

EAST COLUMBIA 50+ CENTER

July, August, September 2022



 **Howard County**
Office on Aging & Independence

**6600 Cradlerock Way
Columbia, MD 21045
410-313-7680**

Center Email
eastcolumbia50@
howardcountymd.gov

**Monday– Tuesday
Thursday**

9am - 4:30pm

Wednesday

9am - 7pm

Friday

9am - 4pm

**50+ Center Hotline
410-313-5400**

Newsletters Online
www.howardcountymd.gov/eastcomlumbia50

Volunteer Website
www.hocovolunteer.org

In This Issue

Information	Page 1-2
Calendar	Page 3-5
Programs	Page 6-11

 **Howard County**
50+ CENTERS
Enrichment. Engagement. Connection. Growth.



Welcome to our Year of Lasts

☀ Our last summer to enjoy our existing garden. Bring your scissors and snip a few herbs!

☀ Our last pool party on this site, July 6 at noon

☀ Last Hot Summer Game Day: "The Game of Life" you have lived it, now come and play it. Great game day make new friends. Stop in register choose your car! Rootbeer floats and snacks!
August 5, 1:00pm

☀ Ice Cream Social,
Featuring
"Name That Tune Live "
August 26, 1:00pm

**Lots of celebrations,
stop by,
thank our construction workers.
It's closer than you think!**

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-7680 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

GENERAL INFORMATION

50+ Center Staff

Meridy McCague, Director

mmccague@howardcountymd.gov
410-313-7684

Ellen Brown, Assistant Director

ebrown@howardcountymd.gov
410-313-7685

Regina Joffe, Administrative Support Tech II, Digital Access Specialist

rjoffe@howardcountymd.gov
410-313-7682

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet.

Regardless of where one registers, membership is valid at all Howard County 50+ Centers.

Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the staff to assure that your membership is current. **Please inform the staff if there have been any changes to your address, phone number or your emergency contact information.**

Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to

Howard County Director of Finance. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. Account must be established prior to registering for class.

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

Would you like your newsletter delivered to your inbox?

Just right click below:

https://visitor.r20.constantcontact.com/manage/optin?v=001_BS31v9uBHpl2tMLUbdwGVlv7eYKcnSrI04XkPw6FipDpjD1ypeclR3ULydzUv94jSMSkmjNl2P-2H7jaBbgRr_ppPVM-pPinwMkoI0TwZ0%3D

