

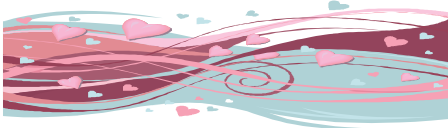


Cecil County
Senior Services & Community Transit
November 2009
Perryville Center Events
710 Broad Street, Perryville, MD

Center Hours: 9:00 AM - 1:00 PM (Tuesday, Wednesday, Thursday)
 Perryville Center: 443-309-0651 Transportation: 410-996-5295
 Rising Sun Toll Free: 410-658-5574
 Elkton Center: 410-996-5295

Information & Assistance/Senior Health Insurance Program w/Mary Kahoe
***Transportation to HLFC, YMCA or Shopping leaves at 9:15 a.m.**

Tuesday	Wednesday	Thursday
3 10:00: Fitness Center- <i>*see above</i> 10:00: Games and Cards 10:00: Shopping at NE Walmart/ Dollar Tree 12:00: Lunch	4 Perryville to Elkton <div style="text-align: center; font-size: 2em; font-weight: bold; color: blue; text-shadow: 2px 2px 0px black;">Closed</div>	5 Perryville to Elkton Salute to Veterans With Music by Terry Marsh \$3.00 a person Sign Up Required By October 28 \$1.50 pick up at home Leave Center at 9:00
10 10:00: Fitness Center- <i>*see above</i> 10:00: Medication Management 10:00: Shopping at Super Walmart 10:30: Cards and Games 12:00: Lunch	11 Centers Closed <div style="text-align: center;">  Veterans Day </div>	12 Centers Closed Christiana Mall \$2.00 Transportation fee \$1.50 pick up home Sign up Required By October 28 Leave Center at 9:00
17 Early Day 10:00: Fitness Center - <i>*see above</i> 10:00: Games and Cards 10:30: Brunch 11:00: Dominoes	18 9:30: YMCA/Fitness Center <i>*see above</i> 10:00: Exercise with Jim 10:00: Shopping at NE Walmart/ Dollar Tree 11:00: Dominoes 11:30: Brain Crunches 12:00: Lunch 12:30: Celebrate Birthdays	19 Centers Closed Dutch Country Farmers Market \$2.00 Transportation Fee \$1.50 pick up at home Sign up Required By November 4 Leave Center at 9:00
24 Perryville to Elkton 10:00: Caning Only 10:00: Arthritis Exercise 11:30: Applebees Sign Up Required by November 10 No Lunch at Centers Leave Perryville Center at 9:15	25 Perryville to Elkton Pizza Day Must sign up By November 18 \$5.00 a person Leave Center at 9:15 \$1.50 pick up at home	26 Centers Closed <div style="text-align: center;">  Thanksgiving </div>



Women may have a slightly higher risk of death than men in the 30 days following an acute coronary syndrome (ACS; such as heart attack or unstable angina), but this difference appears attributable to factors such as severity and type of ACS, clinical differences and severity as determined by angiography, according to a study in the August 26 issue of the Journal of the American Medical Association (JAMA).