

Severn Senior Activity Center

December Updates



**The Severn Senior Activity Center will be closed from:
Saturday, December 23 – Monday, January 1, 2024**



**Registration for Winter 2024 AACC classes ends on
Thursday, December 14.**

The Severn Senior Activity Center offers free membership to individuals 55 and over who are active, self-sufficient, and able to function independently. For more information, visit us in person or give us a call at 410-222-0300 for additional information about classes and activities.

Anyone needing accommodations must contact Katy Owings at 410-222-0325 or agowin23@aacounty.org at least 7 days in advance of the event. TTY users, please call via Maryland relay 7-1-1. All materials are available in alternate formats upon request.



**1160A Reece Road
Severn, MD 21144
410-222-0300
severnseniorcenter@aacounty.org**

Open 7 days a week
8:00am–8:00pm



EDUCATION & RESOURCES



Tuesday, 12/5 - Smithsonian Sessions - 1:00-2:00pm

Join us for "Quilt Codes and the Underground Railroad" discussion from the African American Museum.
Registration Required.

Wednesday, 12/6 - Board of Elections - 10:00-11:00am

No registration required.

Wednesdays, 12/6, 13 & 20 - Anne Arundel County Workforce Development - 10:00am-1:00pm

No Registration Required.

Thursday, 12/7 - Tea & Talk: *"Mental Health & the Holidays"* 2:00-4:00pm

Registration Required.

Friday, 12/8 - B.R.A.V.E. Adventure Board: *"Mental Health & the Holidays"*

4:00-5:30pm

Registration Required.

Tuesday, 12/12 - Information & Assistance - 10:00am-12:00pm

No Registration Required.

Thursday, 12/12 - Emergency Preparedness - 11:00am-12:30pm

Registration Required.

Monday, 12/18 - Mindful Moments: *"Mental Health & the Holidays"* 11:30am-12:30pm

Registration Required.

Wednesday, 12/20 - Veteran Voices: *"Caregivers"* - 11:00am-12:00pm

Registration Required.

FITNESS CLASSES



Fall AACC Classes will end the first or second week of December, depending on the class. All fitness classes will break the last 2 weeks of the year, and resume the week of January 4, 2024.

Registration Required for all Fitness Classes.

MONDAY

December 4 & 11 ONLY

Group Weight Training - 1:00-2:00pm

Balance Yoga - 2:00-3:00pm

December 4, 11 & 18

Beginner Pickleball - 11:00am-12:00pm

TUESDAY

December 5 ONLY

Group PT - 10:00-11:00am

Chair Fitness Aerobis - 11:00am-12:00pm

WEDNESDAY

December 6 ONLY

Stretch, Strength & Relaxation - 9:00-10:00am

Fitness Orientation - 1:00-2:00pm

December 6 & 13

Qigong - 3:30-4:30pm

Belly Dance - 4:45-5:45pm

December 6, 13 & 20

Beginner Pickleball - 11:00am-12:00pm

THURSDAY

December 7 ONLY

Fitness Aerobics - 10:00-11:00am



ARTS & CRAFTS



MONDAY

NEW

Pottery Painting - 12/4, 12/11 & 12/18 - 1:00-3:00pm

Registration Required. \$5 supply fee.

TUESDAY

**Crafternoon - 12/5, 12/12 &
12/19 - 1:30-3:30pm**

Registration Required. \$5 supply fee.

**Jewelry Making - 12/12 -
10:00am-12:00pm**

Registration Required. \$10 supply fee.

Paint Party:

"Winter Owl"

12/19 - 2:00-4:00pm

Registration Required. \$5
supply fee.



WEDNESDAY

Chinese Brush Painting/Sume-i - 12/6 & 12/13 ONLY - 9:00-11:00am

Registration Required. \$5 supply fee.

FRIDAY

Paint Party: *"Snowman"*

12/15 - 2:00-4:00pm

Registration Required. \$5 supply
fee.



SATURDAY

**Mask Making: *"One is
Silver, and the Other Gold"***

12/16 - 1:00-3:00pm

Registration Required. \$5 supply fee.





GAMES, ACTIVITIES & EVENTS



WEDNESDAY

Live Music - Harry Evans - 12/6 & 12/20 - 12:00-1:00pm

No Registration Required.

THURSDAY

Trip - Walmart & The Grill at Quarterfield Station

12/7 - 9:30am-1:30pm

Registration Required.

Holiday Spectacular 12/7 - 10:30-11:30am

Join us for our first Holiday Spectacular featuring music, dancing, and celebration. Registration Required. Space is limited.

Winter Wonderland Luncheon & Party - 12/21 - 12:00-3:00pm

Join us for a special catered lunch, a live choir performance, and crafts!
Registration Required. Space is limited.

FRIDAY

Regular Bingo - 12/1 - 10:00-11:30am

Registration Required.

Movie Night - 12/15 - 4:00-6:00pm

Join us for a special holiday movie, popcorn, and snacks. Registration Required.

Bingo & Lunch Buddies - 12/22 - 10:00-11:30am

Registration Required.

December - Gym Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
					1
8-9am					Open Gym
9-10am					Open Gym
10-11am					Open Gym
11am-12pm					Open Gym
12-1pm					Open Gym
1-2pm					Open Gym
	4	5	6	7	8
8-9am	Open Gym	Pickleball	Open Gym	Pickleball	Open Gym
9-10am	Open Gym	Pickleball	Open Gym	Pickleball	Open Gym
10-11am	Open Gym	Pickleball	Tai Chi EBP	Pickleball	Open Gym
11am-12pm	Pickleball	Open Gym	Pickleball	Open Gym	Open Gym
12-1pm	Pickleball	Open Gym	Pickleball	Open Gym	Open Gym
1-2pm	Pickleball	Open Gym	Pickleball	Open Gym	Open Gym
	11	12	13	14	15
8-9am	Open Gym	Pickleball	Open Gym	Pickleball	Open Gym
9-10am	Open Gym	Pickleball	Open Gym	Pickleball	Open Gym
10-11am	Open Gym	Pickleball	Tai Chi EBP	Pickleball	Open Gym
11am-12pm	Pickleball	Open Gym	Pickleball	Open Gym	Open Gym
12-1pm	Pickleball	Open Gym	Pickleball	Open Gym	Open Gym
1-2pm	Pickleball	Open Gym	Pickleball	Open Gym	Open Gym
	18	19	20	21	22
8-9am	Open Gym	Pickleball	Open Gym	Pickleball	Open Gym
9-10am	Open Gym	Pickleball	Open Gym	Pickleball	Open Gym
10-11am	Open Gym	Pickleball	Open Gym	Pickleball	Open Gym
11am-12pm	Pickleball	Open Gym	Pickleball	Open Gym	Open Gym
12-1pm	Pickleball	Open Gym	Pickleball	Open Gym	Open Gym
1-2pm	Pickleball	Open Gym	Pickleball	Open Gym	Open Gym
	25	26	27	28	29
8-9am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
9-10am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
10-11am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
11am-12pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
12-1pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
1-2pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED