Chicken Leg Quarter w/Mushroom Gravy&lt;br&gt;Brussels Sprouts&lt;br&gt;WW Bread w/Marg&lt;br&gt;Tropical Fruit&lt;br&gt;Apple Juice&lt;br&gt;Milk</td>
<td>16) Beef Ziti&lt;br&gt;Broccoli&lt;br&gt;Hot Spiced Apples&lt;br&gt;Italian Bread w/Marg&lt;br&gt;Fruit Punch Juice&lt;br&gt;Milk</td>
<td>17) Swedish Meatballs&lt;br&gt;Penne Pasta&lt;br&gt;Peas &amp; Carrots&lt;br&gt;WW Bread w/Marg&lt;br&gt;Sliced Peaches&lt;br&gt;Cranberry Juice&lt;br&gt;Milk</td>
<td>18) Pork Roast&lt;br&gt;w/Apple Glaze&lt;br&gt;Mashed Spiced Yams&lt;br&gt;Green Beans&lt;br&gt;Dinner Roll w/Marg&lt;br&gt;Fresh Fruit&lt;br&gt;Orange Juice&lt;br&gt;Milk</td>
<td>19) Baked Cod Loin&lt;br&gt;W/Old Bay Cream Sauce&lt;br&gt;White Beans w/Arugula&lt;br&gt;WW Roll w/Marg&lt;br&gt;Fresh Fruit&lt;br&gt;Cranberry Juice&lt;br&gt;Milk</td>
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<td>22) BBQ Pork Roast&lt;br&gt;Baked Beans&lt;br&gt;Hot Spiced Apples&lt;br&gt;Coleslaw&lt;br&gt;WW Hamburger Bun&lt;br&gt;Fruit Punch Juice&lt;br&gt;Milk</td>
<td>23) Chicken Shawarma&lt;br&gt;Yellow Rice&lt;br&gt;Pear Cobbler&lt;br&gt;Tomato &amp; Mozzarella Salad&lt;br&gt;WW Pita Bread&lt;br&gt;Orange Juice&lt;br&gt;Milk</td>
<td>24) 10 Grain Pollock&lt;br&gt;Corn&lt;br&gt;Sliced Carrots&lt;br&gt;Dinner Roll w/Marg&lt;br&gt;Tartar Sauce&lt;br&gt;Strawberry Glazed Fruit&lt;br&gt;Orange Juice&lt;br&gt;Milk</td>
<td>25) Baked Meatballs&lt;br&gt;W/Marinara Sauce&lt;br&gt;Whole Grain Rotini&lt;br&gt;Green Beans&lt;br&gt;Italian Bread w/Marg&lt;br&gt;Fresh Fruit&lt;br&gt;Cranberry Juice&lt;br&gt;Milk</td>
<td>26) Honey Mustard Chicken&lt;br&gt;Scalloped Potatoes&lt;br&gt;Harvard Beets&lt;br&gt;WW Bread w/Marg&lt;br&gt;Fresh Fruit&lt;br&gt;Cranberry Juice&lt;br&gt;Milk</td>
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<td>29) Cheese Lasagna w/Tomato Basil Sauce&lt;br&gt;Mixed Vegetables&lt;br&gt;Hot Spiced Fruit&lt;br&gt;Italian Bread w/Marg&lt;br&gt;Orange Juice&lt;br&gt;Milk</td>
<td>30) Sliced Turkey w/Gravy&lt;br&gt;Delmonico Potatoes&lt;br&gt;Brussels Sprouts&lt;br&gt;WW Roll w/Marg&lt;br&gt;Peaches &amp; Pears&lt;br&gt;Apple Juice&lt;br&gt;Milk</td>
<td>31) BBQ Chicken&lt;br&gt;Thigh&lt;br&gt;Black Eyed Peas&lt;br&gt;Collard Greens&lt;br&gt;Biscuit w/Marg&lt;br&gt;Applesauce&lt;br&gt;Fruit Punch Juice&lt;br&gt;Milk</td>
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**ALL MEAL CANCELLATIONS MUST BE IN NO LATER THAN 12:30 p.m. THE DAY PRIOR**

**MENU ITEMS ARE SUBJECT TO CHANGE WITHOUT NOTICE**

**COLD MENU IS AVAILABLE AT NUTRITION DESK.**
Check out Annapolis Senior Activity Center on Facebook!

Senior Center Staff:

Isaac Jones Jr., Director
Mary Crowner-Taylor, Senior Center Associate
Terry Nolan, Senior Center Plus
Tanisha Smith, Senior Center Plus
Estela Reyes, Custodian
Greta Wilson, Nutrition Site Aide

Van Driver:
Robert Howard

Hours of Operation:
Monday – Friday
8:30 a.m. – 4:00 p.m.

Phone Numbers:
Senior Center..........410-222-1818
Fax ..........................410-222-1216
Nutrition ................410-222-1003
Trip Desk ..............410-222-1845
Dept. of Aging and Disabilities........410-222-4464
Transportation ..........410-222-0022
Cpl. Megan Ott ..........410-222-2447

E-Mail: annapoliscenter@aacounty.org

Department of Aging & Disabilities
www.aacounty.org/departments/aging-and-disabilities/