

## HIGHLIGHTS

HARFORD COUNTY DEPARTMENT OF COMMUNITY SERVICES

# OFFICE ON AGING

*The Harford County Department of Community Services Office on Aging provides support to persons age 55\* and over to live full, productive and satisfying lives.*

## SERVICES

**Caregiver Support** — case workers provide case management and coordinate services for respite care and/or financial assistance for other services and supplies as determined on an individual basis.

**Housing Information** — available on senior apartments, assisted living and nursing homes in Harford County.

**In-Home Care** — includes home visits by Office on Aging caseworkers, and senior care that provides services to eligible homebound seniors, such as shopping, personal hygiene, cleaning/chores, medications and respite care.

### **Information and Assistance regarding:**

- Consumer Problems
- Food Stamps
- Insurance
- Legal & Financial Issues
- Loan Closet
- Long Term Care
- Medical Assistance
- Pharmacy Assistance
- Social Security
- Social Services
- Supplemental Security Income
- Support Groups
- Taxes
- Veterans Benefits

**Long Term Care Ombudsman** — helps advocate for the rights of residents of nursing homes and assisted living facilities.

**Medicaid Waiver** — provides case management services for those who are medically and financially eligible for nursing home medical assistance.

**State Health Insurance Assistance Program (SHIP)** — provides information on health insurance issues affecting seniors, such as Medicare, Medicaid, Medigap and Long Term Care Insurance. **The Senior Medicare Patrol (SMP)** program trains people to be aware of health care fraud, waste and abuse in the Medicare/Medicaid programs and provides information about identity theft and scams.

## Direct Numbers for Office on Aging Programs

### **Aging & Disability Resource Center (ADRC)**

410-638-3303

### **Caregiver Program**

410-638-3303

### **Guardianship Program**

410-638-4283

### **Medicaid Waiver Program**

410-638-4283

### **Ombudsman Program**

410-638-3577

### **Outreach Programs**

410-638-3303

### **Senior Care Program**

410-638-3303

### **Senior Activity Centers**

410-638-3032

### **State Health Insurance Program**

410-638-3577

### **Senior Medicare Patrol Program**

410-638-3577

\* Some services require a person to be age 60 or over.

## CONTACT

Fax: 410-893-2371 • TTY: 410-638-3086  
hcaging@harfordcountymd.gov  
www.harfordcountymd.gov/services/aging  
145 N. Hickory Ave, Bel Air, MD 21014

**BARRY GLASSMAN**  
Harford County Executive

**AMBER SHRODES**  
Director  
Dept. of Community Services

**Harford County Department of Community Services**  
[www.harfordcountymd.gov/services](http://www.harfordcountymd.gov/services) 410.638.3025



**Office on Aging**

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# SENIOR ACTIVITY CENTER INFORMATION

*Harford County's Senior Activity Centers provide a variety of educational and recreational programs, services and activities to ensure an active, healthy and quality lifestyle.*

## BENEFITS AND FUN ACTIVITIES OFFERED AT THE CENTERS:

- Join any center at age 55+
- Low cost transportation.\* Contact Harford Transit at 410-612-1620 or visit [www.harfordtransit.org](http://www.harfordtransit.org) for more information.
- Daily meals for a small donation\*\*
- Build new and lasting friendships
- Meet others with the same interests
- FREE health screenings/seminars
- Support Groups for medical conditions such as Diabetes and Parkinson's
- Fitness/workout rooms\*\*
- Annual billiards tournament
- Talent shows
- Bingo, card games, movies, music and cultural presentations
- Volunteer opportunities and much more

## SENIOR ACTIVITY CENTERS

### Aberdeen Senior Activity Center

7 Franklin Street, Aberdeen  
410-273-5666

### Edgewood Senior Activity Center

1000 Gateway Rd, Edgewood  
410-612-1622

### Forest Hill/Hickory (satellite location)

2213 Commerce Drive, Forest Hill  
410-638-3616

### Havre de Grace Activity Center

351 Lewis Lane, Havre de Grace  
410-939-5121

### McFaul Activity Center

525 West MacPhail Road, Bel Air  
410-638-4040

### Norrisville (satellite location)

5310 Norrisville Road (Rt. 23), White Hall  
410-692-7820

### Veronica "Roni" Chenowith Activity Center

1707 Fallston Road, Fallston  
410-638-3260

## SAMPLE OF AVAILABLE CLASSES AND ACTIVITIES \*\*\*

- |  |                                  |  |
|--|----------------------------------|--|
| • Art Classes  | • Memoir Writing                 | • Yoga   |
| • Basket Weaving                                     | • Quilting                       | • Toning Classes   |
| • Book Discussion                                    | • Social Dance                   | • Zumba  |
| • Crafts   | • Basic Fitness Classes (seated) | • Group fitness activities, such as basketball, table tennis, pickleball, bocce ball |
| • Current Events                                     | • Balance Classes                |  |
| • Wildfowl Carving                                   | • Fitness Center**               |  |
| • Computer – <i>Beginner, Intermediate, Advanced</i> | • Tai Chi                        |  |
| • Digital Photography                                | • Qigong                         |  |
| • Stained Glass                                      | • Cardio Classes                 |  |
| • Knitting/Crocheting                                | • Line Dancing                   |  |

\*\*\* This is not a complete listing of all classes offered; please check with each center's current catalog for available classes, fees and times.

\* for those age 60 and over, available at most locations    \*\* at some locations