

## Special Events, October 2017

### Senior Centers Closed Monday, October 9...Columbus Day

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#### Blood Pressure Checks

1<sup>st</sup> Tuesday 10/3, 10 am; PRMC @ PSC  
2<sup>nd</sup> Tuesday 10/10, 10:30 am; Peninsula Home Care @ NWCSC  
3<sup>rd</sup> Tuesday 10/17, 10 am; AGH @ NWCSC  
4<sup>th</sup> Thursday 10/26, 10 am; AGH @ OCSC  
Last Tuesday 10/31, 10:30 am Peninsula Home Care @ SHSC

#### Educational Presentations

"Preventing Flu" Kristy WCHD, Monday 10/2, 11 am @ PSC  
"SU Nursing Students" Tuesday & Thursday 10/3 & 10/5, 9:30 am @ PSC and 12:30 pm @ SHSC  
And Tuesdays 10/3 & 10/10 and Thursday 10/12, 10 am @ NWCSC  
And 10/10 & 10/12, 10 am @ PSC  
"Emergency Preparedness" Home Instead, Tuesday 10/10, 11 am @ SHSC  
AARP Speaker Delegate Mary Beth Carozza, Thursday 10/12, 10 am @ OCSC  
Dava Guerin, Book Discussion "Vets & Pets", Thursday 10/12, 11 am @ NWCSC  
"Fall Prevention" AGH, Monday 10/16, 10 am @ OCSC  
"All About Fats" Karla Beardsley, Tuesday 10/24, 11 am @ NWCSC  
"Ask the Doctor" Dr. Snyder, Monday 10/30, 11 am @ NWCSC

#### Exercise Classes

"Line Dancing" 1<sup>st</sup> Saturday, Sundays and Mondays, 6 pm @ OCSC\*\*  
"Chair Yoga" Mondays 10/16 & 10/23, 12:45 @ NWCSC\*  
"Tai Chi" Tuesdays & Thursdays, 11 am @ OCSC\*  
"Yoga", Thursdays 10/5 & 10/12, 4:45 pm @ SHSC\*

\*\$3/class or \$25 for a 10 class punch card which can be used for any/all WorCOA facilitated classes.  
\*\*\$5/class Sunday & Monday, \$7/class Saturday, payable directly to instructor; this is not a WorCOA facilitated class.

#### Flu Shots

Monday 10/2, 10 am – 12 pm @ OCSC  
Tuesday 10/3, 9 am – 10:30 am @ PSC and 1:15 am – 1 pm @ SHSC  
Thursday 10/5, 10 am – 12 pm @ NWCSC

#### Trips

Newtown Park, 1<sup>st</sup> Thursday 10/5, Transportation \$4 Leave @ 11:45, Bring a Covered Dish; PSC

Linton's Seafood in Crisfield, 2<sup>nd</sup> Thursday 10/12, Transportation \$4 Leave @ 10:45, Lunch is On Your Own; SHSC

Red Lobster and Shopping in Salisbury, 3<sup>rd</sup> Thursday 10/19, Transportation \$4 Leave @ 9:30, Lunch is On Your Own; OCSC

Golden Corral & Shopping in Salisbury, 4<sup>th</sup> Thursday 10/26, Transportation \$4 Leave @ 10, Lunch is On Your Own; NWCSC