Spring Jewelry Sale and Bake Sale
Wednesday, May 1st - Friday, May 3rd
Monday, May 6th - Friday, May 10th
9:30 a.m. - 3:00 p.m.

Come and check out our Spring Jewelry Sale from Wednesday, May 1st, thru Friday, May 10th from 9:30 a.m. to 3:00 p.m. (WEEKDAYS ONLY). There will be beautiful pieces to choose from just in time for upcoming events such as Mother’s Day and school graduations! Bake Sale will be held Wednesday, May 1st.

Spring Flea Market and Bake Sale
Tuesday, May 21st - Friday, May 24th
9:30 a.m. - 3:30 p.m.

Don’t miss this chance to support our senior center and shop for some great deals! Donations of household items, excluding clothing, furniture, and old computers/televisions will be accepted until Friday, May 10th. All items should be clean and must work.

Table rentals are open to anyone for $20.00 per table for both Tuesday, May 21st, and Wednesday, May 22nd. Please call the center and ask Mary about table rentals. The Bake Sale will be held on Tuesday, May 21st, only.

HELP: Bakers and Baked Goods donations needed for Bake Sales!
Special Events in May

Wednesday, May 1st, 9:00 a.m. - 12:00 p.m.
LAW DAY
Meet with an attorney to prepare advance directives at no charge. See the front desk to check appointment availability.

Wednesday, May 1st, 9:30 a.m. - 3:00 p.m.
FIRST DAY OF SPRING JEWELRY SALE
Don’t miss out on that unique piece of jewelry for you or for someone special! Jewelry sale will run weekdays only until Friday, May 10th. See page 1 for details.

Wednesday, May 1st, 12:30 p.m.
MUSIC WITH JED DUVALL
Come and enjoy Jed Duvall as he performs some of the greatest hits from Elvis, Paul McCartney, and Johnny Cash.

Tuesday, May 7th
REGISTRATION FOR SUMMER AACC CLASSES BEGINS.

Wednesday, May 8th, 12:30 p.m.
MUSIC WITH DJ BOB JONES
Your favorite DJ will be playing some music that will make you want to get up out of your seat!

Friday, May 10th, 10:00 a.m. - 11:30 a.m.
FRESH CONVERSATIONS
Do you want to discuss current nutrition and health topics, receive healthy recipes, and discover new ways to stay active and independent? Do you need some tips on how to make easy changes to help you maintain good health? Are you looking for a group to help motivate you to eat healthier and become more physically active? Join Jeanette Jeffrey with the University of Maryland Extension Service for this year's monthly gatherings of Fresh Conversations. Sign up begins 5/1/19.

Monday, May 13th, 12:30 p.m.
MOTHER'S DAY TEA
Come out and celebrate all of the wonderful women you have in your life. See page 3 for details. Sign up begins 5/1/19.

Wednesday, May 15th, 12:30 p.m.
MUSIC WITH PASCAL GO-GETTERS
Come watch this group perform their Spring show, Angels & Demons, Songs of the Past.

Friday, May 17th, 10:00 a.m. - 12:00 p.m.
LEGAL COUNSEL
Need some legal advice? Maria Worthington McKenna from Council Baradel will be here to answer any legal questions you may have. You must have an appointment. Sign up begins 5/1/19.

Monday, May 20th, 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 5/1/19. Make checks payable to AARP.

Tuesday, May 21st, 9:30 a.m. - 3:30 p.m.
FIRST DAY OF FLEA MARKET
Come out and support your center by checking out what the flea market has to offer. You never know what you may find. More details on page 1.

Thursday, May 23rd, 10:00 a.m. - 1:00 p.m.
SHOPPING TRIP: “SUPER” WALMART
Shop with friends. Sign up begins 5/1/19.

Friday, May 24th, 10:00 a.m. - 1:00 p.m.
SHOPPING TRIP: “OLD” WALMART
Shop with friends. Sign up begins 5/1/19.

Monday, May 27th
CENTER CLOSED FOR MEMORIAL DAY

Tuesday, May 28th, 12:30 a.m.
VOICES IN MELODY PERFORMANCE
The Anne Arundel Retired School Personnel Association Chorus will be performing patriotic songs and show tunes.

