

ARNOLD SENIOR ACTIVITY CENTER



Anne Arundel County
Department of Aging & Disabilities
Making Life Better!

MARCH 2024



Welcome to your Happy Place!



44 Church Road, Arnold, MD 21012

Phone # 410-222-1922

Fax # 410-222-1924

arnoldcenter@aacounty.org

www.aacounty.org/aging

facebook.com/arnoldsenioractivitycenter

Operating Hours: 8:30 am-4:00 pm Monday-Friday

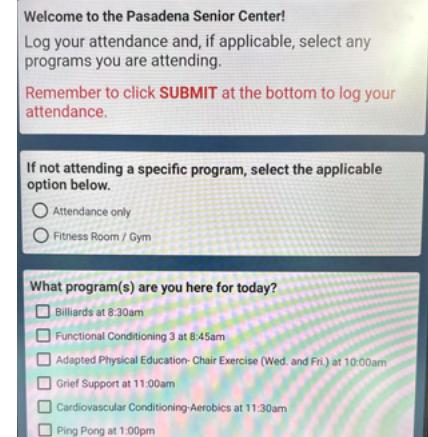
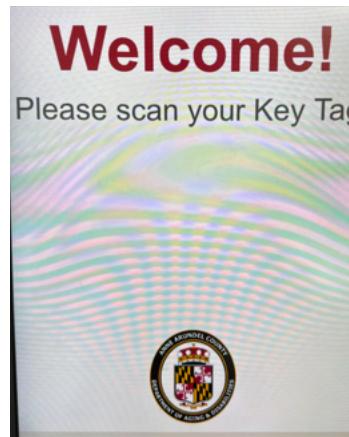
IN THIS ISSUE

Upcoming Events	Pgs. 2-4
Diabetes Self-Management Program	Pg. 5
Class Schedule/Orioles Senior Day	Pg. 6
Mindful Moments	Pg. 7
Yard Sale Donations Needed	Pg. 8
Trip Committee News	Pg. 9
Grief Counseling Group	Pg. 10
Try It Tuesdays @ Providence	
Pottery	Pg. 11
Available Services	Pg. 12
Center Staff/Important Phone #'s	Pg. 13

**HAPPY
ST. PATRICK'S
DAY**

Anne Arundel County Senior Activity Centers offer free memberships to individuals 55 years of age and older and self-sufficient. Membership is free. Spouses of any age are welcome when accompanying someone 55 or older. For more information, visit your local senior activity center to obtain orientation materials and take a tour. Anyone needing some individual assistance in the center should contact the Senior Center Plus Program at 410-222-4257 for resources and options.

NEW SIGN IN ON TOUCH SCREENS!



You may have noticed recently that the touch screens that you sign in on with your key tag looks a little different. Thanks to an upgraded software program, you can now select the event, class, workshop and/or reason for your visit to the center. This information is helpful to us in identifying trends and tracking attendance which in turn enables us to provide programs and services best suited to you! So please be sure to sign in each time you enter the center.

UPCOMING EVENTS & ACTIVITIES

JURASSIC ART

Tuesdays, March 5th & 19th 11:30 am

Come join Scott on Tuesday mornings at 11:30 am for good times and to make beautiful and creative crafts! **Advance sign up is required** so that there are enough supplies for everyone! **Class size is limited to 12 students. Tardiness will result in forfeiture of your seat. Please sign up in person or call the Center.**

SPECIAL BINGO!

Wednesday, March 6th

Get ready to have some fun and gather some interesting tips on how to better prepare for unexpected emergencies. Learn about preparedness tips for any emergencies that occur this year. Jorge A. Paucar, NRP Emergency Management Outreach Specialist, will be facilitating today's Bingo and will supply all prizes!

LIVING WELL WITH DIABETES PROGRAM

Fridays, March 8th to April 19th

9:00 am to 11:30 am

This innovative, evidence-based program, developed by Stanford University, is a diabetes self-management education and support (DSMES) program with classes meeting once a week for six weeks. **Please see page 5 for full details.**

ARNOLD SENIORS BOOK CLUB

Monday, March 11th 2:00 pm

The Book Club continues to meet at the Broadneck Library with discussion led by staff librarians.

March's book is a classic of British mystery by the queen of mystery, **Agatha Christie**. It is "*The Mysterious Affair at Styles*" and introduces one of Christie's best known and loved detectives, Hercule Poirot. At March's meeting we'll be making recommendations for titles until the end of the year. So, please, come prepared to suggest books you think will lend themselves to good thought and discussion.

***Another schedule change!!! There will be NO April meeting! The library has a scheduled conflict. So, our April book, "The Escape Artist...." by Jonathan Freedland will be July's book.

The rest of the schedule is as follows:

May 6: "The Lost Apothecary" by Sarah Penner

June 3: "The Alice Network" by Kate Quinn

July 1: "The Escape Artist: The Man Who Broke Out of Auschwitz to Warn the World" by Jonathan Freedland

We continue to welcome new participants and hope to see you soon.

VIRTUAL PAINTING WORKSHOP: "LUCKY"

Tuesday, March 12th 11:30 am

Feeling lucky? No doubt you will be by the time you complete this festive painting project taught by none other than our entertaining instructor, Scott Clarke! You will need: Canvas (8x10 or 11x14), standard color acrylic paints, and standard brushes (round, flat & angled). Click on the palette **to sign in** to the class.



"TRY IT" CLASSES AT PROVIDENCE POTTERY

Tuesdays, beginning March 12th

We've been invited back next door to the Providence Pottery Studio for more classes! **See page 10 for full details!**

JOINT FREEING SERIES WORKSHOP

Thursday, March 14th 12:00 pm to 1:00 pm

Grab your yoga mat, blanket or towel to experience this workshop based on Structural Yoga Therapy by Mukunda Stiles. Sometimes referred to as the "Great Healer" or the "Energy Freeing Practice", the Joint Freeing series gently moves each joint through its full and natural range of motion. Learn how to move at a slower pace to allow each joint to move gently and mindfully to help relieve pain and stiffness. This workshop will be facilitated by yoga instructor Kimberly Murphy, E-RYT500, C-IAYT, YACEP. **Please register at the front desk.**

MARYLAND LEGAL AID

Monday, March 18th 9:30 am — 11:30 am

Chief Attorney of Maryland Legal Aid, Towanda Chambers, Esq., will be offering monthly appointments at the center on a regular basis, to meet with the members to answer any questions they may have and help with any information they may need. They will have an attorney at the monthly meetings and they are also making

UPCOMING EVENTS & ACTIVITIES

themselves available to do presentations on specific topics. Six 20-minute appointments will be taken on a first come, first serve basis each month. No cost. Sign up is required at the front desk.

GRIEF COUNSELING OFFERED

Tuesdays, beginning March 19th 11:00 am-12:00 pm

See page 9 for details.

ARNOLD SENIORS INC. MEETING

Tuesday, March 19th at 1:00 p.m.

Arnold Seniors, Incorporated (ASI), is our 501(c)3 fundraising board made up of elected members of the Center. Their mission is to supplement the county budget for supplies, services and programs offered at the Arnold Senior Activity Center through donations management and fundraising. All meetings are open to all center members and attendance is encouraged. Please come see what goes on behind the scenes in your center! The Board of Arnold Seniors, Inc. (ASI) is now meeting on the third Tuesday of each month.

DEPARTMENT OF AGING & DISABILITIES INFORMATION & ASSISTANCE OUTREACH

Wednesday, March 20th 10:00 am - 12:30 pm

Every 3rd Wednesday, English Harper, an Information & Assistance specialist, will be on site to assist you with numerous resources and services available to older adults. He'll be able to help with your questions, such as: Am I eligible for any drug discount programs? Does Mom meet eligibility requirements for services? What benefits may be available to help pay for care? Is there any transportation to help me get to a doctor's appointment? English will help sort through options, make referrals, help with forms and follow up to be sure the right services are accessed. No appointment needed.

REFLEXOLOGY APPOINTMENTS

Wednesday, March 20th 11:00 am - 12:30 pm

Reflexology is the technique of manipulating reflex points that correspond to specific organs and body parts found within the feet and hands. Pressure applied to the foot is believed to bring relaxation and healing to the corresponding areas of the body. Kim Murphy is a seasoned Reflexologist and Yoga Therapy trainer. She will be taking FREE, individual appointments on the 3rd Wednesday of each month, starting at 11:00 am, in 15 minute

increments. This is very popular, so sign up NOW by calling in or at the front desk. No-show appointments will not be re-scheduled.

MINDFUL MOMENTS

Monday, March 25th 11:00 am to 12 pm

This is a monthly opportunity to engage with others around mental wellness and discuss mental health. Discussion will be centered on anxiety/worrying and how to manage anxiety symptoms, explore strategies and tips. Alágra, our host, is a licensed clinical social worker who oversees mental health pilot programs for the Department of Aging and Disabilities and does therapy in the community. For more information and to register, you can reach her at 410-507-3724. [See flier on page 6](#).

