



*MASC Officers for
2008-2009*

President
Jill Hall

First Vice-President
Nicole Sheehan

Second Vice-President
Leona Lavin

Secretary
Suzanne Levin

Treasurer
Jo Morris

Past-President
Dave Williams

NISC Delegate
Jill Hall

Board Members
Julie Lynn
Susan Brooks
Laurel Raymond



MASC Newsletter

March – April 2009 Edition

2009 – 2010 MASC Slate of Officers

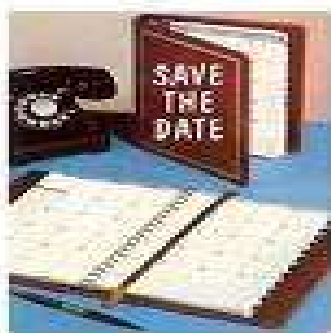
The proposed slate of officers for the 2009-2010 MASC Board of Directors has been developed. Thank you to Nominations Committee Chair Dave Williams for recruiting individuals to serve next year. The slate will not be closed until April 2, 2009. At that time if there is no opposition to any candidate the Board will cast a vote at their April meeting to unanimously accept the slate as the MASC Officers for 2009-2010 and they will be sworn in during the June Annual Membership Meeting.

If you want to challenge a name or self nominate yourself you are welcome to do so by contacting Dave Williams at dhwms@aol.com or Jill Hall at jphall@baltimorecountymd.gov. All challenges or nominations must be received by April 1, 2009.

Proposed Slate of MASC Officers for 2009/2010

<i>Position</i>	<i>Candidate</i>	<i>County</i>
President	Jill Hall	Baltimore County
Vice President – Admin	Nicole Sheehan	Baltimore County
Vice President – Services	Leona Lavin	Allegany County
Secretary	Laurel Raymond	Prince Georges County
Treasurer	Jo Morris	Anne Arundel County
At Large Member	Sue Brooks	Baltimore County
At Large Member	Jeanne Slater	Howard County
At Large Member	Grace Whipple	Montgomery County
At Large Member	Julie Lynn	Baltimore County
At Large Member	Ashaki Innis	Baltimore County

We want to thank all those who have agreed to serve MASC and our membership for supporting the efforts to improve senior centers across Maryland.



SAVE THE DATE – 2009 MASC Annual Meeting

Friday, June 26, 2009 ~ Location: TBD

8:30 – 3:00 p.m.

Cost: \$25 for MASC Members; \$35 for Non-Members

Tentative Agenda: **Two** Training Sessions, Program Awards, “Penny Drive” Fundraising Award, NCOA/NISC Updates, and Installation of 2009 – 2010 Board of Directors

Registration deadline is June 12, 2009. For more information contact Sue Brooks at sbrooks@baltimorecountymd.gov or 410-887-3424.

ACTIVE AGING EXPO

The City of Gaithersburg will host the Gaithersburg Active Aging Expo on Monday, May 4, 2009. The event will include information relating to healthy lifestyles, demonstrations, lectures, getting back into the workplace, laugh therapy and much more!

It is open to all older adults who wish to attend. The event is planned for 9 a.m. to 2 p.m. and will be held at the Bohrer Activity Center ~ 506 South Frederick Ave., Gaithersburg.

For more information, please call Grace Whipple or Denise Mornini at 301-258-6380.



What's Happening

COIL Southwest Senior Center - 410-566-1311

submitted by Susan E. Patry



Upcoming Events

March 5th - Trip to Wal-Mart, Michael's, Filenes Basement and Towsontown Mall Food Court, \$8.00

March 19th - Trip to Gettysburg Outlet and Hillcrest Restaurant and Bakery, \$26.00 Saturday

March 28th - Trip to Evangel Cathedral to see an Easter Play and Lunch at the National Harbor, \$76.00 Tuesday

March 31st - Trip to Target, Marshall's and Bob Evans Restaurant, \$8.00



April 7th - Trip to Franklin Mills Mall or Philadelphia Park, \$32.00

April 28th - Trip to Baugher's and Town Mall of Westminster, \$8.00

Parties/Entertainment

March 17th - St. Patrick's Party, Bingo and Luncheon, \$7.00

April 8th - Dye Easter Eggs and make candy! Ham Dinner, \$8.00

April 21st - Junior League Larks perform at 11:15 A.M. Subs from Subway afterwards! \$5.00

Tai Chi classes are held on Wednesday's from 10 to 11 for just \$1.00.
Classes run to the end of May! Register by calling 410-566-1311!

