

Special Events, October 2018

Senior Centers Closed Monday 10/8: Columbus Day

Blood Pressure Checks

10/2, 1st Tuesday, 9:30 am; PRMC @ PSC
10/9, 2nd Tuesday, 10:30 am; Peninsula Home Care @ NWCSC
10/16, 3rd Tuesday, 10:30 am; AGH @ NWCSC
10/25, 4th Thursday, 9:30 am; AGH @ OCSC
10/30, Last Tuesday, 10 am Peninsula Home Care @ SHSC

Educational Presentations

"Insurance Information" Patricia Dorn Monday 10/1, 10 am @ OCSC
"Insurance Information" Patricia Dorn Tuesday 10/2, 11 am @ NWCSC
"Insurance Information" Patricia Dorn Wednesday 10/3, 10 am @ PSC
"Insurance Information" Patricia Dorn Thursday 10/4, 10 am @ SHSC
"J1 Visa Program for Foreign Students" AARP Speaker, Thursday 10/11 10 am @ OCSC
"Alzheimer's Disease" Tuesday 10/16, 11 am @ OCSC
"Alzheimer's Disease" Wednesday 10/17, 11 am @NWCSC
"Anatomy Gifts Registry" Amy Vann Wednesday 10/17, 11 am @ PSC
"Anatomy Gifts Registry" Amy Vann Wednesday 10/17, 1 pm @ SHSC
"Alzheimer's Disease" Tuesday 10/23, 11 am @ PSC
"Alzheimer's Disease" Wednesday 10/24, 11 am @ SHSC
"Anatomy Gifts Registry" Amy Vann Monday 10/29, 11 am @ OCSC
"Anatomy Gifts Registry" Amy Vann Monday 10/29, 1 pm @ NWCSC

Exercise Classes

"Line Dancing &/or OC Fit Club" Mondays, 5 pm @ OCSC**
"Tai Chi" Tuesdays, 10:30 am @ OCSC and 1 pm @ NWCSC*
"Yoga", Tuesdays & Thursdays, 4:45 pm @ SHSC*
"Tai Chi" Thursdays, 10:30 am @ PSC and 1 pm @ SHCSC*
*\$3/class or \$25 for a 10 class punch card which can be used for any/all WorCOA facilitated classes.
**\$5/class, payable directly to instructor; this is not a WorCOA facilitated class.

Flu Shots and Committee Annual Elections

10/1, Monday 10 am-12pm @ OCSC
10/2, Tuesday 9 am-10:30 am @ PSC
10/2, Tuesday 11:15 am-1pm @ SHSC
10/4, Thursday 10 am-12 pm @ NWCSC

Trips

Halo Thrift Shop & Golden Corral, 10/4, 1st Thursday, 10/4 \$10 Bus Leaves @ 9:30 am, Lunch is on Your Own; PSC.
Center Closes at 9:30 am.
Call 410-957-0391 to register at least one week in advance

Chinatown Buffet & Shopping, 10/11, 2nd Thursday, Carpool Leaves @ 9:30 am, Lunch is On Your Own; SHSC.
Center Closes at 9:30 am.
Call 410-632-3583 to register at least one week in advance

New Berlin Shopping Center & Lunch at Fox's Restaurant; 10/18, 3rd Thursday, Carpool Leaves at 9:30 am, Lunch is On Your Own; OCSC. Center Closes at 9:30 am.
Call 410-289-0824 to register at least one week in advance

Wallops Tour & Lunch; 10/25, 4th Thursday, Bus \$12 Leaves at 9:15 am, Lunch is On Your Own; NWCSC. Center Closes at 9:15 am. Call 410-641-0515 to register at least one week in advance