VIRTUAL PAINTING WORKSHOP: "TULIPS"

Tuesday, March 26th 11:30 am

Red tulips stand out dramatically against a black and white background and creates conversation and evokes feeling. Join Scott Clarke on this artistic journey. You will need: Canvas (8x10 or 11x14), standard color acrylic paints, and standard brushes (round, flat & angled). Click on the palette to [sign in](#) to the class.



Arnold Seniors, Inc. presents...

RESTAURANT FUNDRAISER - BRIAN BORU

Tuesday, March 26th 12:00 pm - 10:00 pm

We're going back to our perennial favorite! Brian Boru is an authentic Irish Restaurant and pub where you can visit and be sure of a great Irish meal, right here in Severna Park! Make plans to dine out with your friends and family at this restaurant night fundraiser on Tuesday, March 26th, from 12-10 p.m. Arnold Seniors, Inc. will receive a percentage of everything spent on a specially curated menu just for this event. Be sure to **grab a special flier from the front office (with the menu provided) to give to your server**. Feel free to share the fliers with friends and neighbors. Can't wait to see you there!



SPECIAL MEAL: FISH FRY!

Thursday, March 28th 12:00 pm

Come and dive on in and join us for a Fish Fry! →

UPCOMING EVENTS & ACTIVITIES

In honor of Lent, we decided to offer fish or chicken for everyone! We will have the family owned and locally known PKG Mobile Kitchen here, offering us a delicious meal of Fried Fish or Fried Chicken, Mac & Cheese, Green Beans, Hush Puppies, dessert and a beverage. Please be sure to make your meal choice at sign up. Lunch is courtesy of Anne Arundel County Dept. of Aging & Disabilities Nutrition Program, and also subsidized by Arnold Seniors Inc.

The Nutrition Program policy is that participants under 60 years of age are to pay for the cost of the meal (\$16). Participants 60 & over are encouraged to make a donation toward the meal. Please note: Meal participants must be present by no later than 12:15 pm in order to receive their meal. After 12:15 pm, the meal will be forfeited. **NO TAKE-OUT. Seats are limited to the first 60 people that sign up IN PERSON.**



CENTER CLOSED Friday, March 29th



FISH FRY!



**Catered by
PKG
Mobile Kitchen!**

Thursday, March 28th 12:00 pm

**YOUR CHOICE OF:
Fried Fish **OR** Fried Chicken**

&

**Hush Puppies, String Beans
and Mac & Cheese**

Drinks & Desserts will also be provided



*See narrative above
for more details!*



LivingWell

Diabetes Self-Management

The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming.

A community-based workshop to help adults manage Type 2 diabetes or who are pre-diabetic.

- Defining Diabetes
- Dealing with Stress
- Appropriate Exercise
- Carb-Counting
- Addressing Low and High Blood Sugar
- Healthy Eating / Menu Planning

Fridays

March 8, 2024 - April 19, 2024

9:00 a.m. to 11:30 a.m.

Arnold Senior Activity Center

44 Church Road Arnold, MD 21012

Space is limited. To register, contact Jennifer Jackson at (410) 222-4335. Anyone needing accommodations should submit a request at least seven (7) days in advance of the event to Jennifer Jackson at ajack88@aacounty.org or by calling (410) 222-4383. TTY users, call via Maryland 7-1-1.

All materials are available in alternate formats upon request.

MARYLAND
LivingWell
CENTER of EXCELLENCE
www.mdlivingwell.org

MyLife
FOUNDATION
BE THE CHANGE



MARCH WEEKLY CLASS SCHEDULE

MONDAY

9:00-10:00 Self Defense
 9:00-10:00 Mat Yoga
 10:00-11:00 Aerobics & Strength
 11:00-12:00 Pilates
 12:00-1:00 Int. Line Dance
 1:00-2:00 Tai Chi (M,W)
 1:00-3:00 Mixed Media Art
 2:00-3:30 Beg. Spanish
 2:00-3:30 Adv. Line Dance

TUESDAY

8:45-10:45 Beg. Watercolors
 11:00-1:00 Int./Adv. Watercolors
 12:00-1:00 Funct. Cond.^
 12:30-2:00 Sign Language
 12:30-3:30 Mahjongg^
 1:00-2:00 Mat Yoga^
 1:15-3:45 Wood Carving
 2:00-3:30 Mind Games, Cranium
 Crunches & Brain Builders

