



Calvert County NEWS

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Calvert County Senior Centers Win Two Maryland Association of Senior Centers Awards

PRINCE FREDERICK, Md. – July 8, 2010 – Two Calvert County senior centers, under the auspices of the Calvert County Office on Aging, recently won awards for seniors programs at the Maryland Association of Senior Centers (MASC) annual meeting June 18.

The Calvert Pines Senior Center won an award in the Expressive and Creative Arts category for Beach Combers Sculpture, a program for grandparents and grandchildren in which found objects are made into art with a little fun and creativity. Part of a week-long camp, Beach Combers Sculpture fosters artistic collaboration between seniors and their grandchildren as they create wild and wonderful beach sculptures out of items found at local Calvert County beaches. Driftwood, shells, sea glass, rocks, and shark teeth come together through clever cooperation, with no two projects alike.

Southern Pines Senior Center won an award in the Special Events category for the Mind, Body, and Spirit program. The three-week program was part of National Senior Center Week in May and increased awareness of the benefits of a holistic approach to health. Activities during the first week focused on the importance of mental stimulation through mind aerobics, word association, mathematic riddles and other brain games. The body was the

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focus of week two, with programs including Freedom to Move and the center's new walking group. The program culminated in the final week with a special cookout and party emphasizing the need for social interaction to nourish the spirit.

Since 2005, Calvert County senior centers have won 20 awards through MASC. Founded in 1980, the association represents and promotes Maryland senior centers and recognizes excellence in senior center programming. More information on MASC is available at www.marylandseniorcenters.com.

For more information on the Calvert County Office on Aging and senior center programs, visit www.co.cal.md.us or call 410-535-4606 or 301-855-1170.

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Calvert County is Maryland's smallest county in land area with 213 square miles. It is home to approximately 90,000 people and has one of the highest standards of living in Maryland. There are more than 5,000 businesses in the County and a labor force of at least 1.8 million resides within a one-hour drive. Major industries include defense contracting, information technology, tourism, utilities, light manufacturing and administrative services.