Note: Howard County does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

JULY AT A GLANCE CALENDAR



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Legal Aid Services Mondays 9am to 11:30am No appointment necessary 410-480-1057</p>	<p>Family Law Assistance Program by appointment July 12 & 19 410-313-2135 or 410-313-2225</p>	<p>Key *Outdoor Class **Hybrid live and Virtually ***Streaming</p>	 <p>Pool Party Wednesday, July 6, 12pm Must register</p>	<p>1 10 Draw & Paint\$ 12 Pinochle 1 Bridge</p>
<p>4  Center Closed</p>	<p>5 10 Color with Us 10 Map Services No Seated Yoga *10 Qigong 12 Sew Who Cares 12 Poker</p>	<p>6 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 12 Pool Party \$ 2 Bid Whist *3Tai Chi Intermediate II \$ *4 Tai Chi Intermediate I \$ *5 Tai Chi advanced \$ 6 Soul Line Dance Party \$</p>	<p>7 10 Tai Chi Practice 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker 1 Chess</p>	<p>8 10 Draw & Paint\$ 12 Pinochle 1 Bridge 1 Mah Jong Class\$</p>
<p>11 9 Tai Chi Practice 10 Movin Mondays \$ 11:45 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 2:30 Pinochle 3 Soul Line Dance \$</p>	<p>12 10 Color with Us 10 Map Services *10 Qigong 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker 2:30 Fresh Conversations: Battle of the Carbohydrates 6 Family Law</p>	<p>13 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 12 Seasoned Sisters 2 Bid Whist *3Tai Chi Intermediate II \$ *4 Tai Chi Intermediate I \$ *5 Tai Chi Advanced \$ 6 Soul Line Dance Party \$</p>	<p>14 10 Nutrition Counseling (by appointment) 10 Tai Practice 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker 1 Chess</p>	<p>15 12 Pinochle 1 Bridge 1 Mah Jong Class\$</p>
<p>18 9 Tai Chi Practice 10 Movin Mondays \$ 11:45 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 2:30 Pinochle 3 Soul Line Dance \$</p>	<p>19 10 Color with Us 10 Map Services *10 Qigong 10 Care Talks 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker 6 Family Law</p>	<p>20 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 11 Paper Crafting 2 Bid Whist *3Tai Chi Intermediate II \$ *4 Tai Chi Intermediate I \$ *5 Tai Chi Advanced \$ 6 Soul Line Dance Party \$</p>	<p>21 10 Tai Practice 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker 1 Chess</p>	<p>22 12 Pinochle 1 Bridge 1 Mah Jong Class\$</p>
<p>25 9 Tai Chi Practice 10 Movin Mondays \$ 11:45 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 2:30 Pinochle 3 Soul Line Dance \$</p>	<p>26 10 Color with Us 10 Map Services *10 Qigong 11 Chair Yoga 12 Sew Who Cares 12 Poker 7 Language Cafe</p>	<p>27 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 1 Wordle 2 Bid Whist *3Tai Chi Intermediate II \$ *4 Tai Chi Intermediate I \$ *5 Tai Chi Advanced \$ 6 Soul Line Dance Party \$</p>	<p>28 10 Tai Practice 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker 1 Chess</p>	<p>29 12 Pinochle 1 Bridge 1 Mah Jong Class\$</p>

AUGUST AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9 Tai Chi Practice 10 Movin Mondays \$ 11:45 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 2:30 Pinochle 3 Soul Line Dance \$</p>	<p>2 10 Color with Us 10 MAP Services *10 Qigong 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker</p>	<p>3 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 2 Bid Whist *3 Tai Chi Intermediate II \$ *4 Tai Chi Intermediate I \$ *5 Tai Chi advanced \$ 6 Soul Line Dance Party \$</p>	<p>4 10 Tai Chi Practice 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker 1 Chess</p>	<p>5 12 Pinochle 1 Bridge 1 The Game of Life</p>
<p>8 9 Tai Chi Practice 10 Movin Mondays \$ 11:45 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 2:30 Pinochle 3 Soul Line Dance \$</p>	<p>9 10 Color with Us 10 MAP Services *10 Qigong 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker 6 Family Law</p>	<p>10 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 2 Bid Whist *3 Tai Chi Intermediate II \$ *4 Tai Chi Intermediate I \$ *5 Tai Chi advanced \$ 6 Soul Line Dance Party \$</p>	<p>11 10 Nutrition Counseling (by appointment) 10 Tai Chi Practice 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker 1 Chess</p>	<p>12 12 Pinochle 1 Bridge</p>
<p>15 9 Tai Chi Practice 10 Movin Mondays \$ 11:45 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 2:30 Pinochle 3 Soul Line Dance \$</p>	<p>16 10 Color with Us 10 Map Services *10 Qigong 10 Care Talks 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker 2:30 Fresh Conversations The Sunshine Vitamin 6 Family Law</p>	<p>17 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 11 Paper Crafting 12 Seasoned Sisters 2 Bid Whist *3 Tai Chi Intermediate II \$ *4 Tai Chi Intermediate I \$ *5 Tai Chi Advanced \$ 6 Soul Line Dance Party \$</p>	<p>18 10 Tai Practice 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker 1 Chess</p>	<p>19 12 Pinochle 1 Bridge</p>
<p>22 9 Tai Chi Practice 10 Movin Mondays \$ 11:45 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 2:30 Pinochle 3 Soul Line Dance \$</p>	<p>23 10 Color with Us 10 Map Services *10 Qigong 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker 6 Language Cafe</p>	<p>24 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 2 Bid Whist *3 Tai Chi Intermediate II \$ *4 Tai Chi Intermediate I \$ *5 Tai Chi Advanced \$ 6 Soul Line Dance Party \$</p>	<p>25 10 Tai Practice 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker 1 Chess</p>	<p>26 12 Pinochle 1 Bridge 1 Ice Cream Social, Featuring "Name That Tune"\$ and prizes</p>
<p>29 9 Tai Chi Practice 10 Movin Mondays \$ 11:45 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 2:30 Pinochle 3 Soul Line Dance \$</p>	<p>30 10 Color with Us 10 Map Services *10 Qigong 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker</p>	<p>31 *9 Tai Chi Beginner II \$ *10 Tai Chi Beginner I \$ 12 Tick Tock University 2 Bid Whist *3 Tai Chi Intermediate II \$ *4 Tai Chi Intermediate I \$ *5 Tai Chi Advanced \$ 6 Soul Line Dance Party \$</p>	<p>Legal Aid Services Mondays 9am to 11:30am No appointment necessary 410-480-1057</p>	<p>Family Law Assistance Program by appointment August 9 & 12 410-313-2135 or 410-313-2225</p>