WEDNESDAY

9:00-10:00 Self Defense
 9:00-10:00 Aerobics & Strength
 9:00-12:00 Traditional
 Hand Quilting ®
 9:30-10:30 Chair Yoga
 9:30-12:00 Adv. Stained Glass
 10:30-11:30 Mat Yoga
 12:30-2:30 Colored Pencil
 12:15-2:45 Adv. Stained Glass
 1:00-2:00 Tai Chi

THURSDAY

9:00-12:00 Knit & Crochet Club^
 9:30-12:00 Stained Glass
 11:00-12:00 Seated Tai Chi
 1:00-2:00 Beginning Line Dance
 2:00-4:00 Int./Adv. Line Dance

FRIDAY

9:30-11:00 Beg. Line Dance
 10:00-11:00 Total Fitness
 10:00-12:00 One Stroke Painting
 11:00-12:00 Pilates
 12:00-1:00 Funct. Cond.^
 1:00-2:00 Mat Yoga^

® Sponsored by AA County
 Rec & Parks. Registration
 and \$40 fee required.

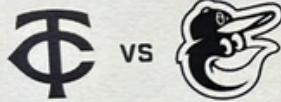
^ These classes are FREE.

All classes not otherwise
 designated are sponsored
 by AACC. Registration and
 fees required.

SENIOR DAY 2024

CELEBRATE WITH YOUR FELLOW 55 & OVER
 ORIOLES FANS WITH A PRE- GAME STROLL
 AROUND THE WARNING TRACK.

MINNESOTA TWINS VS. BALTIMORE ORIOLES
 WEDNESDAY, APRIL 17 AT 1:05 PM



SAVINGS OF OVER 30% OFF THE INDIVIDUAL
 TICKET PRICE FOR GROUPS OF 15 OR MORE.
 CLUB BOX SEC 212-214 & 256-260 [\$25]
 LOWER RESERVE 7-17 & 55-87 [\$10]

FOR MORE INFORMATION: CONTACT
 SEAN MURPHY AT 443-569-1962

INDIVIDUAL TICKETS ALSO AVAILABLE!



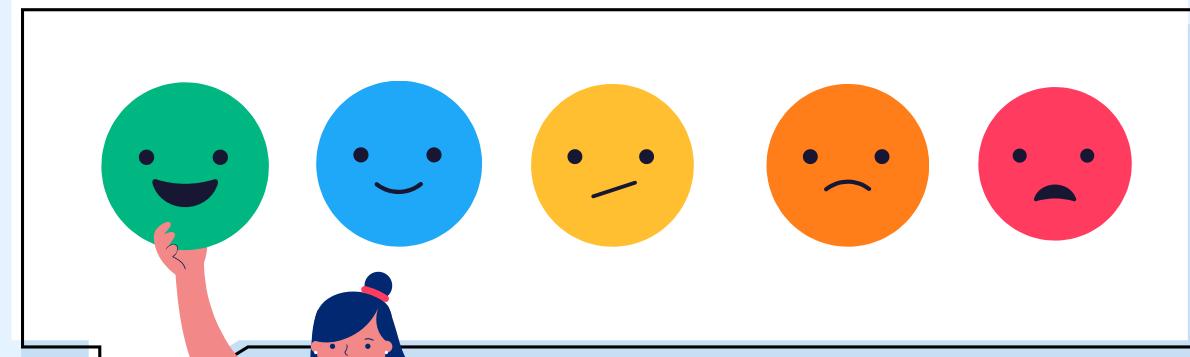
GET YOUR
 TICKETS NOW!





THE DEPARTMENT OF AGING AND DISABILITIES PRESENTS:

MINDFUL MOMENTS



Arnold Senior Activity Center

MARCH 25, 2024

11:00AM - 12:00PM

Join us as we discuss **How** we can optimize **Happiness** in our **Golden Years** and address mental health concerns such as **Depression**.

Get Tips On
Managing Your Emotions and Remaining
Healthy, in your Mind and Body.



Anyone needing accommodations must contact the Arnold Senior Activity Center at 410-222-1922 or arnoldcenter@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.

Arnold Seniors, Inc. announces



NOW ACCEPTING YARD SALE DONATIONS!



