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GREETINGS FROM THE PASADENA SENIOR CENTER

May is officially Older American’s Month and our theme this year is Connect, Create and Contribute. With that in mind, we have presentations and events that are sure to engage, inform and entertain. Plus this month we celebrate Mother’s Day and we wish all those mother’s and mother figures a very happy Mothers Day, see page 3.

Connect: This month we have presentations with resources on healthy eating, decluttering the paper in your home and the different care options available for you or your loved ones. We also have a presentation on Medicare/Medical Identity protection in the form of an interactive game.

Create: Retro Rockets, Voices in Melody, Tim Amann and Don & Lisa Bigger will all be here to entertain with their individual and unique musical stylings. See pages 2 and 3 for more information.

Contribute: We are always looking for new volunteers. If you have any interest in getting involved be it calling bingo, answering phones or some special talent or skill we’d love your help. Ask anyone at the front desk for a volunteer application whenever you’re here. Or speak with one of DENA SI’s board members for information on joining the Dena SI Board, see page 8.

Important May Events:

- Financial Fraud Prevention: Representative from Arundel Federal will be here to speak on the topic of fraud prevention.
- Available Care Options: Managing care for you or a loved one can be complicated. This presentation is designed to inform you on the care options available for you or loved ones and the differences between them.
- Taming the Paper Avalanche: Ninety percent of the paper we keep is never accessed again. In this one hour presentation, we’ll look at what to keep and what to toss out so you can get your paper under control, once and for all.
- Law Day: An opportunity to meet with an attorney to prepare an advance directive at no charge. See page 8 for more info.
BILLIARDS
Monday, Tuesday, Thursday, Friday
8:30a-11:30a

WII BOWLING
Every Wednesday
9a-11a

PINOCCHLE
Every Monday
9a to 12p

NEEDLECRAFT CLASS
Every Monday & Thursday
10a to 12p

BEGINNER COUNTRY LINE DANCING
Every Monday
2:15p—3:15pm

SHANGHAI CARD GAME
Every Tuesday
1p to 3p

HAND & FOOT CARD GAME
Every Thursday
9a to 12p

SEWING
Every Friday
10a to 12p

INTERMEDIATE BRIDGE WORKSHOP
Every Friday 12:30 to 2:30
Workshop for intermediate level bridge players.

ART STUDIO TIME (space permitting)
Every Wednesday in the art room.

PASCAL GO GETTERS
Wednesday, May 1
Time: 12:30p - 1:30p
We’re kicking off Older Americans Month with a performance from the Pascal Go Getters! Here to entertain, they’re preforming a new show with the theme Angels & Devils. They’re sure to entertain and inspire. Please register at the front desk.

CHEF ON THE GO
Thursday, May 2
Time: 10a to 12p
Join Rosalie Falter as she teaches you how to make a wonderful meal inspired by Spring. The menu includes pea soup with basil, pasta with goat cheese, lemon and asparagus and ricotta and strawberry parfait. There is a $5. supply/registration fee. Please register at the front desk.

BOOK CLUB
Friday, May 3
Time: 1p to 2 p
The book to be discussed this month is Lost in the Jungle by Yossi Ghinsberg.

GO WITH YOUR GUT BACTERIA
Monday, May 6
Time: 10a to 11:30a
Did you know your gut has 4 pounds of bacteria? Discuss foods that help healthy gut bacteria, get informed on the latest scientific info with fun and easy recipes as well as interactive and educational games. Please register at the front desk.

THERAPEUTIC MASSAGE
Tuesday, May 7
Time: 10a to 12p
Bonnie Pavlak will demonstrate the benefits of massage to help reduce tension and stress. Each session is a 10 minute back, neck and hand massage. Massages are free. Please register at the front desk.

FRAUD PREVENTION
Tuesday, May 7
Time: 10:30a to 11:30a
Join us for a presentation on financial fraud prevention, presented by Arundel Federal Savings Bank. Everything you need to know to keep your financial information private.
Activities & Programs

VOICES IN MELODY
Thursday, May 9
Time: 12:30p to 1:30p
The AARSPA (Anne Arundel Retired School Personnel) Voices in Melody Chorus will be here to perform. Their theme is the importance of hope, change, hard work, faith, love and understanding in the world. They will present a variety of show tunes and patriotic songs. Please register at the front desk.

MOTHERS DAY BREAKFAST
Monday, May 13
Time: 9a to 10:30a
We want to show our appreciation for all the mothers and mother figures out there with a special breakfast just for you! Words cannot describe how important you are but hopefully a delicious breakfast can. From all of us at the Pasadena Senior Center, Happy Mothers Day. Space and food are limited so please register at the front desk.