Wednesday, May 29th, 10:00 a.m. - 11:30 a.m.
JEWELRY REPAIR
Have a broken necklace chain? A bracelet that needs a new clasp? We'll be more than happy to repair what we can and offer suggestions for more complex repairs.

Friday, May 31st, 11:00 a.m.
LUNCHEON VAN TRIP TO PAPPAS
Enjoy lunch with friends at this Glen Burnie restaurant. Sign up begins 5/1/19.

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 are available in alternative formats upon request.
Trip Desk & Special Events

If you’d planned to sign up for trips and just haven’t gotten around to it, you’re in luck. We still have space on the following trips:

- Hillwood Estate, Museum & Gardens
- Lincoln’s Cottage & Franciscan Monastery
- The musical, “The Band’s Visit,” at the Kennedy Center

Stop by the trip desk for more details!

When signing up for trips please bring:

- Your membership key tag
- The 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

Grief Counseling

Grief Counseling is available for Anne Arundel county adults who are experiencing a difficult time with loss. Call Beth Mucciacciaro, registered nurse and grief counselor, directly at 410-222-0263 to inquire about individual help or group support.

MOTHER’S DAY TEA
Monday, May 13th, at 12:30 p.m.

Bring your tea cup and wear your finest hat in celebration of our mothers!

Tea and refreshments will be served. Music begins at 12:30 p.m. with Joe Davolio from the South County ShowStoppers.

Men are welcome to join the tea and wear a hat too!

Sign up begins 5/1/19 at the front desk.
Dennis Heffner was born in 1938 in Dodge City, Kansas, a city made popular by the TV series, “Gunsmoke.” When Dennis saw the hills on the show, he knew it wasn’t realistic. “It was pure Hollywood,” he said. “Western Kansas was flat farmland. You can see for 30 miles. There are no hills anywhere.” Despite the difference in geography, he found the show interesting and enjoyed its fame as one of the longest lasting TV series.

His dad was a career Marine who served in World War II and Korea. When his dad had assignments in Quantico, Va., and in Corpus Christi, Texas, Dennis spent three years each in those places, but he spent his formative years and when his dad was overseas in Kansas. “My maternal grandfather worked for the Santa Fe Railroad, and that was a big deal back then,” he said. “Dodge City was an important stop with a big locomotive repair yard, a big hotel and big restaurants.”

When Dennis was six or seven years old, his grandfather took him to see a steam engine. “It was huge,” Dennis said. “Those wheels were six or seven feet tall, much taller than I was. Then, I sat in the locomotive. There were thousands of gauges and pipes everywhere. I loved it, and whenever people asked me what I wanted to do, I’d say, ‘I want to be an engineer.’ They thought I meant a mechanical engineer or electrical engineer, but I meant an engineer on the railroad.”

Dennis loved his grandfather more than anybody in the world. “When I was 12 years old, he taught me to drive along the country roads,” Dennis recalled. “He took care of me. My dad wasn’t there, but I did things with my grandfather.”

When Dennis was 13 years old, his grandfather had a heart attack. “He spent 10 days in the hospital, but he was doing fine and was going to come home,” Dennis said. “I was so happy. It was a summer day, and I was throwing my baseball and catching it in my mitt while my grandmother and mother were in the hospital. When they came out crying, I knew something was wrong.”

His grandfather’s sudden death devastated Dennis. He felt that the people in the hospital must have made some mistake and if only he could learn what it was, he could prevent it from happening again. Later he learned there was nothing that could have been done, but this experience made him hyperaware of “progress,” changes that should be made to improve lives, and claims of progress that weren’t really progress at all and might even be considered steps backwards.

When he entered the University of Kansas he first majored in electrical engineering. Then, he decided he wanted to go to medical school. He stayed an extra year to pick up the required biology and chemistry courses and changed his major to math because he had enough credits in that subject to graduate. He applied to the two highest ranking medical schools – Harvard and Johns Hopkins – and got a full scholarship to Johns Hopkins.