If you're doing any spring cleaning this year, we will gladly take your gently used items! We will be having our annual Yard Sale/Flea Market fundraiser in the summer instead of the fall this year (on June 7th & 8th) and we are actively accepting donations of **Kitchen & Household items, Toys, Baby Items, Games, Tools, Jewelry, Craft Supplies, etc.** Other miscellaneous items may be accepted! For questionable items please call first!

**WE WILL NOT BE ACCEPTING: CLOTHING,
SHOES, BOOKS OR LARGE FURNITURE.**

Donations Accepted Mon-Fri from 9 am–3pm at the Front Desk. Please DO NOT drop off donations outside of the building or at the Security Guard desk.

COME RIDE WITH US!



News from the Arnold Seniors, Inc. Trip Committee

March 2024 Trip News!

- **New Hours:** 10AM-12 Noon Monday, Tuesday, Thursday & Friday.
- Duplicate Trip Added: May 14-17, Majestic Thousand Islands; the same trip May 13-16 is SOLD OUT.
- Niagara Falls Trip June 16-19 is SOLD OUT.
- Smith Island Trip June 26 is nearly full.
- Kennedy Center "Funny Girl" July 11 is SOLD OUT with Wait List.
- All other trips are available with some close to being full.

We enjoyed a colorful presentation about our International trips to Portugal & Ireland and multi-day cruises to Nova Scotia/New England & the Caribbean.

Beginning in April, we will begin trimming our trip list and trips that have had slow registration. So, **the time to register is NOW!**

We are happy to email you copies of the 2024 Trip Booklets. Call our office at 410-222-1923 and leave your email address. Trip information also is available on the Trip Bulletin Board and at the Trip Office.

ARNOLD SENIOR ACTIVITY CENTER



GRIEF SUPPORT GROUP



TUESDAYS | BEGINNING MARCH 19, 2024

Please come and join others in a private setting for a blend of education, connection to others, helpful ways to cope, and more.

Please feel free to call the Group Facilitator with any questions:
Beth Mucciacciaro RN, Grief Counselor with the Department of Aging and Disabilities 410-222-0263.

This group is open to anyone experiencing a difficult loss.



Try it Tuesdays



PROVIDENCE POTTERY AND ARTS STUDIO

40 Church Road * Arnold, MD 21012 * 443-955-6073

We've been invited back into the studio! Embark on a creative journey with
"Try it Tuesdays"!

Each class is a unique, project-based, one-off class where you'll discover the art of hand-building, the wheel, or intuitive, abstract art making, depending upon the project.

Classes are on Tuesday mornings from 10:00am -12:00pm.

Each class includes all necessary tools and materials.

Only prerequisites: An open mind and willingness to learn! No experience required for any of these classes! Instructor is Joan Brady.

**Retail Price \$50/session. Arnold Senior price \$25/session
(subsidized by Arnold Seniors, Inc.)**

- **March 26 - Pinch Pot Pets:** Make an animal starting with a pinch pot. Lots of uses- Garden ornament, Hang on a string, much more!
- **April 2 - Garden Mushrooms:** Pinch pot mushrooms that don't have to live in the garden. They could be placed into a flowerpot. Look at reference materials or invent your own! Create a little grouping, lots of possibilities!
- **April 9 - Abstract Intuitive Art with Prompts:** Follow the easy, basic instructions to make your marks without thinking too hard about what you are drawing. When the session is over you will have a nice visual journal that serves as a piece of art for framing or display.
- **April 15 - Sweet Succulent Pots:** Make 2" or 3" pots for succulents. Hand-built; slab and pinch methods.
- **April 22 - Trinket Dishes:** Slab method. You can't go wrong with a little dish that holds everything that needs a place! Use slabs and learn about how to imprint patterns and decorate surface.
- **April 29 - Wheel 101:** Start from the beginning! Also a great refresher if you have some experience.
- **May 7 - Wheel 101**
- **May 14 - Garden Mushrooms:** see above
- **May 21 - Abstract Intuitive Art with Prompts:** see above

For more information, and to register and pay online, click here:



AVAILABLE SERVICES

SENIOR CENTER PLUS

Senior Center Plus is a specialized program that operates at the center on Mondays for older adults needing some assistance in navigating the senior activity centers. The mission of the program is to provide older adults with opportunities for socialization and recreation that enable them to remain engaged in the community. For more information on the Senior Center Plus program please contact 410-222-1483.