SEPTEMBER AT A GLANCE CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Legal Aid Services Mondays
9am to 11:30am
No appointment necessary
410-480-1057

Family Law Assistance Program by appointment
September 13 & 20
410-313-2135
or 410-313-2225



DIY Handmade Paper w/Eileen
September 14,
11am

1
10 Tai Chi Practice
11 Tai Chi Practice
12 Tai Chi Practice
12 Poker

2
12 Pinochle
1 Bridge

5



Center Closed

6

10 Color with Us
10 MAP Services
***10 Qigong**
11 Seated Yoga \$
12 Sew Who Cares
12 Poker

7

*9 Tai Chi Beginner II \$
*10 Tai Chi Beginner I \$
12 Seasoned Sisters
2 Bid Whist
*3Tai Chi Intermediate II \$
*4 Tai Chi Intermediate I \$
*5 Tai Chi advanced \$
6 Soul Line Dance Party \$

8

10 Nutrition Counseling By appointment
10 Tai Chi Practice
11 Tai Chi Practice
12 Tai Chi Practice
12 Poker
1 Chess

9

10am Alcohol Inks \$
12 Pinochle
1 Bridge

12

9 Tai Chi Practice
10 Movin Mondays \$
11:45 Yoga \$
12 Mahjong
1:30 Chinese Brush Stroke Painting \$
2:30 Pinochle
3 Soul Line Dance \$

13

10 Color with Us
10 Map Services
***10 Qigong**
11 Seated Yoga \$
12 Sew Who Cares
12 Poker
2:30 Fresh Conversations
What's New in Nutrition
6 Family Law

14

*9 Tai Chi Beginner II \$
*10 Tai Chi Beginner I \$
11 Paper Crafting w/Eileen
12 Seasoned Sisters
2 Bid Whist
*3Tai Chi Intermediate II \$
*4 Tai Chi Intermediate I \$
*5 Tai Chi Advanced \$
6 Soul Line Dance Party \$

15

10 Tai Practice
11 Tai Chi Practice
12 Tai Chi Practice
12 Poker
1 Chess

16

10 Draw & Paint\$
12 Pinochle
1 Bridge

19

9 Tai Chi Practice
10 Movin Mondays \$
11:45Yoga \$
12 Mahjong
1:30 Chinese Brush Stroke Painting \$
2:30 Pinochle
3 Soul Line Dance \$

20

10 Color with Us
10 Map Services
***10 Qigong**
10 Care Talks
11 Seated Yoga \$
12 Sew Who Cares
12 Poker
6 Family Law

21

*9 Tai Chi Beginner II \$
*10 Tai Chi Beginner I \$
11 Cards for Kindness
12 Seasoned Sisters
2 Bid Whist
*3 Tai Chi Intermediate II \$
*4 Tai Chi Intermediate I \$
*5 Tai Chi Advanced \$
6 Soul Line Dance Party \$

