

MARCH ACTIVITIES



Pascal Senior Activity Center

125 Dorsey Rd., Glen Burnie, MD 21061

Phone: 410-222-6680

Monday - Friday 8:30 a.m. to 4:00 p.m.

ANNE ARUNDEL COUNTY
DEPARTMENT OF AGING AND DISABILITIES
"MAKING LIFE BETTER"



MONDAY

- 9:00am- Aerobics ©
- 9:30am- Stained Glass ©
- 10:00am- Knitting and Crochet *
- 10:30am- Ukulele ©
- 11:00am- Intermediate Line Dance ©
- 11:00am- Mat Yoga ©
- 12:30pm- Bridge *
- 1:00pm- Zumba ©
- 1:00pm- Mexican Train Dominos *

TUESDAY

- 9:00am- Table Tennis *
- 9:00am- Sign Language ©
- 9:00am- Aerobic and Strength ©
- 9:00am- Open Computer Lab/ PTUG *
- 10:00am- Pascal Pacers Walking Group *
- 10:00am- Bunco * (1st Tues. of the month)
- 10:00am- Core and Stretch
- 10:30am- Mind Games ©
- 11:00am- Seated Chair Exercise ©
- 12:10pm- Tai Chi ©
- 1:00pm- Wii Bowling *
- 1:15pm- Yoga ©

WEDNESDAY

- 8:35am- Ceramics ©
- 10:00am- Chair One Fitness ©
- 11:00am- Seated Chair Exercise ©
- 12:00pm- Double Deck Pinochle *
- 12:00pm- Beginning Line Dance ©
- 12:30pm- Strength and Balance ©

THURSDAY

- 8:45am- Ceramics ©
- 9:00am- Table Tennis *
- 9:00am- Aerobic Dance ©
- 9:00pm- Beginning Spanish ©
- 10:00am- Yoga ©
- 10:00am- Stamp Club * (1st and 3rd)
- 11:00am- Seated Chair Exercise ©
- 11:00am- Mini Massage* every 3rd Thursday
- 11:00am- Seated Chair Exercise ©
- 12:00pm- Open Art Studio *
- 12:10pm- Tai Chi ©
- 12:30pm- Entertainment (see full list on back)
- 1:15pm- Yoga ©

FRIDAY

- 9:00am- Core and Stretch ©
- 9:30am- Mahjong *
- 9:30am- Bingo * 2/9 & 2/23
Registration required
- 10:00am- Aerobics ©
- 10:00am- Book Club, The weight of a Piano
- 10:00am- Watercolor ©
- 11:00am- Beyond Loss Grief Support *
- 11:30am- Jazz Guitar Entertainment *2nd and 4th
- 12:30pm- Double Deck Pinochle * and Chess

March Closures:

Friday, March 29 , 2024 in observance of Good Friday

© = Community College Class (held at the senior activity center) (Must be Registered) (Subject to Change)

* = Non College Class, Offered at the senior activity center

PTUG- Pascal Technology User's Group, inquire at the center for more information

Shopping/Lunch Trips

Sign Up @ Front Desk
Space is limited!



Arundel Mills Mall

Tuesday, March 12th, 9:30am-1:45pm

TJ Maxx/ Chick-fil-a

Tuesday, March 26th, 10:00am-1:30pm

BINGO will be March 8th and 22nd at 9:30am. Secure your spot with a \$2.00 donation.



Registration opens the week before and space is limited!

Trip Desk Hours

Tues., Wed., Thur. 10:00am-12:00pm
410-222-6682 PascalTrips@gmail.com

Sign up Begins 10/10/2023 10:00am
Upcoming Trips for 2024!

March 27, 2024

Beauty and the Beast- cancelled due to low interest

June 25-June 28, 2024

Vermont Taste of Flavor- danger of being cancelled.

July 10, 2024

Jersey Boys, Toby's Dinner Theater

August 7, 2024

Suicide Bridge Crab Feast

October 9, 2024

Addams Family, Toby's Dinner Theater

November 6, 2024

Joy to the World, American Music Theater

March Entertainment

Thursday, March 7th, 12:00pm Hand Dance Tutorial / 12:30 Swing with DJ Dr Jay

Thursday, March 14th, 12:30pm Tim Amann of Pet Rock

Thursday, March 21st, 12:30pm Lynn Roxie

Thursday, March 28th, 12:30pm Sax Man Jay



Find us on the web at www.aacounty.org/aging

Last day to turn in registration at the senior activity center is March 5th.



Removing the Stigma on Mental Health

A conversation with Alágra Bass, LCSW-C, of the Anne Arundel County Department of Aging and Disabilities will be hosted by Pascal Senior Activity Center on Tuesday, February 20th at 1:00pm. All are welcome!



March Programming Highlights

- Living Well, Diabetes Self-Management Class- Tuesdays, March 5th-April 9th. 1:00pm-3:30pm. Call 410-222-4335 to register and for more information.
- Healthy Habits- Nutrition Education seminar- Monday, March 11th at 10:00am. call 410-222-6680 or visit the front desk to sign up.
- Minor Jewelry Repair- Carolyn Domneys will do minor repairs on Tuesday, March 19th. Call 410-222-6680 or visit the front desk for a time slot.
- Catch A Rising Star- A musical memory partnership with Maryland State Arts Council. Rising Star programs mix great music, fun facts, audience participation, and conversation. Best of Broadway is the theme for March 19th at 1:00pm.

We are happy to announce "Monday Matinee," at 12:45pm every Monday.
We will be showing specially selected movies in our theater.
Please call or stop in for each week's movie title.

Focus on Fitness

Learn to use our new commercial fitness machines with instructor Louise Mulvey. This one-hour session will teach safety, demonstrate usage, and answer questions. March 5th at 10:30am. Please register at the front desk.

Bobbie's Buttons

Volunteer, Roberta Tucker, will perform light hemming, button replacement and simple mending. Please drop off your clean item at the front desk with instructions and contact information.



PSI Update:

The next PSI meeting will be March 21st at 10:00am. All are welcome. Learn about upcoming fundraising opportunities and where your raised funds are being used within the center.

AARP Tax Information

All appointment slots are full. If space becomes available due to cancellations, we may be able to accept more appointments. Please call 410-222-6680 to inquire.

Seeking Volunteers

Looking for assistance with spring clean up, the library, the Senior Nutrition Program, and the Snack Bar. Stop by and fill out a volunteer form.

Anyone needing accommodations must contact the Pascal Senior Activity Center at 410-222-6680 or pascalcenter@aacounty.org at least seven days prior to an event. TTY users please call via Maryland Relay 7-1-1. All materials available in alternate formats upon request.