

Special Events, August 2018

Senior Centers Closed for Summer Break August 27-30

Blood Pressure Checks

- 1st Tuesday 8/7, 9:30 am; PRMC @ PSC
- 2nd Tuesday 8/14, 9:30 am; Peninsula Home Care @ NWCSC
- 3rd Tuesday 8/21, 9:30 am; AGH @ NWCSC
- 4th Thursday 8/23, 9:30 am; AGH @ OCSC

Educational Presentations

- "Maryland Telephone System", Monday 8/6, 10 am @ OCSC
- "Cancer Awareness", Tuesday 8/7, 11 am @ NWCSC
- "Money Smart", Tuesday 8/7, 11 am @ PSC
- "Opiates", Tuesday 8/7, 1 pm @ SHSC
- "Eye Health", Tuesday 8/14, 11 am @ SHSC
- "Opiates", Tuesday 8/14, 1 pm @ OCSC
- "Life Crisis Center", Thursday 8/16, 11 am @ NWCSC
- "Farmers Market", Monday 8/20, 10:30 am in Snow Hill; all Centers attending
- "Opiates", Tuesday 8/21, 1 pm @ NWCSC
- "Opiates", Thursday 8/23, 1 pm @ PSC

Exercise Classes

- "OC Fit Club" Mondays, 5 pm @ OCSC**
- "Line Dancing" Thursdays, 11 am @ NWCSC**
- "Yoga", Tuesdays & Thursdays, 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.

Trips

The Centre @ Salisbury, 1st Thursday 8/2, Transportation \$4 Leave @ 9:30, Lunch is on Your Own; PSC
Call 410-957-0391 to register at least one week in advance

The Valor Restaurant in Pittsville, 2nd Thursday 8/9, Transportation \$4 Leave @ 10:45, Lunch is On Your Own; SHSC
Call 410-632-3583 to register at least one week in advance

The Discovery Center in Pocomoke 3rd Thursday 8/16, Transportation \$4 Leave @9:30, Lunch is On Your Own; OCSC
Call 410-289-0824 to register at least one week in advance

Tangier Island Cruise, 4th Thursday 8/23, \$30 Leave @ 10:30, Lunch is On Your Own; NWCSC
Call 410-641-0515 to register at least one week in advance