He joined the Navy in 1964 and received a Navy ensign’s salary while he was a senior at medical school. After graduating from medical school, he did his internship and residency with the Navy, doing rotations through internal medicine, surgery, obstetrics and gynecology, and pediatrics at the Bethesda Naval Hospital (now the Walter Reed National Military Medical Center).

In 1966 he began doing applied research at the Naval Medical Research Institute (now the Naval Medical Research Center). He researched how much reflected laser light from bombings could be tolerated by pilots before damaging their eyes. “That was an opportunity for me,” he said.
In 1971 he returned to Bethesda Naval Hospital to train in pathology, the branch of medicine that deals with “the laboratory examination of samples of body tissue for either diagnostic or forensic purposes.” Dennis received all the lab tests, chemistry, blood work, specimens and biopsies needed to diagnose a disease.

After finishing his training in pathology in 1976 he spent five years in general pathology in a surgical and autopsy clinic in Philadelphia. In this job he did both clinical pathology which relates directly to patient care and the forensic autopsies, made popular by the CSI (crime scene investigation) TV shows.

Then, in 1981, he found his niche with the Armed Forces Institute of Pathology. “It was a great opportunity to do something that very few people get to do,” he said. In this job he got only the very rare specimens, only the ones that were very problematic in diagnosing because of their subtle differences. He received specimens harboring rare diseases from military hospitals all over the country and abroad.

“Ninety to ninety-five percent of surgical pathology is easy,” he said. “We got the five to 10 percent that was excruciatingly difficult. It felt really satisfying and worthwhile to solve these (diagnostic) problems.”

One of many interesting things that Dennis did during his career was to examine the tumor biopsy of President Ulysses S. Grant that was done in 1885. Dennis wrote a report on the slides for the National Museum of Health and Medicine’s archives. He found the slides to be remarkable because they dated from “the beginning of the examination of biopsies of tumors under the microscope for treatment purposes.” He also found it interesting that as early as 1885 doctors were “absolutely certain” that Grant’s cigar smoking “was a causal factor for his cancer,” and according to Dennis’s examination, they were right.

He spent 27 years at the Armed Forces Institute of Pathology while he was in the Navy. After retiring from the Navy after 31 years, he stayed there for 12 more years as a civilian consultant.

After he retired, he was looking for something equally fulfilling to fill his time. He decided to write a book. “They say that with age comes wisdom, which is not entirely true,” Heffner said. Nevertheless, he decided to write about his life experiences in the hope that someone could learn from them. Called “Unlimited Progress: The Grand Delusion of the Modern World,” it was published in 2010. In the book he uses his background in science (engineering, physics and medicine) and some down to earth examples to prove his points.

In addition to a successful career, Dennis has also succeeded in his personal relationships. Of the 20 interns at Bethesda Naval Hospital in 1965, only three were bachelors. Dennis was one of them. “Back then, I thought I didn’t want to get married,” Dennis admits. “Then, I met Nola. She was a Navy nurse at Bethesda. In 1968 we were married, and in 1971 our daughter, Lally, was born. That’s the greatest change in direction I ever made.”

Dennis says that if it wasn’t for Nola, he would probably be a recluse, perfectly content watching TV and reading. His time would be centered on baseball, economics, politics, culture and mysteries – all absorbed through television and books.

His wife, however, feels he needs exercise, socialization and stimulation. When she began using the Annapolis Senior Activity Center’s Fitness Room, she insisted that he come too. “It has worked out very well,” Dennis said. Of course, when he was younger, he moved a lot faster and didn’t have any health issues, but he’s enjoyed the exercise, meeting new people and challenging other seniors with riddles and jokes.