LONGABERGER® BASKET BINGO

FRIDAY, MARCH 13, 2009

DOORS OPEN @ 6:00 PM ~ BINGO BEGINS @ 7:00 PM

20 GAMES OF BINGO/DOOR PRIZES

SPECIALS, RAFFLES & EXTRA PACKETS AVAILABLE AT THE DOOR

TICKETS ARE \$15.00/ ADVANCE \$17.00/ DOOR

FOOD AND REFRESHMENTS AVAILABLE FOR PURCHASE

CATONSVILLE SENIOR CENTER

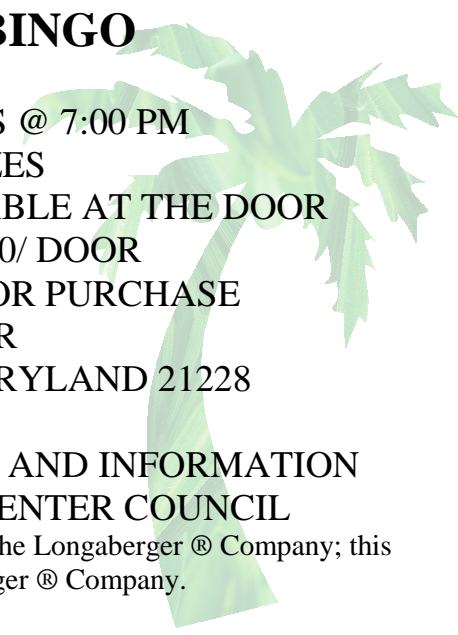
501 N. ROLLING ROAD ~ CATONSVILLE, MARYLAND 21228

410-887-0900

CALL NICOLE SHEEHAN/MARIE DIX FOR TICKETS AND INFORMATION

SPONSORED BY THE CATONSVILLE SENIOR CENTER COUNCIL

Longaberger® and the other basket and collection names are the property of the Longaberger® Company; this fundraiser is in no way with, nor approved by the Longaberger® Company.



**Garrett County Area
Agency on Aging Presents
Series of Assistive
Technology Demonstrations**

The Area Agency on Aging is planning a series of "Senior Independence Get-Togethers" presented by BJ Gallagher, PhD, of The Gallagher Group LLC. The Get-Togethers will provide a social and friendly atmosphere in which to share basic education on low-cost assistive technology devices currently available. Seniors will be made aware of low-cost items that will help make daily living as independent as possible for as long as possible. Seniors will have an opportunity to purchase discounted items that can assist with mobility, sight, hearing, and other activities of daily living.

Dates and locations:

March 9th 10:30 a.m.
Friendsville Senior Center

March 11th 10:30 a.m.
Mary Browning Senior Ctr

March 12th 10:30 a.m.
Grantsville Senior Center

March 16th 10:30 a.m.
Swanton Senior Site

March 19th 10:30 a.m.
Kitzmilller Senior Nutrition

For questions call Carrie Clow,
senior center operations director,
at 301-334-9431, ext. 139.



(Continued from Page 2)

The Arnold Senior Activity Center - 410-222-1922

Upcoming Events



Musical Memories

Musician and member Bill Sharkey will be at the Arnold Senior Activity Center for an afternoon of music and a sing along on Wednesday, March 4 & 18 at 12:45 p.m. Song books will be available so you can sing along even if you do not know all the words.

Blood Pressure and Glucose Monitoring

A nurse will be available at the Arnold Senior Activity Center to take your blood pressure or to check your glucose level if you are diabetic on Wednesday, March 4th and 18th from 9:30 a.m. -11:30 a.m. There is no fee for this service.

Reiki Session

On Tuesday, March 10th from 12:30 p.m. – 2:30 p.m., enjoy a free relaxing Reiki session with Kay Miller and Pat Clarke. Appointments are limited. Sign up in advance. Walk ins will be accommodated if possible.

New Age Social Singles

Join the single members from the Arnold Senior Activity Center on a lunch trip to celebrate St. Patrick's Day at Brian Boru Restaurant on Thursday, March 19th at 11:30 a.m. Come meet other single seniors who want to make new friends for socials and activities. This is an informal gathering. We will be holding a two-session workshop in April on developing positive relationships. Be sure to pick up information on this free workshop at the lunch gathering. Members are responsible for the cost of their lunch and tip. Please call 410-222-1922 for more information and to make a reservation by March 12th. Transportation from the center is available by calling in advance.

Downsize, Organize and Liquidate

On Tuesday, March 24 from 10:00 a.m. – 11:30 a.m., a workshop will be held that will cover downsizing, liquidating, organizing, removing clutter and even reverse mortgage information.