22

10 Tai Practice
11 Tai Chi Practice
12 Tai Chi Practice
12 Poker
1 Chess

23

10 Draw & Paint\$
12 Pinochle
1 Bridge

26

9 Tai Chi Practice
10 Movin Mondays \$
11:45 Yoga \$
12 Mahjong
1:30 Chinese Brush Stroke Painting \$
2:30 Pinochle
3 Soul Line Dance \$

27

10 Color with Us
10 Map Services
***10 Qigong**
11 Seated Yoga \$
12 Sew Who Cares
12 Poker
7 Language Cafe

28

*9 Tai Chi Beginner II \$
*10 Tai Chi Beginner I \$
12 Seasoned Sisters
2 Bid Whist
*3Tai Chi Intermediate II \$
*4 Tai Chi Intermediate I \$
*5 Tai Chi Advanced \$
6 Soul Line Dance Party \$

29

10 Tai Practice
11 Tai Chi Practice
12 Tai Chi Practice
12 Poker
1 Chess
6 Encore Cinema

30

10 Draw & Paint\$
12 Pinochle
1 Bridge

ONGOING PROGRAMS

Chinese Brush Stroke Painting

Mondays, 1:30pm

Cost: \$138 11 classes

(No class on 7/4 & 9/5)

The characteristic of the brush stroke painting are to use realistic techniques to depict an object's natural harmony while providing room for the viewer's imagination. #A04500.800

Color with Us

Tuesdays, 10am

Adult Coloring

No talent or prior experience, just good conversation, relaxation in a stress free place.

Sew Who Cares

Tuesdays, 12pm

Join this fun creative social group who gets together and share their passion for crocheting, knitting, sewing and other needlecraft skills.



Nutrition Consultation, Thursday,

July 14, August 11, September 8

10am to 12pm

Sign up for 1/2 hour consultations

Nutrition Consultation with dietician Carmen Roberts, RD, LDN by appointment

World Language Café

Tuesday, 7pm

Every 4th Tuesday of the month.

Converse in a friendly atmosphere, meet new people, increase your fluency by speaking and listening while picking up useful phrases to use when traveling.



Seasoned Sisters Group

Wednesdays 12pm

Summer Dates 7/13 & 8/17

Led by a trained facilitator.

Come laugh, learn, and grow with other women in a welcoming setting to uplift and create connections. Discussions focus on sharing life lessons and the joys of being seasoned.

CARDS & GAMES (Drop In)

- ◆ **Mahjong, Monday 12pm (intermediate/advanced)**
- ◆ **Poker, Tuesday/Thursday 12pm**
- ◆ **Bid Whist, Wednesday 2pm**
- ◆ **Chess, Thursday 1pm**
- ◆ **Pinochle, Monday 2:30pm**
 - ◆ **Friday 12pm**
- ◆ **Bridge, Friday 1pm**



*Qi Gong Practice

Tuesday, 10am,

Cost: Free

Note: This class is held outside, inclement weather class is held on Zoom.

No experience necessary.

Qi Gong is the art and science of using breathing techniques, gentle movement, and meditation cleanse,

EVENTS & PROGRAMS



Pool Party
Wednesday, July 6, 12pm
Cost: Donation
(must register for lunch)
Join us poolside for games,
music and lunch!

Mah Jong **Learn to Play**

American Mah Jong
Fridays, July 8, 1pm to 2:30pm
(4 weeks)

Cost: \$15 Materials Fee

Enter the fun and challenging world of this
tile game of strategy and skill.



Wordle

Come and learn how to play the
hottest new online word game.

Wednesday, July 27, 1pm

Wordle is an online word game in which
the player has to guess a five-letter word
in six attempts. Join the fun bring
your phone!

Paper Making

Cost: Free

Every third Wednesday at 11am,
This quarter the Paper Crafting Class is
all about the paper!

Join us July 20, faux rice paper from
napkins or tissue paper

On August 17, Washi tape and
September 21 making new paper from
old scraps!



“The Game Of Life”

Friday, August 5, 1pm

Cost: Free

You have lived it, now
come and play it! Great
game day, win prizes, make new
friends. Stop to register choose your car!
Root Beer floats and snacks!