The other seniors have enjoyed him too. Where else can they meet a CSI, published author and retired Navy captain, all rolled into one?
### 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>8:30-9:30 Pilates (Core Stability Tech.) ©️</td>
<td>9:15-12:15 DPAO: Watercolor ©️</td>
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<tr>
<td>9:00-11:00 iPhone Basics ©️</td>
<td>9:30-10:30 Intermediate Tai Chi (Funct. Mobility/Bal.) ©️</td>
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<tr>
<td>10:00:11:30 Poetry &amp; Creative Writing *</td>
<td>10:00-11:15 Beg.-Intermed. Yoga (Integ. Strength/Flex) (Res.) ©️</td>
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<td>10:00-12:00 Design, Market, Art of Ceramics ©️</td>
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<tr>
<td>10:00-12:00 DPAO: Painting &amp; Drawing with Nancy ©️</td>
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<td>10:30-11:30 Strength Training (Funct. Conditioning) ©️</td>
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<td>11:30-12:30 Beginning Tai Chi (Funct. Mobility/Bal.) ©️</td>
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<tr>
<td>12:30-1:30 Beginning Tai Chi (Funct. Mobility/Bal.) ©️</td>
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<td>12:30-2:30 Design, Market, Art of Ceramics ©️</td>
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<td>1:00-2:30:00 Conversational French ©️</td>
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<td>1:00-3:00 World of Opera ©️</td>
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<td>1:00-4:00 Yarn Garden Knitting &amp; Crochet *</td>
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<td>1:30-2:30 Chair Tai Chi (Adapted Physical Ed.) ©️</td>
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<td>1:45-3:45 iPhone Intermediate ©️</td>
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<td>3:00-4:00:00 Line Dance -Beginning ©️</td>
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<td>8:30-9:30 Pilates (Core Stability Tech.) ©️</td>
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<td>9:30-10:30 Intermediate Tai Chi (Funct. Mobility/Bal.) ©️</td>
<td>9:15-12:15 DPAO: Watercolor ©️</td>
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<td>10:30-11:30 Adaptive PE (Chair Class) ©️</td>
<td>10:00-11:15 Beg.-Intermed. Yoga (Integ. Strength/Flex) (Res.) ©️</td>
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<td>10:30-12:30 Art Education for Older Adults ©️</td>
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<td>11:30-12:30 Aerobics w/Fabiola (Cardio Conditioning) ©️</td>
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<td>12:00-1:00 Beg. Tai Chi (Funct. Mobility/Bal.) ©️</td>
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<td>1:00-2:30:00 Conversational French ©️</td>
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<td>1:00-3:30 DPAO: Pastels ©️</td>
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<td>1:00-3:00 The Hound of the Baskervilles ©️</td>
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<td>1:30-3:00 Intermediate Line Dancing ©️</td>
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<td>3:05-3:55 Open Table Tennis*</td>
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<tr>
<td>8:30-9:30 Aerobics (Cardio Conditioning) ©️</td>
<td>8:30-9:30 Pilates (Core Stability Tech.) w/Colleen ©️</td>
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<tr>
<td>9:30-10:30 Beg.-Gentle Yoga (Integ. Str./Flex Tech.) ©️</td>
<td>8:30-9:30 Pilates (Core Stability Tech.) ©️</td>
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<td>10:00-10:45 Keep Your Mind Alert I *</td>
<td>9:30-10:30 Intermediate Tai Chi (Funct. Mob. &amp; Bal.) ©️</td>
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<tr>
<td>10:00-11:30 Jewelry Making Club *</td>
<td>10:00-11:15 Beg.-Intermed. Yoga (Integ. Strength/Flex) (Res.) ©️</td>
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<td>10:30-11:30 Strength Training (Funct. Conditioning) ©️</td>
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<td>10:45-11:30 Keep Your Mind Alert II *</td>
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<td>11:30-12:30 Beg. Tai Chi (Funct. Mobility/Bal.) ©️</td>
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<td>11:45-3:00 Party Bridge *</td>
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<td>12:30-1:30 Beg. Tai Chi (Funct. Mobility/Bal.) ©️</td>
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<td>1:00-3:00 Anglo-Saxon Mythology ©️</td>
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<td>1:00-3:00 Autobiographical Writing for Seniors ©️</td>
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<td>1:30-2:45 Intermediate Yoga (Integ. Strength/Flex.) ©️</td>
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<td>2:50-3:55 Open Table Tennis *</td>
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<td>10:00-11:15 Beg.-Intermed. Yoga (Integ. Strength/Flex) (Res.) ©️</td>
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<td>10:00-12:00 Sewing Class *</td>
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<td>10:00-12:00 Understanding Why Politics is Polarized ©️</td>
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<td>10:30-11:30 Adaptive PE (Chair Class) ©️</td>
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<td>10:30-11:30 Spanish-English Exchange ©️</td>
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<td>10:30-12:30 Music &amp; Arts ©️</td>
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<td>11:30-12:30 Aerobics w/Fabiola (Cardio Conditioning) ©️</td>
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<td>11:45-3:30 Duplicate Bridge *</td>
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<td>1:00-2:30 BINGO *</td>
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<td>1:00-3:00 Current Issues w/Steve Cohen ©️</td>
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<td>1:00-3:00 Masterpieces of Symphonic Music ©️</td>
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<td>1:30-2:30 Drums Alive (Functional Cond. II) ©️</td>
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<td>2:35-3:55 Open Table Tennis*</td>
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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.

