



THE PASCAL VOICE

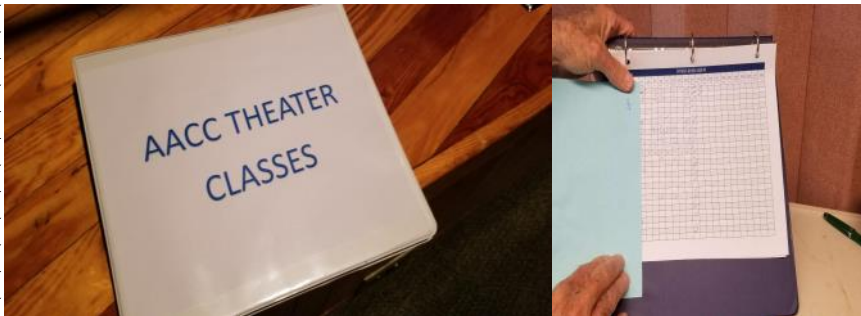


Pardon our changes!

Please continue to use your key tag to sign in at the kiosks. The touchscreen will now just say, "thank you for signing in," and there are no individual activities to touch. If you are attending a fitness based class or activity, there will be a separate folder in your classroom. Please sign your name for the first class, then checkmark your attendance under the dates for the classes following. We are currently in a transition period for our attendance software, and expect more user friendly methods soon.

Thank you for your
patience!

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



Anyone needing special accommodations must contact Center Director, Katrina Smith at 410-222-6680 or through Maryland Relay 7-1-1 or by email at pascalcenter@aacounty.org at least seven days in advance of an event.. All materials are available in alternative formats upon request.

Last day for AACC Spring Registration is March 7th

Anne Arundel County Senior Activity Centers offer free memberships to individuals 55 or older who are active, self-sufficient and able to function independently. For more information, visit your local senior center to obtain orientation materials and take a tour. Adults age 55 or older who need assistance with daily living activities, or their caregivers, should contact Information and Assistance at 410-222-4257 to learn more about alternatives to Senior Activity Centers.

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Service Highlights

SHIP Insurance Counseling

A trained volunteer from the Department of Aging and Disabilities' State Health Insurance Program (SHIP) will address questions and concerns regarding Medicare, Medicaid eligibility, Supplemental Health Insurance, Medical Claims Management, etc. Call 410-222-4257.

MAP: Maryland Access Point

Department of Aging & Disabilities Information & Assistance Specialists are available to meet with you at the senior center to discuss your needs, provide information on resources and assist with applications for various benefits. Please call 410-222-4257 to schedule an appointment.

Transportation provides rides for seniors 55 and over to senior centers, nutrition sites, and medical appointments. Advance notification is required. To apply for this service please visit www.aacounty.org for instructions and to download the Paratransit application. You may also call 410-222-0022 to schedule.

- Other van trips are handled through the Center's Trip Desk. Donations are accepted and will benefit the Department of Aging and Disabilities, which is located at the Heritage Office Complex, Suite 400, 2666 Riva Road, Annapolis, MD. 21401.

Mini-Massage Thursday, March 16th, 10:00am to noon. Massages of the head, back, or neck are offered free of charge by certified massage therapist Bonnie Pavlak.

Anne Arundel County Police

Liaison Anne Arundel County Police will respond to seniors' inquiries about safety concerns, community complaints, scams and other law enforcement issues. Contact Crime Prevention at 410-222-2447.

Lunch Program Meals are served at the Center Monday–Friday at 12:00pm. Reservations need to be made one-week in advance. Cancellations should be made as soon as possible. The cost of the meal is covered by the County, however donations are welcome. Hot menu is included in this publication. A list of cold lunch options is available at the nutrition desk.

Notary Services This service is available on Mondays from 9:30am-11:30am and Tuesdays and Fridays from 11:30am-3:00pm. Call to confirm. Donations appreciated!

Public Use PCs Two computers are available for use during normal Center hours. Please limit your use if someone is waiting.

Senior Center Plus A specialized program that operates at the Center on Tuesdays and Thursdays 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.

Activity Highlights

Chess Phil Lavery will provide basic and intermediate chess instruction each Friday at 12:30pm.

Bunco is a parlor game which uses dice and is played in rounds. Leave your name in the office and we will check to see if any of the groups have openings or need a sub. This group meets the first Tuesday of every month at 10:00am.