Please call to register for events and programs
410-313-7680.

Or Online registration can be done via the
ActiveNet website: <http://apm.activecommunities.com/howardcounty>

CENTER CLOSURE

MONDAY, July 4th , Independence Day

MONDAY, September 5th Labor Day

EVENTS & PROGRAMS



Ice Cream Social, featuring "Name That Tune"

Friday, August 26, 1pm

Cost: \$5

Come and enjoy our ice cream bar while playing this interactive game of guessing popular tunes from the 50's, 60's and 70's.

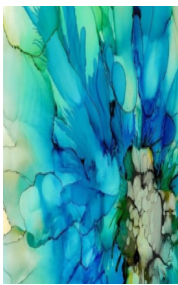


Tik Tok University

Wednesday, August 31, 12pm

Cost: Free

Join the fun as we teach you fast and easy recipes our staff has learned on TikTok.



Alcohol Ink

Friday, September 9, 10am

Cost: \$12, Materials Fee: \$10

Join Rachel McCracken and learn to use alcohol inks on a variety of surfaces to make beautiful and unique art.

Alcohol inks can make stand alone works of art or can serve as the background for other projects.



DIY Handmade paper w/Eileen.

Wednesday,

September 14, 11am

Join Eileen Heefner as she teaches you how to make handmade paper from recycled materials.

Cards for Kindness

Wednesday, September 21, 11am

Please join us as we participate in Cards for Kindness, a global initiative to spread kindness through hand made cards. Scrapbook.com is collecting handmade blank cards for several organizations. The cards we make will go to hospitals, crisis centers, cancer foundations, and other places where people are in need of some kindness.

East Columbia will provide the card bases and envelopes and will mail the completed cards. We will have decorative paper, stamps & ink, glue and ephemera on hand and you are welcome to bring your own, or supplies to share. Also bring your creativity and love to create Thinking of you; Happy Hello or blank/no sentiment cards.



EVENTS & PROGRAMS

Fresh Conversations with Karen Basinger 2:30PM

Join the conversation
as Karen talks about:

July 12 - Battle of the Carbohydrates

August 16 - The Sunshine Vitamin

September 13 - What's New in Nutrition

"Care Talks"

Third Tuesdays at 10am

The Caregiver Support Program is to meet in-person with caregivers offering information and resources to assist you in your journey.

**Please contact Earnestine Thomas
At 410-313-5969 or
ethomas@howardcountymd.gov.**



Let's Do Lunch

The congregate meal program has returned to the East Columbia 50+ Center! Howard County residents aged 60 and over and their spouses of any age are eligible to participate in this program and are asked to make a voluntary, confidential donation. All the Howard County 50+ Centers serve meals that have been planned and approved by a registered dietitian.

Schedule: Meals are available Tuesday through Friday each week based on availability. Please ask an East Columbia 50+ Center staff member if you would like to receive a meal.

Legal Aid

**Mondays, 9am to 11:30am
No appointment necessary
410-480-1057**

Family Law Assistance

Tuesdays, 6pm

July 12 & 19

August 9 & 16

September 13 & 20

By Appointment Only

410-313-2135 or 410-313-2225

MARYLAND ACCESS POINT (MAP)

A MAP specialist is available at East Columbia 50+ every Tuesday from 10am to 4pm.

Maryland Access Point (MAP) of Howard County is a gateway for information and assistance for older adults, persons with disabilities, family members, and caregivers who need or want to plan for future needs.

- Caregiver Resources, Support and Education
- Short-and Long-Term Planning
- Medicare Counseling
- Transportation Options
- Alternate Community Living Options
- Benefits Eligibility Assistance
- Aging in Place Consultations

EXERCISE AND FITNESS

Movin' Mondays

Mondays, 10am

Cost: \$59, 11classes

(no class 7/4, 9/5)

Get your week off to a great start with some low-impact cardio; Muscle conditioning; agility and balance work; and finish up with stretching!