**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.

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**Friday**

- 8:30-9:30 Aerobics (Cardio. Conditioning) ©
- 9:15-12:15 DPAO: Painting ©
- 9:30-10:30 Chair Exercise *
- 10:00-12:00 World of Jazz *
- 10:00-12:00 Russian Literature ©
- 10:00-12:00 Touchstones ©
- 10:30-11:30 Strength Training (Funct. Cond.) ©
- 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 *
- 1:00-3:00 Three Timeless American Plays ©
- 1:30-2:30 Chair Tai Chi (Adapted Physical Ed.) ©
- 2:30-3:55 Open Table Tennis *

**May 2019**

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**Annapolis Seniors, Inc. (ASI)**
ASI is a nonprofit organization that raises funds to support the Annapolis Senior Activity Center and its membership. The ASI Board will not be meeting for the month of May.

**Mini Massages:** Relax your muscles with the magic hands of Bonnie Pavlak on Tuesday, May 21st, from 10:00 a.m. to 12:00 noon (sign up that morning).

**Housekeeping:** The center is a reflection of its members and staff. If you are able, please clean up after yourself after eating lunch or purchasing food from the snack bar. Also, please recycle when it is appropriate. It is appreciated.

**Fitness Room**

**Mandatory Fitness Room Orientations** are scheduled on Thursday, May 9th, and Tuesday, May 21st. Orientations are from 9:30 a.m.-10:30 a.m. Sign up at the front desk! You must be on time.

Donations appreciated for equipment upkeep and wipes.
Anne Arundel County Aging and Disabilities presents

OLDER AMERICANS MONTH OPEN HOUSE

O'MALLEY SENIOR ACTIVITY CENTER

THURSDAY, MAY 23RD, 4PM TO 7PM
1275 & 1270 Odenton Road, Odenton, MD 21113

Enjoy light refreshments and entertainment by Chroma!
Free tote bag and lots of great demonstrations and giveaways!

• Aging & Disabilities services
• Community agencies
• Art exhibits

• Woodworking
• Zumba
• Quilting

• Learn how you can volunteer
• Billiards
• Genealogy information

Anyone needing accommodations may contact Heidi Howard at 410-222-0272 or by email at agbuch00@aacounty.org at least seven days prior to the event. TTY users, please call via Maryland Relay via 7-1-1. All materials are available in alternative format upon request.

Anne Arundel County Aging and Disabilities presents

OLDER AMERICANS MONTH OPEN HOUSE

SOUTH COUNTY SENIOR ACTIVITY CENTER

THURSDAY, MAY 30th, 4PM TO 7PM
27 Stepney Lane, Edgewater, MD 21037

Enjoy light refreshments & entertainment by
The Showstoppers and Gerry Swarbrick on acoustic guitar!
Free tote bag and lots of great demonstrations and giveaways!