Free Income Tax Preparation

The Arnold Senior Activity Center has trained Volunteer Income Tax Assistance (VITA) available by appointments. This income tax preparation help is a valuable service offered through the Department of Aging and Disabilities and the IRS. Volunteers are trained and pass a certification test. Taxes are prepared on computers located at the center and information is confidential. Tax appointments are scheduled from February until the beginning of April. This free service is available to all ages but is limited to personal non-business taxes. For more information and to schedule an appointment, call 410-222-1922.

What's Happening



Catonsville Senior Center Expands Hours of Operation

Beginning Wednesday, April 8th, the Catonsville Senior Center of Baltimore County Maryland will be open Wednesday evenings from 4:30 p.m. -7:30 p.m. for senior fitness classes. The Fitness Center hours are also expanding, by opening Saturday mornings from 9:00 a.m. to 1:00 p.m. beginning Saturday, April 11th. Senior fitness classes will also be offered at this time. Examples of classes to be offered include Yoga, Cardio Challenge and Meditation.



The center staff decided to increase their hours of operation, targeting the fitness component of their services, after much inquiry from prospective members. While many eligible community members are interested in joining the center, they are unable to attend during our normal hours because of work schedules or family obligations. The staff felt that in order to increase their membership and attract the younger senior, expanding the hours of operation was important. With support from Towson University, the center council and BCDA, the staff is anticipating a great response from the community and looks forward to being the first center to offer "after hours" services.

For more information on class schedules and registration at Catonsville Senior Center, please call 410-887-0900.

ELKRIDGE SENIOR CENTER - MARCH 2009 EVENTS

NEW !!!!! Starting March 9th at 1:00

"Seated Yoga Presented by "Carl" If you have always wanted to try Yoga but have difficulty getting on the floor and/or getting back up....this class is for you! Carl has over 20 years of experience both personal and professional. He will guide you through simple moves with exceptional benefits. 6 Week class, \$3.50 each.

March 16, 2009, 9:00-1:00

"St. Patrick's Day Pancake Breakfast" Celebrate St. Patrick's Day in style and enjoy all your favorite breakfast foods. \$5.00 for all you can eat!

March 4th and 18th, 9:00-2:00

"AARP Free Tax Assistance" Free tax preparation is available for qualifying individuals. For an appointment and to check if you qualify, call (410) 313-7387.

March 19th, 10:30-12:00

"Are those bones Healthy" Rona will join us today and update us on the latest findings on Calcium and other bone building minerals/nutrients. Which foods are good for your bones, which are not.



MASC Penny Drive Fundraising Event – March 9th – June 19th

Your pennies ARE worth something!!! You can win money for your center by having your center members donate their unwanted pennies! Collect as many pennies as you can and your center could win cash!



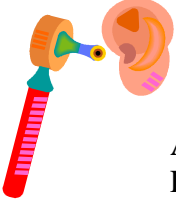
There are two categories: Category 1 – Senior centers with 500 or more members (1st Place winner will receive 35% of the total monies collected). Category 2 – Senior centers with 499 or less members (1st Place winner will receive 25% of the total monies collected).

MASC will receive 40% of the total monies collected and funds will be used to offer scholarships to upcoming training events.

For more information and contest rules, contact Ashaki Innis at ainnis@baltimorecountymd.gov or 410-887-6887.



Upcoming Events



Hearing Screening

On Friday, March 17 from 12:30 p.m. - 2:20 p.m., Audiologist Steve Pallett will be at the Arnold Senior Activity Center for free hearing screenings. Please sign up for an appointment by Friday, March 10.

Van Trip to Adam's Ribs

On Tuesday, March 31, from 11:15 a.m. – 1:15 p.m. join your friends for lunch out at Adam's Rib in Severna Park. Space is limited on the van so sign up quickly by calling 410.222.1922. You are responsible for the cost of your lunch and a tip for your server.

Exploring Ireland and Irish Heritage

On Wednesday, March 11 from 12:30 p.m. – 1:30 p.m., Educator Dennis Lynch will exhibit his photography work and will present a slide-illustrated program at Arnold. Don't miss this special presentation.

Wild Irish Rose

On Wednesday, March 18 from 1:00 p.m. – 2:00 p.m., a spectacular show with Irish dancing and fiddling will be presented by Jessica and Kaitlyn Litkas at the Arnold Senior Activity Center. Don't miss this spectacular show with these two very talented young ladies.