DON & Lisa Bigger
Monday, May 13
Time: 12:30p to 1:30p
Enjoy the musical stylings of Don & Lisa Bigger! Get together with your friends for a music and fun filled afternoon. Please register at the front desk.

AVAILABLE CARE OPTIONS
Tuesday, May 14
Time: 10:30a to 11:30a
Navigating options for care of ourselves or loved ones can be difficult. Thankfully, we have a presentation to inform you on the options available from skilled nursing to assisted living, in home care and beyond. Please register at the front desk.

MEDITCARE/MEDICAL IDENTITY PROTECTION
Wednesday, May 15
Time: 11a to 12p
Amy Rubino from the SHIP program will be here to provide information on protecting your Medicare/Medical Identity in the form of an interactive game. Space is limited, please register at the front desk.

ARE YOU STRONG ENOUGH?
Thursday, May 16
Time: 12p to 1p
Since May is also National Physical Fitness month this presentation will provide information on the importance of exercise and other components to stay health as we age. Please register at the front desk.

TAMING THE PAPER AVALANCHE
Monday, May 20
Time: 10a to 11a
90% of the paper we keep is never accessed again. In this one hour presentation, we’ll look at what to keep and what to toss out so you can get your paper under control. Please register at front.

RETRO ROCKETS
Thursday, May 23
Time: 12:30p to 2p
Come dance and sing along with the musical stylings of the Retro Rockets. Here to play all your favorite songs. Join your friends and family for an afternoon of musical entertainment. Please register at the front desk.

MEMORIAL DAY
Monday, May 27
Center will be closed

TIM AMANN, PET ROCK
Thursday, May 30
Time: 12:30p to 1:30p
Join us for an afternoon of musical entertainment performed by the one and only Tim Amann. It’s sure to be an afternoon of great music and fun. Please register at the front desk.

VAN TRIP TO TRADER JOE’S & RED LOBSTER
Friday, May 31
Time: 10a to 1p
Are you hungry? Do you like good and unique food at reasonable prices? Of course you do. That’s why we’re going to Trader Joe’s followed by lunch at Red Lobster in Annapolis. The van will depart from the center at 10am and will leave Annapolis at 1pm. Space is limited, please register at the front desk. First come first served.

GRIEF COUNSELING
Grief counseling is available for any interested Anne Arundel county adult who is experiencing a difficult time with loss. Call Beth Mucciacciaro (Grief Counselor) directly at 410-222-0263 to inquire about individual help or group support.
Weather events can happen at any time of the year. Listen to your radio or television. AA County Senior Activity Centers will be closed if all AA County Government Office are closed. If AA County Schools are closed due to weather conditions, the Senior Activity Center will be closed, including lunch & van transportation. If schools are delayed due to weather conditions, Nutrition lunch will be cancelled and the center will open at 10 a.m.; all classes prior to 10 a.m. will be cancelled. Classes that begin at 10 a.m. or later will be held as scheduled. In the event of an early school closure because of weather, all classes starting at 1 p.m. or later will be cancelled and the Senior Activity Center will close at 1 p.m. If schools are closed due to a scheduled break and there is bad weather predicted, please call the Senior Activity Center to confirm the opening or closure or check the AA County Department of Aging & Disabilities website. Regularly scheduled AA County Public School closures, delays or early closures (such as teacher work days or exams) do not affect the Senior Activity Centers. If there is inclement weather and the AA County Public Schools have a regularly scheduled closure, the AA County Department of Aging & Disabilities will make a determination about Senior Activity Centers and provide this information to the media.

Emergency Evacuation Information
Should it become necessary to evacuate the building, members should stay calm and exit as quickly as possible through the nearest exit. Proceed around to the front of Two Rivers Restaurant. Do not leave for home until you have checked in with the Director. Do not re-enter the building until notified by the Director that it is safe to go inside the building. Thanks for your cooperation.

PASADENA ACTIVITIES
All Programs and activities have been confirmed at the time of this newsletter publication; however, changes and/or cancellations can occur. Activities, classes, van trips and presentations can be cancelled for many different reasons, most of which are out of the control of the Pasadena Senior Center staff. Please adhere to the time limits for registering for an activity or event at the center.
Thanks for your patience and understanding!

POLICY FOR CHILDREN IN THE SENIOR CENTER
Children are only permitted to visit the senior center for specific events that are set up for them. Children are not permitted to attend classes even if they are just observing. When children are in the center for a special activity, they must be supervised at all times by an adult.