Mexican Train Dominos is a domino game with many players. Join them at 1:00pm on Mondays.

Wii Bowling is available on Tuesday afternoons starting at 12:30pm. New players are always welcome!

Bingo is currently on a hiatus. New volunteers are needed to continue this event. Please stay tuned in the upcoming months for more information.

Fitness Room Orientation

Instructor Louise Mulvey will provide a one-hour informational session about how to exercise safely, demonstrate equipment use, and answer questions. The March orientation will be held on Tuesday the 7th at 11:30am. Register at the front desk.

Bridge— Bridge group meets Monday 12:30pm-3:00pm, new players welcome!

Double Deck Pinochle is played with two decks of cards and can be played with more than four players. There is a group that plays each Friday at 12:30pm. New players are welcome.

Mahjong This popular tile game that originated in China will be played on Fridays at 9:30am. Beginners welcome.

Knitting and Crochet Karen Shoemaker will provide guidance with knitting projects every Monday at 10:00am.

Book Club This group meets at the Pascal Center the last Friday of each month at 10:00am. New members welcome!

Jazz With Jerry Jerry Colley will entertain with familiar favorites on his guitar the second and fourth Fridays of each month at 11:30am.

Grief Support— Department of Aging and Disabilities RN, Beth A. Mucciacciaro will meet in an open Grief Support group on Fridays at 11:00am. Beth welcomes anyone suffering with the loss of a loved one. Open attendance.

Become a
"Saxy Senior"

*Sax Player for
The Fabulous
HURCAPS*

Pascal Senior Center
125 Dorsey Road
Glen Burnie, MD 21061
(410) 222-6680

SaxJayMusic

Appearing Live!
**Thursday,
March 16, 2023**

12:30 to 1:30pm

*A Unique
Musical Experience*






Trip Talk

Trips are filling quickly! A full List of trips is available at the Pascal Trip Desk for your convenience. Joan and her staff of amazing volunteers staff the trip desk Tuesday through Friday, 10:00am-2:00pm. Here is a sample of our upcoming trips!

A tribute to Jimmy Buffett in June at Toby's Dinner Theater, a cruise to Suicide Bridge that will include a delicious crab feast, Miracle on 34th Street at Toby's Dinner Theater in December, a multi day overnight train ride, an overnight to New York City,

Casino trips, and much more!

Register for your trips now Tuesday-Friday 10:00am-2:00pm



PSI Corner— As many of you may know, Pascal Senior Center has a non-profit partner, Pascal Seniors Inc. or “PSI.” This is a fundraising board made of elected and appointed members of the center. These members meet monthly on the 3rd Thursday at 10:00am here at Pascal. These are open meetings and all are invited to attend. programs and “extras” are made available because of the volunteer efforts of this board. In February, PSI was able to purchase a new locking beverage fridge, and a portable steam cleaner to keep our center clean. These purchases were made possible by fundraisers like our Jewelry sale which made over \$150.00, and our winter warmies raffle!, which also made over \$150.00!



Join us on Thursday, March 16th, at 12:30pm for a St. Paddy's Day Party! Entertainer Jay Cleaver will be playing saxophone music with a few Irish selections as well! We'll serve festive green treats and enjoy the day! Please wear your finest shades of green and we can all be IRISH for a day!



Let's talk about it over a cup of coffee.

**10:00am—11:45am on
Thursday, March 16th,
Pascal Senior Activity Center
And Anne Arundel County Police**



Join educator and photographer [Denny Lynch](#) at the Pascal Senior Center on Thursday, March 9th at 10:30am, as he presents "Maryland's Irish Connections," a fascinating slide-illustrated talk that examines our state's historic links to the nation of Ireland, from Maryland's formative years right up to the twenty-first century. The Irish have left an indelible mark upon our state; come join us!

