



Senior Services & Community Transit

February 2010

Elkton Center Events

200 Chesapeake Blvd., Elkton, MD 21921

Elkton Center/Transportation 410-996-5295

Perryville Center 443-309-0651

Toll Free Rising Sun 410-658-5574



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Take care of your nutrition . Did you know that the brain only weighs 2% of body mass, but consumes over 20% of the oxygen and nutrients we intake? As a general rule, you don't need expensive ultra-sophisticated nutritional supplements; just make sure you don't stuff yourself with the "bad stuff".				
1 Ground Hog Day	2	3	4	5
10:00: YMCA-Splashing Seniors 10:00: Memoirs with Nancy Wooten 10:30: Nutrition Ed with Fran 10:30: Ceramics 11:30: Lunch 12:30: Shopping Redner's	10:00: Caning 10:00: Arthritis Exercise 11:30: Lunch 12:30: Walmart 12:30 Card Club	10:00: YMCA-Splashing Seniors 10:30: Senior Expressions 11:30: Lunch 12:30: Buddy Holly, Ritchie Valens -Big Bopper Trivia	10:00: "Cataracts and You Presented by Parris and Castoro" 11:30: Lunch 12:00: Cards & Coffee 12:15: Board Games Rosa Parks Birthday	11:00: John and Opal Sing 11:00: Painting Group 11:30: Lunch 12:30: Bingo-Opal Calls Super Bowl Friday Wear Your Jersey's
8	9	10	11 Perryville to Elkton	12
10:00: YMCA-Splashing Seniors 10:30: Ceramics 10:30: Nutrition Ed with Fran 11:30: Lunch 12:30: Shopping Acme	10:00: Caning 10:00: Arthritis Exercise 11:30: Lunch 12:30: Walmart 12:30 Card Club	10:00: YMCA-Splashing Seniors 10:30: Senior Expressions 11:30: Lunch 12:30: Wii Bowling	Valentine's Party Music by Ed Podzimek \$3.00 per person Sign Up Required By January 27 \$1.50 pick up fee	10:00: Bingo-June Calls 10:00: Painting Group 11:30: Lunch 1:00: Veteran's Support Group

Please Note: You must be signed up for a Special Event in order to attend—no exceptions

Isn't it ironic that February 10 is Hershey Chocolate Day and National Toothache Day?



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<p>15 Centers Closed</p>	<p>16 Early Day</p>	<p>17</p>	<p>18</p>	<p>19</p>
<p align="center">President's Day</p> 	<p>10:00: Caning 10:00: Quilting Club 10:00: Arthritis Exercise 10:00: Brunch 12:30: Leave for Home No Cards</p>	<p>10:00: YMCA-Splashing Seniors 10:00: Lady Bugs Booties for Hospice 10:30: Senior Expressions 11:30: Lunch 12:30: Walmart</p> <p align="center">Random Acts of Kindness Day</p>	<p>10:00: Ceramics 10:00: Center Volunteer Training 11:30: Lunch 12:30: Shopping Redner's 12:30 Card Club</p>	<p>10:00: Bingo-Harvey Calls 11:00: Painting Group 11:30: Lunch 1:00: Veteran's Support Group</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25 Centers Closed</p>	<p>26</p>
<p>10:00: YMCA-Splashing Seniors 10:30: Ceramics 10:30: Nutrition Ed with Fran 11:30: Lunch 12:30: Shopping Acme</p>	<p>10:00: Caning 10:00: Quilting Club 10:00: Arthritis Exercise 11:30: Lunch 12:30: Walmart 12:30 Card Club</p>	<p>10:00: YMCA-Splashing Seniors 10:30: Senior Expressions 11:30: Lunch 12:30: Wii Bowling</p>	<p align="center">Hibachi Grill \$2.00 a person \$1.50 pick up fee Sign Up Required By February 3 Bring Your Lunch Money</p>	<p>10:00: Bingo-Opal Calls 11:00: Painting Group 11:30: Lunch 12:00: January Birthdays 1:00: Veteran's Support Group</p>

Have an Idea for a Trip or Activity? Send your suggestion to tgordon@ccgov.org