

# [ Abilities Network ]

## Senior Services

**Celebrate National Senior Move Manager Week with us!**

As we present

### "Shred, File or Pile"

What to do with all that paperwork?

Join us as Heather Murphy, Director of Move Management Services provides some great tips on what to keep, where to keep it and how to get organized!



Come out and join us for our Spring Clean Up Day in celebration of National Senior Move Manager's Week! We will have vendors on-site from 10 am – 11 am to collect your unwanted items:

**Secured Shred** – bring 1-2 bags of your personal shredding to be done on premises.

**UpCycle** – have old computers, monitors, computer accessories or IPod/IPads you need to e-cycle? UpCycle certifies that each hard drive will be wiped clean using a Department of Defense (DoD) 26 wipe system.

**Second Chance**, Inc. – Donate gently used small furniture, décor, or houseware items.

**BumbleJunk** – Clean out those closets! BumbleJunk will be on site collecting clothing for Planet Aid



**DATE:** Friday, May 19, 2017

**TIME:** 10:00 - 11:00 vendor collection  
11:00 – 12:00 Presentation

**LOCATION:** Abilities Network - 8503 LaSalle Road | Towson, MD 21286

Light refreshments will be provided. Please RSVP in advance to Heather Murphy at 410-828-7700 ext. 1271 or [hmurphy@abilitiesnetwork.org](mailto:hmurphy@abilitiesnetwork.org).

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