MONDAY	TUESDAY	WEDNESDAY
<p>9:00 Aerobics (C) 9:30 Stained Glass (C) 10:00 Crochet/Needlework (V) 10:00 Knitting (V) 11:00 Mat Yoga (C) 11:45 Lunch 12:30 Bridge (V) 1:00 Zumba (C) 1:00 Mexican Train © (P) 1:00 Line Dance (C)</p> <p>Daylight Savings Time begins on March 12th! Don't forget to set your clocks ahead as we "SPRING FORWARD!"</p> 	<p>9:00 Open Computer Lab (V) 9:00 Table Tennis (V) 9:00 Sign Language (C) 10:00 Bunco (V) 11:00 Seated Chair Exercise (C) 11:45 Lunch 12:10 Tai Chi (C) 1:00 Wii Bowling (V) 1:15 Yoga (C)</p> <p>TUESDAY SPECIALS...</p> <p>March 7 (11:30) Focus on Fitness</p> <p>March 7 (10:00) Shopping trip to Walmart</p> <p>March 21 (10:00) Shopping trip to Partners in Care Boutique and Bob Evans</p> <p>Tuesdays 9:00am-12:00pm Open Computer Lab</p> <p>Tuesdays (12:30pm) Wii Bowling</p>	<p>8:35 Ceramics (C) 10:00 Seated Chair Exercise (C) 11:00 Seated Chair Exercise (C) 11:45 Lunch 12:00 Beginning Li... 12:00 Double Deck... 1:00 Strength & Bal... 2:00 Belly Dance fo...</p> <p>We'd LOVE to have... efforts! We're cur... friends to assist wi... Bingo, starting a wa... tering plants, and fut... up and outdoor proje... if you'd like</p>
<p>Class Codes: (C) = Community College (F) = Fee (P) = Pascal Center Fee</p>		

SDAY	THURSDAY	FRIDAY
Exercise (C)	8:35 Ceramics (C)	9:00 Core and Stretch (C)
Exercise (C)	9:00 Table Tennis (V)	10:00 Aerobics (C)
	10:00 Stamp Club (V) 1st and 3rd Th.	9:30 Mahjong (V)
	11:00 Seated Chair Exercise. (C)	11:00 Grief Support (V)
ne Dance (C)	11:45 Lunch	11:45 Lunch
Pinochle (V)	12:10 Tai Chi (C)	12:30 Double Deck Pinochle (V)
ance (C)	12:00 Open Art Studio (V)	12:30 Chess (V)
r Exercise (C)	1:15 Yoga (C)	12:30 Dance music with Jim (V) **
e your volunteer		
rently seeking	THURSDAY SPECIALS...	FRIDAY SPECIALS...
th Snack Bar,	March 2 (12:30pm) Mr. Charisma	March 3 (12:30) DJ Dave Micelli
lking club, wa-	March 9 (10:30) Presentation by Denny Lynch: Exploring Irish Heritage	March 10 (11:30am) Jazz with Jerry
ure spring clean	March 9 (12:30pm) Harry Evans	March 24 (11:30am) Jazz with Jerry
ects. See Nancy	March 16 (10:00am) Coffee with a Cop	
to help!	March 16 (12:30) Jay Cleaver "Saxjay"	
	March 23 (12:30) Sing a long with Jim Bartley	
	March 30 (12:30) Thom Rolland Dance	
unded	(V) = Volunteer Facilitator	(N) = Nutrition
		(R) = Rec. & Parks

Upcoming Entertainment!



Mr. Charisma

a.k.a

Camron Robertson

will perform from **12:30 pm** on
Thursday, March 2nd

Mr. Charisma will take you a step back in time Join in as we sing our way through some of your favorites including, Frank Sinatra, Dean Martin, Fats Domino, Buddy Holly, Bobby Darin, Elvis, and much more. Stop reminiscing about the “good old days” and let yourself be transported through music!



Harry Evans One Man Band

This one-man band will be performing for us on his steel guitar! Come listen to Harry perform country, blues, and Motown hits from the oldies, to the present.

12:30pm on
Thursday,
March 9th, 2023



Sing-a-long with Jim Bartley

**Come out for an
afternoon of fun and
great music from
12:30pm-2:00pm on**

**Thursday,
March 23rd, 2023**



THOM ROLAND DANCE BAND

Thursday, March 30th, 12:30pm!

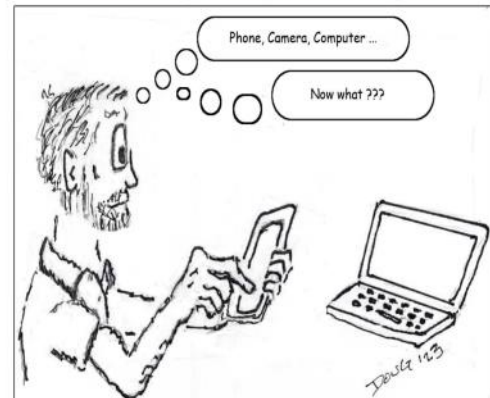
Members of this five-piece group formerly played with Frank Cappadora's 1940's Band.