• Aging & Disabilities services
• Billiards
• Community agencies
• Book Club

• Woodworking demonstration
• Artists & Exhibits
• Pickleball
• Quilting

• Learn how you can volunteer
• Teach classes
• Genealogy information

Anyone needing accommodations may contact Heidi Howard at 410-222-0272 or by email at agbuch00@aacounty.org at least seven days prior to the event. TTY users, please call via Maryland Relay via 7-1-1. All materials are available in alternative format upon request.
# May 2019 Congregate Hot Lunch Menu

**Meals on Wheels of Central Maryland**

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<th>MONDAY</th>
<th>TUESDAY</th>
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<th>THURSDAY</th>
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<tbody>
<tr>
<td>6) Beef Hot Dog Sauerkraut Ranch Beans WW Hot Dog Bun Mustard &amp; Ketchup Tropical Fruit Cranberry Juice Milk</td>
<td>7) Parmesan Chicken Garlic Rotini Green Peas Italian Bread w/ Marg Pineapple Tidbits Orange Juice Milk</td>
<td>8) Meatloaf w/Gravy Whipped Potatoes Mixed Vegetables Wheat Bread w/Marg Fresh Fruit Cranberry Juice Milk</td>
<td>9) Veggie Burger Macaroni &amp; Cheese Glazed Baby Carrots WW Hamburger Bun Mayo &amp; Ketchup Diced Peas Orange Juice Milk</td>
<td>10) Chicken Kiev Confetti Rice Garden Vegetables Dinner Roll w/Marg Fresh Fruit Chocolate Cake Cranberry Juice Milk</td>
</tr>
<tr>
<td>13) Baked Chicken w/Country Captain Sauce Brown Rice Broccoli Wheat Bread w/Marg Fresh Fruit Apple Juice Milk</td>
<td>14) Hamburger Sliced Cheese Crispy Cubed Potatoes Harvard Beets WW Hamburger Bun Ketchup &amp; Mayo Diced Pears Cranberry Juice Milk</td>
<td>15) Pork Roast w/ Apricot Mustard Sauce Macaroni &amp; Cheese Green Beans WW Bread w/Marg Tropical Fruit Grape Juice Milk</td>
<td>16) 10 Grain Pollock Black Eyed Peas Okra &amp; Stewed Tomatoes Dinner Roll w/Marg Fresh Fruit Orange Juice Milk</td>
<td>17) Swedish Meatballs WG Penne Pasta Sliced Carrots WW Bread w/Marg Cinnamon Applesauce Cranberry Juice Milk</td>
</tr>
<tr>
<td>20) Southwest Chicken Thigh Spanish Rice Mexicali Vegetables WW Bread w/Marg Mandarin Oranges Grape Juice Milk</td>
<td>21) Salisbury Steak w/Gravy Whipped Potatoes Glazed Carrots WW Roll w/Marg Fresh Fruit Orange Juice Milk</td>
<td>22) Cheese Lasagna Roll Up w/Marinara Sauce Corn Green Peas Italian Bread w/Marg Tropical Fruit Apple Juice Milk</td>
<td>23) Baked Chicken Breast w/Country Gravy Mashed Spiced Yams Broccoli Biscuit w/Marg Diced Peaches Apple Juice Milk</td>
<td>24) BBQ Pork Riblet Baked Beans Apple Crisp Coleslaw WW Hamburger Bun Cranberry Juice Milk</td>
</tr>
<tr>
<td>27) CLOSED</td>
<td>28) Beef Santa Fe Chili Brown Rice Spinach Saltine Crackers Fresh Fruit Cranberry Juice Milk</td>
<td>29) Turkey Burger Sauteed Peppers &amp; Onions Broccoli WW Hamburger Bun Mustard Diced Pears Apple Juice Milk</td>
<td>30) Cabbage Roll w/Marinara Sauce Whipped Potatoes Green Beans WW Bread w/Marg Fresh Fruit Orange Juice Milk</td>
<td>31) Sliced Turkey w/Gravy Lima Beans Sliced Carrots Biscuit w/Marg Mandarin Oranges Apple Juice Milk</td>
</tr>
</tbody>
</table>

**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 LUNCH MENU IS AVAILABLE AT THE NUTRITION DESK.**

*Anne Arundel County*
Annapolis Senior Activity Center
119 South Villa Avenue
Annapolis, MD 21401

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