



Cecil County Senior Services & Community Transit

November 2009

Elkton Center Events

200 Chesapeake Blvd. Elkton, MD


*Information & Assistance/Senior Health Insurance Program w/Mary Kahoe

Elkton Center/Transportation: 410-996-5295

Perryville: 443-309-0651

Rising Sun Toll Free: 410-658-5574



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>Call the Center by 8:30 AM to reserve a meal. If you are not coming to the Center, please call and cancel your ride and/or lunch by 8:00 a.m.</p> <p>All programs and activities have been confirmed at the time of publication; however, changes and/or cancellations may occur. Please call the Center if you are unsure about the time of a special event or activity.</p>				<p>Preventing falls is all about balancing freedom of movement with the threat of sustaining a fall: Watch for the new Tai Chi for Health exercise program geared to help prevent falls and ease arthritis pain. Call the Healthy Lifestyles Fitness Center at 410-620-3101 for more information.</p>					
2	3	4	5	6	9	10	11	12	13
10:00: YMCA-- Splashing Seniors 10:00: Ceramics 10:30: Trivia 11:30: Lunch 12:30: Grocery Shopping Redners 12:30: Dominoes	10:00: Caning Only 10:00: Arthritis Exercise 10:00: Quilters Club of Cecil County 10:30: Brain Fitness 11:30: Lunch 12:30: Walmart 12:30: Card Club	10:00: YMCA-- Splashing Seniors 10:00: Diabetes and Your AC1 10:30: Chair Exercises 11:30: Lunch 11:30: Senior Expressions 12:30: Dominoes/Scrabble	10:00: Salute to Veterans With Music by Terry Marsh \$3.00 a person Sign Up Required By October 28 \$1.50 pick up at home	10:30: John & Opal 10:00: Painter's Group 11:00: Pumpkin Fun- Fake Pumpkin Chunkin 11:30: Lunch 12:30: BINGO – Harvey Calls	10:00: YMCA-- Splashing Seniors 10:00: Ceramics 11:30: Lunch 12:30: Grocery Shopping Acme	10:00: Caning Only 10:00: Arthritis Exercise 11:30: Lunch 12:30: Walmart 12:30: Dominoes 12:30: Card Club Knit Your Bit Day Help A Worthy Cause	 Veteran's Day	Christiana Mall \$2.00 Transportation fee \$1.50 pick up home Sign up Required By October 28 Leave Center at 9:30	World Kindness Day 10:30: Brain Fitness 10:00: Painter's Group 11:30: Lunch 12:00: SHIP/I&A with Mary 12:30: BINGO – June Calls

Wii is a terrific boon to the lives of seniors. The various games, such as bowling, provide fun and exercise — Wii is being used in senior centers all over the country and offers so much fun. It's energizing and the competition is enjoyable. Also, Wii offers the opportunity for family members of all ages to engage in hours of fun. A great idea for a holiday gift for care giving families who do not already have Wii.



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November 2009

Elkton Center Events

Elkton Center 410-996-5295
Perryville Center 443-309-0651

**Annual Senior Prom
November 21
"Tropical Paradise"
\$7.00 a person
\$1.50 pick up home
Sign Up By
November 11**

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

16 17 Early Day 18 19 Centers Closed 20

10:00: YMCA-- Splashing Seniors
10:00: **Ceramics**
10:30: Word Puzzles
11:30: Lunch
12:30: Grocery Shopping Redner's

10:00: **Caning**
10:00: Brunch
10:00: **Quilters Club of Cecil County**
11:00: Word Games
12:30: Leave for Home
No Card Club

10:00: YMCA-- Splashing Seniors
10:00: Goodwill
11:30: Lunch
11:30: **Senior Expressions**
12:30: Dominoes/Scrabble
12:30: Walmart

Dutch Country Farmers Market
\$2.00 Transportation Fee
\$1.50 pick up at home
Sign up Required By November 4
Leave Center at 9:45

10:00: **Heart Disease & Exercise by University of DE**
10:00: **Painter's Group**
11:00: SHIP/I&A with Mary Kahoe
11:30: Lunch
12:30: BINGO – Opal Calls

23 24 Perryville to Elkton 25 *Special Pizza Day* 26 Thanksgiving Day 27 Centers Closed

10:00: YMCA-- Splashing Seniors
10:00: **Ceramics**
11:00: Trivia
11:30: Lunch
12:30: Grocery Shopping Acme
12:30: Board Games

10:00: **Caning Only**
10:00: **Arthritis Exercise**
11:30: **Applebee's**

Sign Up Required by November 10
No Lunch at Centers

10:00: YMCA-- Splashing Seniors
10:00: BINGO - June Calls
11:30: **Senior Expressions**
11:30: **Pizza Day**
12:30: Dominoes/Scrabble
12:30: Walmart

Must sign up By November 18 for Pizza \$5.00 a person



30

10:00: YMCA-- Splashing Seniors
10:00: **Ceramics**
11:30: Lunch
12:30: Trivia
12:30: Grocery Shopping Redner's

Bring In Items For Christmas Hero Box

- Please note deadlines for trips and events – we suggest you sign up early.
- **We are unable to accept telephone reservations.**
- Payment is required at time of registration (additional trip fees may apply).
- We are unable to refund money after deadlines.
- For more information, please call 410-996-8181 and ask for Teresa Gordon.
- Special Events will have attendance restrictions.
- **NO TRIP SIGN UP ON FRIDAYS**