Thom Roland and his group will perform 40's and 50's music



PSI IS OFFERING A GIMP CLASS!

GNU Image Manipulation Program



Do you have pictures sitting on your phone or camera?

Would you like to do something with them?

Learn to work with the **GIMP** image editor to make your Photos into something special.

6 Weeks - April 11th, 2023 – May 16th, 2023

Tuesday's – 1:00 pm – 3:00 pm

Sign up at the front desk with payment.

Limited seating. \$45.00 fee includes a flash drive you will get to store your photos on.

Checks are made out to PSI our 501.c3

The Center offers outings to local shopping centers or restaurants monthly. A schedule of shopping destinations is available in the office. Van riders are asked to adhere to departure and pick-up times. Van riders must sign-up in the office one week in advance.

March Trips:

- **Walmart, Severn, March 7th, 10:00am**
- **Partners In Care Boutique, Bob Evans, March 21, 10:00am**



ANNE ARUNDEL COUNTY
DEPARTMENT OF AGING AND DISABILITIES
Making Life Better!
PASCAL SENIOR CENTER
125 DORSEY ROAD
GLEN BURNIE, MD. 21061

March 2023

HOURS OF OPERATION

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

Email: pascalcenter@aacounty.org

Wanna Stay in Touch with Pascal and the upcoming Happenings?

Sign up by clicking this link for emails notification. (You will not be spammed)

<https://p.constantcontactpages.com/su/Rky4qk4/pascalmembers>

Or by Text messages for Smart Phones - Text "PASCAL" to 22828

We're on the Web
www.aacounty.org/aging

Senior Center Staff:

Senior Center Director– Katrina Smith
Office Support Assistant – Nancy Dembinski
Facility Attendant—Carolyn Brown
Nutrition Site Staff—Jack Lemon
Senior Center Plus – Lori Litke, Kristi Tupper
Custodian – Kenny Naylor
Security Officer– Officer Nakia Hawkins

INCLEMENT WEATHER POLICY



Listen to your radio or television. Announcements about Anne Arundel County Senior Activity Center delays or closings due to inclement weather will be made through local media, as well as on the department website and Facebook page and via e-mail.

- When Anne Arundel County Government offices are closed due to inclement weather, senior activity centers will be closed.
- If Anne Arundel County Public Schools are closed due to inclement weather, Senior Activity Centers will be closed. The public will not be admitted to the senior activity centers. Senior Activity Center staff will report to work as usual. Senior Center Plus and all Nutrition Sites will be closed as well. All Anne Arundel County Department of Aging and Disabilities Transportation services, with the exception of dialysis appointments, will be cancelled.
- If Anne Arundel County Public Schools open 2 hours late due to inclement weather, the Senior Activity Centers will open at 10:00 am, but Department of Aging and Disabilities transportation to the Centers and lunch at all Centers and Nutrition Sites are cancelled, as is Senior Center Plus. Classes with start times prior to 10:00 am will be canceled. Classes that begin at 10:00 am or later will be held as scheduled. This is to ensure not only the safety of our center members but also allows Central Services' staff to give their full attention to priority buildings and allow for unimpeded parking lot and sidewalk clearing. Transportation will still be available for medical and dialysis appointments only.
- In the event the Anne Arundel County Public Schools close early for inclement weather, lunch will be served by the Nutrition Program and the Senior Activity Centers will close at 1:00 pm. Classes and activities that begin at 1:00 p.m. or after will be canceled.
- Regularly scheduled Anne Arundel County Public school closures, delays, or early closures (such as teacher work days or exams) do not affect the Senior Activity Centers. If there is inclement weather and the Anne Arundel County Public Schools have a regularly scheduled closure, the Anne Arundel County Department of Aging and Disabilities will make a determination about Senior Activity Center closures, Transportation and Nutrition based on weather conditions and safety.

Phone Numbers:

Senior Center.....410-222-6680
FAX.....410-222-6685
Trip Desk.....410-222-6682
Transportation.....410-222-0022
Weekday Nutrition.....410-222-6240
Meals on Wheels.....410-626-7543
Corporal Megan Ott.....410-222-2447
Information & Assistance - MD Access Point
MAP
Dept. of Aging & Disabilities...410-222-4257