SHIP (STATE Health Insurance Assistance Program)

A representative from the Anne Arundel County Department of Aging and Disabilities is available to answer your questions about Medicare Part D, Open Enrollment, Medicare & Medicaid eligibility, long term care insurance, supplemental health insurance, medical claims management, and more. Call 410-222-4257 to make an appointment.

MARYLAND ACCESS POINT (MAP)

This service is provided by the Anne Arundel County Department of Aging and Disabilities. MAP is the "one stop shop" for older adults, individuals with disabilities, and caregivers to both private and public resources. An Options Counselor is available to help you access resources. Call 410-222-4257 for more information.

LUNCH PROGRAM

Meals are served at the center, Monday-Friday at noon. Cancellations & reservations are required by 10:00 a.m. the day before the meal is served. Reservations must be made in person, however cancellations must be called in at (410) 222-1903. In an effort to support the ongoing and future work of the Congregate Meal Program, voluntary donations are encouraged, if one is able. No eligible person will be denied a meal if unable to donate. Each congregate meal costs \$5.25.

ANNE ARUNDEL COUNTY OFFICE OF TRANSPORTATION

Provides rides to older adults 55 and over and individuals with disabilities to senior activity centers, nutrition sites, medical appointments, and for other needs. Wheelchair vans are available. Advance reservations of one to two weeks are required. To schedule transportation, call 410-222-0022. There is no set fee for this service, but donations are accepted and appreciated.

LENDING LIBRARY

Come in and check out our selection. We continue to accept donations of current books and magazines no older than 3 months of the current year.

NOTARY PUBLIC

A notary public is generally available during regular business hours. **Please contact the center at 410-222-1922, in advance, to make an appointment for notary services.** There is no fee for this service for center members.

WI-FI SERVICE

There is free Wi-Fi service available in the center. Look for "Guest@Anne" on your mobile device. No password is needed.

ANNE ARUNDEL COUNTY POLICE LIAISON

Corporal Megan Ott works with the Department of Aging and Disabilities to assist center members with community complaints & safety concerns. Call 410-222-2447 for assistance.

VOLUNTEER OPPORTUNITIES

Arnold Senior Activity Center has many volunteer opportunities. Volunteers serve on the Board of ASI and Trip Committee, work at the front desk, host parties, tend the garden areas, teach workshops, plus much more. If you want to volunteer at the center, see a staff member.

EXERCISE EQUIPMENT ROOM

The Exercise Equipment Room is open during normal business hours. Currently there are (2) Treadmills and (2) Recumbent Bicycles. Anyone wishing to use the equipment MUST attend a one-time safety orientation session in order to do so. The schedule for these trainings will be posted. Members are also required to sign in at the front desk each time before entering the Exercise Equipment Room.

GRIEF COUNSELING

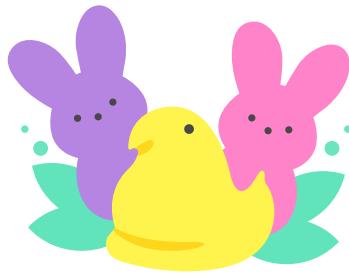
Grief Counseling is available for any interested Anne Arundel county adult who is experiencing a difficult time with loss. Call Beth Mucciacciaro, RN Grief Counselor, directly at 410-222-0263 to inquire about individual help or group support.



CENTER CLOSURE



Friday, March 29th



Let's Stay Connected!

We'd like to keep you informed on upcoming events, schedule changes, delayed openings, and more. Please click this link [SIGN UP](#) to register for our Constant Contact email program. All emails come directly from us, not a third party! Spread the word to your Arnold Friends so they can be in touch too!

SENIOR ACTIVITY CENTER STAFF

Center Director

Deirdre Taylor

Center Associate

Aretha Williams (Notary Public)

Nutrition Aide

Staff Member

Senior Center Plus

Lori Litke & Kristi Tupper

Custodian

Nadie Angel

Van Drivers

Dana Anderson & Thomas Galloway

Security Guard

Sterling Williams

CONTACT INFORMATION

Senior Activity Center

(main) 410-222-1922
(fax) 410-222-1924

Trip Office 410-222-1923

Nutrition 410-222-1903

Police Liaison, Corporal Ott

410-222-2447

Information & Assistance/
MD Access Point MAP

410-222-4257

Dept. of Aging & Disabilities
410-222-4464

Anne Arundel County Office of
Transportation

410-222-0022

Handy Cab Taxi Program
410-222-4222

Anyone needing accommodations must contact the Arnold Senior Activity Center at 410-222-1922 or arnoldcenter@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.