Julia Child-Queen of Cuisine

In a special program, meet the wonderfully witty woman who changed culinary history and introduced French cooking to America at a time when people were more interested in TV dinners and getting out of the kitchen! Julia Child was more than just an innovative chef. She was also a terrific author, educator and television personality who set the standards by which all subsequent cooking shows have been judged. Mary Ann Jung from "History Alive!" will present this wonderful program as she "becomes" Julia on Wednesday, March 25th at 10:00 a.m. at the Arnold Senior Activity Center.

Trip to Allenberry Playhouse for "Forever Plaid"

"Forever Plaid" is a Heavenly Musical Hit! An entertaining musical mix of 1950's and 1960's rock 'n' roll, and popular show and dance tunes, blended with witty comedy, has continued to delight audiences in cities across the nation. The Arnold Senior Activity Center will travel to see this show in Boiling Springs, Pennsylvania on Wednesday, April 22. A delicious buffet lunch and transportation is included. Total cost is \$86.00 but a \$35.00 deposit will hold your spot.

Hollywood and Las Vegas

If you have always want to see where all the famous actors hang out and the lights of Las Vegas here is your chance to travel with members from the Arnold Senior Activity Center. This fabulous trip will leave on Thursday, June 11 and return on Wednesday, June 17. You will see Warner Brothers Studios, the Hollywood Sign and the Hollywood Walk of Fame, Grauman's Chinese Theatre and Ronald Reagan Library and so much more. Stop by the center to pick up more details on this exciting adventure and find out all that is included! Cost of the trip is \$1500.00 per person double occupancy or \$1900.00 per person single occupancy. Call the trip desk at 410.222.1922 for more information.





Biltmore Estate & Asheville, NC Trip May 4 – 7, 2009

\$349 per person (double occupancy)

INCREDIBLE PRICE INCLUDES:

Motorcoach Transportation ~ 3 Night Lodging ~ 6 Meals (3 Breakfasts and 3 Dinners) ~ Guided Tour of Asheville, NC including Grove Arcade ~ Full day visit to the Biltmore Estate ~ Gaming at Harrah's Casino ~ Visit to the Famous Folk Art Center and St. Lawrence Basilica ~ and much more!



Departure: LaVale Wal-Mart at 8:00 a.m.

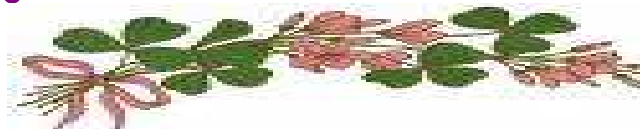
Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: beautiful Asheville, North Carolina, nestled among the Blue Ridge Mountains! Later that day, enjoy a relaxing Dinner and check into your Asheville area hotel.

Day 2: Begin the day by enjoying a Continental Breakfast, before departing for a visit to the spectacular BILTMORE ESTATE, America's largest privately owned home. Your visit will include experiencing the Biltmore House and Gardens. This is a "must see" destination in America. Later, you'll enjoy Dinner with entertainment before returning to your hotel for the night.

Day 3: Enjoy a Continental Breakfast before departing for a GUIDED TOUR OF ASHEVILLE. Downtown Asheville features more Art Deco architecture than any other southern city outside of Miami Beach. Your tour will include a visit to the famous FOLK ART CENTER. You will also see the magnificent ST. LAWRENCE BASILICA. Next you will visit the GROVE ARCADE in Downtown Asheville. Then enjoy first-rate gaming at the exciting HARRAH'S CASINO in Cherokee, NC. This evening you will enjoy Dinner before returning to your hotel to relax and recall the highlights of the day.

Day 4: Today after enjoying a Continental Breakfast, you depart for home... A perfect time to chat with your friends about all the fun things you've done, the spectacular sights you've seen and where your next group trip will take you!

FOR INFORMATION & RESERVATIONS CONTACT: Leona Lavin @ (301) 777-5970 ext. 110



Fleming Senior Center 410-887-7225

Submitted by Elmira Thornton

Reiki Thursday, March 26th ~ 1:00 pm

What is Reiki? It is a Japanese technique for stress reduction and relaxation that promotes the body's natural ability to heal itself. Presenter: Tolu Taylor, Reiki Master Cost: Free



Partisan Fighters in WWII and Nazis Resistance

Tuesday, April 21st ~ 1:00 pm

Actor Herbert Hane will perform an interpretation of the Jewish-Polish partisan, Harold Werner, who survived the Holocaust by joining a partisan group that fought against the Nazi invasion. Cost: Free

Easter Breakfast Monday, April 6th ~ 9:00 am

Breakfast will be served followed by words of inspiration from Rev. Harold L. Knight, New Shiloh Baptist church

Cost: \$7.00