Snack Bar Hours: 8:45 to 12:30
Monday thru Thursday
(closed on Fridays)
Please remember that the Pasadena Senior Center Snack Bar is manned by volunteers. If a volunteer is unable to work the snack bar, it may be closed.

Seniors Activity Center Participation Rules
Anne Arundel County Senior Centers are administered under the auspices of the AA County Department of Aging & Disabilities. Federal, State and local laws have designated these centers as community focal points for the delivery of services to older adults. Membership rules exist so that registered clients and guests can participate in activities in a safe and comfortable environment. At registration you were given a copy of these rules. A copy is also posted on the general bulletin board and copies are available at the front desk for your convenience.
Thank you for adhering to our participation rules.
### Anne Arundel County

**May 2019 Congregate Hot Lunch Menu**

**Meals on Wheels of Central Maryland**

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<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>1) Baked Chicken Breast w/Creole Sauce Lima Beans California Blend Vegetables Wheat Bread w/Marg Tropical Fruit Grape Juice Milk</td>
<td>2) Stuffed Salmon w/Dill Sauce Corn Brussels Sprouts Wheat Bread w/Marg Applesauce Cranberry Juice Milk</td>
<td>3) Pork Roast w/Gravy Scalloped Potatoes Green Beans WW Bread w/Marg Fresh Fruit Cranberry Juice Milk</td>
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<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>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 Pears Orange Juice Milk</td>
<td>10) Chicken Kiev Confetti Rice Garden Vegetables Dinner Roll w/Marg Fresh Fruit Chocolate Cake Cranberry Juice Milk</td>
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<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>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>
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<td>27) CLOSED</td>
<td>28) Beef Santa Fe Chili Brown Rice Spinach Saltine Crackers Fresh Fruit Cranberry 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 Beaked Beans Apple Crisp Coleslaw WW Hamburger Bun Cranberry Juice Milk</td>
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<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>
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**ALL MEAL CANCELLATIONS MUST BE IN NO LATER THAN 12:30 pm. THE DAY PRIOR**

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

Please note that cold meal options are available. Please stop by the nutrition desk for an available menu.
Activities and AACC Spring Classes (April - June) 2019

MONDAY

8:45  Windows 10 Basics (C)
8:50  Functional Cond.  3  (C)
9:00  Pinochle (P)
9:00  Women of Achievement (C)
9:00  Wood Carving (C)
10:00 Needlecraft Class (V)
10:00 Functional Cond. 3 (C)
11:00 History Through the Headlines (C)
11:15 Low Impact Line (C)
12:00 Nutrition Lunch
12:30 Stain Glass (C)
1:00  Adaptive PE (Chair) (C)
1:00  Intro to GIMP (C)
1:00  Intermediate Digital Photography (C)
2:15  Beg. Country Line  (V)

SPECIAL EVENTS

Go with Your Gut
Monday May 6, 10a-11:30a
Pg. 2

Mothers Day Breakfast
Monday May 13, 9a-10:30a
Pg. 3

Don & Lisa Bigger Musical Performance
Monday May 13, 12:30p-1:30p

Taming the Paper Avalanche
Kater Leatherman
Monday May 20 10a-11a
Page 3.

Memorial Day
Monday May 27
Center Closed

SPECIAL EVENTS

THERAPEUTIC MASSAGE
Tuesday May 7, 10a-12p pg. 2

SPECIAL EVENTS

Financial Fraud Prevention
Tuesday May 7, 10:30a-11:30a
Pg. 2

Care Options Information
Tuesday May 14, 10:30a-11:30a
Pg. 3

PUBLIC USE PC’S

Are available for member use during the following hours.
Monday - Friday  8:45 to 3:45

These PC’s may be shut down during entertainment or special events that are held in the Multi purpose room.