#A04402.800

Yoga

Mondays, 11:45am

Cost: \$70 11classes

(no class on 7/4, 9/5)

Learn basic yoga poses. Enjoy breathing and relaxation techniques. Benefits include: greater flexibility, improved strength, energy, concentrations, clarity, and overall health. #A04401.800



Soul Line Dance Beginner/Intermediate

Mondays, 3pm,

Cost: \$59, 11 classes

(no class 7/4, 9/5)

Be inspired by soul music and creative and challenging moves. Dance your way to a fitter "you" #A04400.800

Chair Yoga

Tuesdays 11am

Cost: \$64, 12 classes (no class 7/5)

In this gentle class, yoga poses are done seated or standing using the chair as a prop for support. Benefits include: greater flexibility, improved strength, energy, concentration, clarity, and overall health. #A04403.800

Soul Line Dance Party with Jessie Barnes

Wednesdays, 6pm Cost: \$7 drop in fee.

Learn all the latest soul line dances.

You could be a big hit at the next party!

#A04410.800

***Tai Chi Wednesdays**

***Beginner II, 9am** #A04406.800

***Beginner I, 10am** #A04405.800

Cost: \$136, 13 classes

Learn the easy, gentle, slow circular movements of Tai Chi that help improve balance and concentration.

***Intermediate II, 3pm** #A04408.800

***Intermediate I, 4pm** #A04407.800

Cost: \$136, 13 classes

Intermediate Tai Chi focuses on balance in the body, mind, and spirit. Swords are incorporated in this Tai Chi practice.

***Advanced 5pm** #A04404.800

Cost: \$136, 13 classes

Advance Tai Chi focuses on balance in the body, mind and spirit. Swords and fans are incorporated in this Tai Chi practice.

***Tai Chi classes are held outdoors weather permitting.**

VIRTUAL PROGRAMS ON WEBEX

National Park Series Agate Fossil Beds National Monument

Thursday, July 28, 2 pm

Join an Education Ranger as they introduce several species of mammals that once roamed the Nebraska plains during the Miocene epoch some 26-15 Million Years ago. Learn about how climate change, geology and other environmental factors contributed to the evolution and extinction of these species. Learn some other fun facts as well.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf0931a963616aa382d028d023dc16ee6>

Meeting # 2319 094 0184

Password: Summer50+

National Park Series: Mammoth Cave National Park

Thursday, August 25, 2 pm

Join National Park Ranger McDowell to learn about the history and geology of Mammoth Cave and west-central Kentucky.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m35108712cd044f2ec74f0b752e8d7167>

Meeting # 2310 253 9184

Password: Summer50+

VIRTUAL FITNESS PASS

Are you interested in joining our Virtual Community of Fitness Classes? Sign up for our Paid Virtual Fitness Class Pass and enjoy 17 different classes per week, for only \$38 a month. To sign up and for more details on classes and instructors, call 410.313.1400 or 410.313.5440.

You can also sign up online at: <https://apm.activecommunities.com/howardcounty/>

Search: Virtual 50+Virtual Exercise Classes/A02490.801 for July, A02490.802 for August and A02490.803 for September. Below is the weekly schedule. Please note in August, Kickboxing moves to 8:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FLOOR, CORE & MORE 8:30 AM</p> <p>MINDFUL MONDAYS 10 AM</p> <p>SEATED STRENGTH AND BALANCE 11 AM</p> <p>CIRCUIT CONDITIONING 5:30 PM</p>	<p>POWER 8:30 AM</p> <p>CARDIO & CORE 10 AM</p> <p>YOGA WITH MARY 11 AM</p>	<p>KICKBOXING 8 AM</p> <p>PILATES 10 AM</p> <p>CIRCUIT CONDITIONING 5:30 PM</p>	<p>POWER 8:30 AM</p> <p>CARDIO & CORE 10 AM</p> <p>SEATED STRENGTH AND BALANCE 11 AM</p>	<p>FLOOR, CORE & MORE 8:30 AM</p> <p>ZUMBA GOLD® 10 AM</p> <p>FRIDAY POWER 11 AM</p>
				<p>SATURDAY</p> <p>HATHA YOGA 9:30 AM</p>

