

Special Events, September 2018

Senior Centers Closed Monday, September 3: Happy Labor Day

Blood Pressure Checks

1st Tuesday 9/4, 9:30 am; PRMC @ PSC
2nd Tuesday 9/11, 10:30 am; Peninsula Home Care @ NWCSC
3rd Tuesday 9/18, 10:30 am; AGH @ NWCSC
4th Thursday, 9:30 am; AGH @ OCSC
Last Tuesday, 10 am Peninsula Home Care @ SHSC

Educational Presentations

"Reading Food Labels" Karla Beardsley 9/10, 11 am @ SHSC
"Healthy Eating as We Age" Home Instead 9/11, 11 am @ SHSC
"Believe in Tomorrow" Wayne Littleton @ AARP Meeting 9/13, 10 am @ OCSC
"Healthy Eating on a Budget" 9/17, 10 am @ OCSC
"Maryland Relay Presentation" 9/17, 11 am @ NWCSC & 9/18 11 am @ SHSC

Exercise Classes

"OC Fit Club" Mondays, 5 pm @ OCSC**
"Tai Chi" Tuesdays 10:30 am @ OCSC and 1 pm @ NWCSC (starts 9/11)*
"Tai Chi" Thursdays 10:30 am @ PSC and 1 pm @ SHSC (starts 9/11)*
"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

Chesapeake Bay Maritime Museum, 1st Thursday 9/6, \$31 (Transportation \$18 and Tour \$13) Leave @ 9:30, Lunch is on Your Own; PSC
Call 410-957-0391 to register at least one week in advance

The Farmer's Wife, 2nd Thursday 9/13, Transportation \$8 Leave @ 10:30, Lunch is On Your Own; SHSC
Call 410-632-3583 to register at least one week in advance

Nemours Estate, 3rd Thursday 9/20, \$35 (\$5 toward Transportation paid by OCSC Committee or WorCOA, Transportation \$20-balance, and \$15 Tour) Leave @ 9, Lunch is On Your Own; OCSC
Call 410-289-0824 to register at least one week in advance

Ocean Downs Casino and Lunch at Abi's, 4th Thursday 9/27, Transportation \$4 Leave @ 10, Lunch is On Your Own; NWCSC
Call 410-641-0515 to register at least one week in advance