TUESDAY

8:40  HLOA: Line Dance (C)
9:00  Beautiful Gardens (C)
10:00 Conversational Sign Language (C)
10:00  Painting & Drawing (C)
10:15 HLOA: Line Dance (C)
10:30 Basic Gardening (C)
11:50 Cardiovascular Cond. (C)
12:30 Bingo (P)
1:00  Adapted PE 2 (C)
1:00  Anglo-Saxon Myth. (C)
1:00  One Stroke Painting (C)
1:00  Shanghai Card Game (V)
2:00  Core Stability Tech. (C)

WEDNESDAY

8:40  Cardiovascular Cond. (C)
9:00  Beginning French (C)
9:00  Wii Bowling (P)
9:45  Cardiovascular Cond. (C)
9:45  Adapted PE 2 (C)
10:50 Integrative Strength/Flex techniques (yoga) (C)
1:00  Adapted PE 2 (chair) (C)
1:00  Beginning Spanish (C)

SPECIAL EVENTS

Law Day
Wednesday May 1, 9am-12pm
Pg. 8

Pascal Go Getters
Wednesday May 1, 12:30-1:30p
Pg. 2

MEDICARE/MEDICAL Identity Protection
Wednesday May 15, 11a-12p
Pg. 3

PUBLIC USE PC’S

Are available for member use during the following hours.
Monday - Friday  8:45 to 3:45

These PC’s may be shut down during entertainment or special events that are held in the Multi purpose room.

ACTIVITY CODES:

(C)=AACC Sponsored Class
(P)=Pasadena Senior Center Sponsored
(V)=Volunteer

MAY 2019

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Medicare.gov

The Official U.S. Government Site for Medicare

MAY 2019

PUBLIC USE PC’S

Are available for member use during the following hours.
Monday - Friday  8:45 to 3:45

These PC’s may be shut down during entertainment or special events that are held in the Multi purpose room.
Activities and AACC Spring Classes (April - June) 2019

THURSDAY

8:40  Integrative Strength/Flex II
9:00  Hand & Foot Card Game (P) (V)
9:00  Road to Revolution (C)
9:30  iPhone Basics (C)
9:45  Functional Mobility/Balance 1 (C)
10:00 Bingo (V) (P)
10:00  Needlecraft Class (V)
11:50  Cardio Conditioning Aerobics (C)
12:00  Nutrition Lunch (P)
12:00  iPhone Intermediate (C)
1:00  Adapted Physical Education 2 (C)
2:00  Core Stability Techniques (C)
2:00  US History Through the Decades (C)

SPECIAL EVENTS

Chef On the Go
Thursday May 2, 10a-12p
Pg. 2

Voices in Melody
Thursday May 9, 12:30p-1:30p
Pg. 3

Are You Strong Enough
Thursday May 16, 12p-1p
Pg. 3

Retro Rockets
Thursday May 23, 12:30p-2p
Pg. 3

Tim Amann, Pet Rock
Thursday May 30, 12:30p-1:30p
Pg. 3

FRIDAY

8:50  Functional Conditioning 3 (C)
10:00  Functional Conditioning 3 (C)
10:00  Mixed Media Art (C)
10:00  Sewing Volunteer/ongoing (V)
11:15  Integrative Strength/Flex Tech 2 (Yoga) (C)
12:30  Book Club (Volunteer) (1st F) (V)
12:00  Nutrition Lunch
12:30  Intermediate Bridge (P)
12:30  Cardiovascular Conditioning (C)
2:15  Functional Mobility/Balance 1 (C)

SPECIAL EVENTS

Book Club Meeting
Friday, May 3
1:00 p.m. Page 2

Trader Joe’s & Red Lobster Van Trip
Friday May 31, 10a-1p
Pg. 3

REGISTRATION INFORMATION:

AACC Cycle fee is $80 per semester. AACC classes are open to members 55 years of age or older. If you are between 55-59, there is a $40 per class fee in addition to the cycle fee.

If you are 60+, you pay only the cycle fee and classes are free. AACC will not accept cash; payments can be made by check, credit card or money order.

Students seeking accommodations for courses offered by AACC should follow these guidelines each Semester:

1. Register for class (Please review Best ways to register)
2. Call 410-777-1411 to schedule an appointment; the appointment must be at least 3 weeks in advance of the class. The office located in the Student Services Building on the Arnold Campus.
3. You must bring to the appointment an audiogram or medical statement provided by your doctor of audiologist stating your need for an interpreter.
SUNSHINE COMMITTEE

The Pasadena Senior Center has a Sunshine Committee. If you know or hear of a member who is under the weather, in the hospital or maybe at home recovering from surgery, please let Judy, our Monday afternoon front desk volunteer know. She will be glad to send a card or note.

Box tops for education will be collected for Ruth Parker Eason School. The collection box is located by the sign-in kiosk.

Pasadena Seniors, Inc.

Board News

DENA SI is accepting nominees to serve on the DENA SI Board.

Our election will be held at the Annual Meeting on Tuesday June 11, 2019 at 10am. Check the community news section of the bulletin board for more updates.

