






Cecil County Department of Community Services  
Community Wellness Division

October 2019 Calendar of Events

Elkton Center  
200 Chesapeake Blvd., Suite 1700  
Elkton, MD 21921

410-996-5295 #3 Meals & Volunteers



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Late-Life Bullying Statistics Estimated 10-20% of older adults experience some type of senior to senior aggression, usually verbal abuse.	1 Model T Day 10:00: Caning 10:00: Quilting Club 10:30: Chair Exercise 10:30: 20 Best Diet Tips 11:00: Lunch 11:30: <b>Pumpkin CRAFT</b> 12:00: Let's Talk Trash 12:30: <b>Ice Cream Social</b>	2 <b>Coffee With a Cop Day</b> 10:00: YMCA 10:00: Ceramics 10:30: Senior Expressions * 10:30: Alzheimer's Fact Sheet 11:00: Lunch 12:00: Heart Health for Women Fact Sheet	3 <b>Center Closed</b> Milburn Orchards & Cracker Barrel, Elkton, MD \$2.00 per person \$2.00 pick up at home Registration Deadline: September 18 <sup>th</sup>	4 <b>Flu Shots 10:00 – 12:00</b> 10:00: Brush to Canvas 10:00: Comedy Club 11:00: Lunch 12:00: <b>Bingo</b> 1:00: Leave for Home
7 National Forgiveness Day 10:00: YMCA 10:00: Ceramics 10:00: <b>Zumba in the Chair</b> 10:30: Use Medicines Wisely Pamphlet 11:00: Lunch 12:00: Walmart Shopping	8 10:00: Caning 10:30: Chair Exercise 11:00: Lunch 11:30: Four Basic Steps to Food Safety at Home Fact Sheet 12:00: Dollar Tree Shopping 12:30: <b>Dessert Time</b>	9 10:00: YMCA & Ceramics 10:00: <b>Cards by Beth</b> 10:30: Senior Expressions * 11:00: Lunch 12:15: <b>Council Bingo</b> 	10 <b>Center Closed</b> Jo Jo's, Elkton, MD \$2.00 per person \$2.00 pick up at home Registration Deadline: September 25 <sup>th</sup>	11 World Egg Day 10:00: Brush to Canvas 10:00: Comedy Club 11:00: Lunch 12:00: <b>Bingo</b> 1:00: Leave for Home  <b>BAKE SALE</b>
14 <b>Center Closed</b> 	15 National Grouch Day 10:00: Caning 10:00: Quilting Club 10:30: Chair Exercise 10:30: Sleep Problems Fact Sheet 11:00: Lunch 12:30: Leave for Home  <b>EARLY DAY</b>	16 Legal Aid Bureau 10:00: YMCA & Ceramics 10:15: Trivia w/Kathie 10:30: Senior Expressions * 10:30: My Medicines Tracker 11:00: Lunch 11:30: Diabetes Medicines Fact Sheet 12:00: Acme Shopping	17 <b>Center Closed</b> Kitchen Kettle, Intercourse, PA \$2.00 per person \$2.00 pick up at home \$2.00 Out of county Registration Deadline: October 2 	18 10:00: Brush to Canvas 10:00: Comedy Club 11:00: Lunch 12:00: <b>Bingo by Abbey Manor</b> 1:00: Leave for Home

- Deadlines apply to everyone. No exceptions. NO REFUNDS after deadlines.
- We are unable to accept telephone reservations.
- For more information, call Brittney or Judi at 410-996-8177, or Kathie at 410-996-8178.

**Call the Center by 8:00 AM** to reserve a meal.  
\*Group is full; ask about being put on a waiting list for openings.  
CASH ALERT—COME TO CENTER WITH SMALL BILLS OR PAY BY CHECK.



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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
21	Lung Health Day	22	National Nut Day	23		24	Center Closed	25	Flu Shots 10:00 – 12:00
10:00: YMCA 10:00: Ceramics 10:00: <b>Zumba in the Chair</b> 10:30: Breast Cancer Fact Sheet 11:00: Lunch 12:00: Redner's Shopping		10:00: Caning 10:30: Chair Exercise 10:30: Rebuild Credit Fact Sheet 11:00: Lunch 12:00: Aging Well Fact Sheet 12:30: Shots for Safety Fact Sheet 1:00: <b>Did you say Pie?</b>  <b>Beauty By Brittney</b>		10:00: YMCA 10:00: Ceramics 10:15: Trivia w/Kathie 10:30: Senior Expressions * 10:30: Lewy Body Dementia Fact Sheet 11:00: Lunch 12:00: <b>Wii Games</b>		Baker's Restaurant, Elkton, MD \$2.00 per person \$2.00 pick up at home Registration Deadline: October 9 <sup>th</sup>		10:00: Brush to Canvas 11:00: Lunch 11:00: Celebrate Birthdays 12:00: Bingo 1:00: Leave for Home  <b>APPLE DAY BY SENIOR COUNCIL</b>  <u>Senior Council Meeting</u>	
28	National Chocolate Day	29		30	National Candy Corn Day	31	Sign Up Required		
10:00: YMCA 10:00: Ceramics 10:00: <b>Zumba in the Chair</b> 11:00: Lunch 12:00: Walmart Shopping		10:00: Caning 10:00: Quilting Club 10:30: Chair Exercise 10:30: Nutrient Dense Food Fact Sheet 11:00: Lunch 12:00: Fiber Fact Sheet 12:30: Oral Health Fact Sheet 12:45: <b>Free BINGO</b>		10:00: YMCA 10:00: Ceramics 10:00: Fresh Conversations Presentation 10:30: Senior Expressions * 10:30: Nourish Your Joints Fact Sheet 11:00: Lunch 12:15: <b>Council Bingo</b>		Halloween Party at the Elkton Center \$5.00 per person \$2.00 pick up at home Music by Dave Micelli Tricks & Treats Costume Contest Registration Deadline: October 16 <sup>th</sup>		Bullying Defined: Intentional, repetitive aggressive behavior involving an imbalance of power or strength. Hazelden Foundation, 2008	

Elkton Center  
410-996-5295

Information & Assistance/State Health Insurance Program,  
Aging Disability Resource Center, Caregiver Program, and Long Term Care Services: option 1

\*Transportation, Taxi Voucher: option 2\*

Elkton Center, Volunteer Services: option 3

**FLU SHOTS OCTOBER 4<sup>TH</sup> & OCTOBER 25<sup>TH</sup> 10:00 - 12:00**