The Board meets once a month. If you are interested in knowing more about the responsibilities of the Board, please see a current member or Sandy Shumate, Chair of the Nomination Committee. Please consider serving!

Thank You!

If you’re interested in getting involved and volunteering at the center, please see one of our front desk staff for a volunteer registration form.

Harrington Casino & Raceway Trips

Harrington, Delaware

Thursday, May 9 2019
Thursday, June 13 2019
Thursday, August 8 2019
Thursday, September 12 2019
Thursday, October 10 2019

Bus leaves Two Rivers parking lot at 9:00 am and returns at 6:00 pm.

SENIOR CENTER DONATIONS

WE APPRECIATE ALL DONATIONS THAT ARE MADE TO THE PASADENA SENIOR CENTER. PLEASE REMEMBER THAT ONCE THE DONATION IS MADE, IT BECOMES THE PROPERTY OF THE CENTER TO BE USED AS NEEDED. THANK YOU!
Pasadena Senior Center Trip Desk
Monday-Tuesday-Wednesday-Thursday
Hours: 10am to 1pm
410-222-0030

Jesus
Sight & Sound Theatre
Wednesday August 7, 2019

Jesus is the musical stage adventure about the most famous person ever to walk the earth and the everyday people whose lives he changed forever.

Tickets for this show will not last long and space is limited, so signup right away and as soon as possible so we can get the best seats.

Bus departs Two Rivers parking lot @ 8:30am and returns at 6:30pm. Show starts at 11am, lunch at 2:45pm, leave PA around 5:00pm and home no later than 6:30pm. Price includes lunch at Shady Maple Smorgasbord.

Cost is $97.00 per person. Full payment is due upon signup.

Finger Lakes, New York
June 4-7 2019, Tuesday thru Friday

Wine and dine in scenery divine! View the largest collection of glass in the world at the Corning Museum of Glass. Savor the bouquet of fine wine at an award-winning winery. See the flying, man-made birds at the National Soaring Museum. Unwind surrounded by the lushly landscaped gardens and stately mansion at Sonnenberg Gardens. Tour Willard Chapel, the only known complete Tiffany Chapel to exist. Cruise one of the charming lakes to cap a first-class vacation among the peaceful lakes!

3 Nights lodging, 3 Breakfasts, 3 Dinners, including Belhurst Castle, Corning Museum of Glass, Willard Memorial Chapel, Sonnenberg Gardens and Mansion, Wegman’s Marketplace, Tour and Tasting at a popular winery, Scenic Lake Cruise, National Soaring Museum, Finger Lakes Gaming and Racetrack, Gift for all, Luggage Handling, All Taxes and Meal Gratuities.

Bus departs Lauer’s Edwin Raynor parking lot @ TBA on June 4, 2019 and returns at TBA on June 7, 2019. Deposit of $100.00 due upon signup.

Total cost of trip is $525.00.

TO REGISTER FOR A SENIOR CENTER TRIP:

- You must be a member (55 & older); please bring your membership key tag.
- Bring (2) names and phone numbers of emergency contacts.
- Your deposit/payment for the trip. You will not be registered without a deposit.
- Plan and register early so that you don’t miss out on these exciting trips.
- It is your responsibility to update changes in your personal information with the front office before registering for a trip.

Please adhere to the Trip Office hours for registration and payment of trips.
PLEASE NOTE THAT THE TRIP DESK IS RUN BY VOLUNTEERS AND IT IS POSSIBLE THAT THE DESK CAN BE CLOSED IF A VOLUNTEER
State Health Insurance Counseling Program
To schedule an appointment, please call The Department of Aging & Disabilities at 410-222-4257.

Maryland Access Point (MAP)
This is a one-stop shop for seniors, individuals with disabilities and caregivers to both private and public resources.
For an appointment, please call (410) 222-4257

SPECIAL ACCOMMODATIONS
Members who need special accommodations must contact the senior center at 410-222-0030, through Maryland Relay 7-1-1 or by e-mail at pasadenacenter@aacounty.org at least 7 days in advance of the event. You can be assured that we will do our best to provide the type of accommodations that allow you to participate in a meaningful way. If you are unable to attend or must cancel, it is important to do so 48 business hours prior to the event. This will help the senior center avoid paying cancellation fees, or in some cases, the entire service fee. Thank You

Products and services advertised in this publication are not endorsed or guaranteed by either the Pasadena Senior Center or AA County Department of Aging & Disabilities. For advertising information, please call F.A.T.A. Inc. 410-578-3600 or write: P.O. Box 4889, Baltimore, MD 21211.