

ELKRIDGE 50+Center

July, August, September 2022



6540 Washington Blvd
ElkrIDGE, MD 21075
410-313-5192

Center Email
elkrIDGE50@
howardcountymd.gov

Monday - Friday
8:30am - 4:30pm
Fitness Equipment Room
8:30am - 4:00pm

50+ Center Hotline
410-313-5400

Newsletter Online
www.howardcountymd.
gov/elkrIDGE50

Volunteer Website
www.hocovolunteer.org

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Howard County
50+ CENTERS
Be enriched, engaged, connected. Grow.



Fun, Learning, Art, Nature, Safety, Yoga...

Summer Picnic Party 7/7

Art Reception 7/18

FBI Scams 7/29

Astronomy Lunch & Learn 8/3

Book Club 8/4

Fire Safety and Prevention 9/7

Retirement Planning 9/13

Nature Conservancy & Belmont 9/14

Emergency Preparedness 9/15

Free Chakra Yoga 9/23

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-5192** 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

Jeannie DeCray, Director

jdecray@howardcountymd.gov
410-313-5175

Jodi Bargamian, Assistant Director

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410-313-5174

Nakear Frazier, Registrar

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Hyeri Choi, Registrar/Utility

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410-313-5173

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. Thank you!

How can I get the newsletter sent to my inbox?

Just click on this link to sign up in Constant Contact.

<https://bit.ly/HoCosubscribe>



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 Front desk to assure that your membership is current. **Please inform the Front Desk 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.*

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.

ADJUSTED HOURS OR CENTER CLOSURES

July 4, Independence Day

September 5, Labor Day


JULY AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8 Walking Club 10 Yoga \$ 11 Bingo 2 Game Time
4 Center Closed 	5 8 Walking Club 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club	6 8 Walking Club 8:30 MAP 9 Pilates \$ 10 Wii Bowling 1 Better Balance \$ 2 Arthritis Exercise \$	7 8 Walking Club 9 Nutrition Consults 11 Nutrition with Carmen 11 Thursday Tech Time 12 Summer Picnic Party 	8 8 Walking Club 1 Strength Training \$ 2 Game Time
11 8 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 12:30 Fresh Conversations: The Sunshine Vitamin 1 Better Balance \$ 2 Arthritis Exercise \$	12 8 Walking Club 10 AgeWell \$ 11 Knitting Club 12 Lunch 1 Fitness Consults \$ 1 Bridge Club 1 Chess Club	13 8 Walking Club 8:30 MAP 9 Pilates \$ 10 Wii Bowling 10 Advanced Beginner Yoga \$ 1 Better Balance \$ 2 Arthritis Exercise \$	14 8 Walking Club 9 AgeWell \$ 10 Care Talks 11 Thursday Tech Time 11 Craft with Jodi 12 Lunch	15 8 Walking Club 10 Yoga \$ 11 Bingo 12 Age Friendly Lunch & Learn with Calvin Ball, County Exec. 1 Strength Training \$ 2 Game Time
18 8 Walking Club 10 Korean Calligraphy and Asian Brush Art Reception 11 Strength & Tone \$ 1 Better Balance \$ 2:30 Chromebook Class \$ 2 Arthritis Exercise \$	19 8 Walking Club 10 AgeWell \$ 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club 2:30 Chromebook Class \$	20 8 Walking Club 8:30 MAP 9 Pilates \$ 10 Wii Bowling 10 Advanced Beginner Yoga \$ 1 Better Balance \$ 2 Arthritis Exercise \$	21 8 Walking Club 10 AgeWell \$ 11 Thursday Tech Time 12 Lunch 1 Movie: King Richard	22 8 Walking Club 10 Yoga \$ 1 Strength Training \$ 2 Game Time
25 8 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$	26 8 Walking Club 10 AgeWell \$ 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club	27 8 Walking Club 8:30 MAP 10 Wii Bowling 1 Better Balance \$ 2 Arthritis Exercise \$	28 8 Walking Club 10 AgeWell \$ 11 Thursday Tech Time 12 Lunch	29 8 Walking Club 11 FBI Scams 1 Strength Training \$ 2 Game Time

AUGUST AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
1 8 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$	2 8 Walking Club 10 AgeWell \$ 11 Knitting Club 1 Bridge Club 1 Chess Club	3 8 Walking Club 8:30 MAP 9 Pilates \$ 10 Wii Bowling 10 Advanced Beginner Yoga \$ 11 Astronomy Lunch & Learn 1 Better Balance \$ 2 Arthritis Exercise \$	4 8 Walking Club 9 Nutrition Consults 11 Nutrition Education with Carmen 10 AgeWell \$ 11 Thursday Tech Time 12 Lunch 1 Book Club Returns!	5 8 Walking Club 10 Yoga \$ 11 Bingo 1 Strength Training \$ 2 Game Time 2:30 Summer Mocktails 
8 8 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$	9 8 Walking Club 10 AgeWell \$ 11 Knitting Club 12 lunch 1 Fitness Consults \$ 1 Bridge Club 1 Chess Club	10 8 Walking Club 8:30 MAP 9 Pilates \$ 10 Wii Bowling 10 Advanced Beginner Yoga \$ 1 Better Balance \$ 2 Arthritis Exercise \$	11 8 Walking Club 10 AgeWell \$ 10 Care Talks 11 Craft with Nakear 11 Thursday Tech Time 12 Lunch	12 8 Walking Club 9 Legal Aid 10 Yoga \$ 10 AARP Smart Driver Class 1 Strength Training \$ 2 Game Time
15 8 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 12:30 Fresh Conversations: Carbohydrates 1 Better Balance \$ 2 Arthritis Exercise \$	16 8 Walking Club 10 AgeWell \$ 11 Knitting Club 12 lunch 1 Bridge Club 1 Chess Club	17 8 Walking Club 8:30 MAP 9 Pilates \$ 10 Wii Bowling 10 Advanced Beginner Yoga \$ 11 Officer Bill 1 Better Balance \$ 2 Arthritis Exercise \$	18 8 Walking Club 10 AgeWell \$ 11 Thursday Tech Time 11 BMI 12 Lunch 1 Movie: The Sapphires	19 8 Walking Club 10 Yoga \$ 11 Bingo 1 Strength Training \$ 2 Game Time
22 8 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 1 Better Balance \$ 2 Arthritis Exercise \$	23 8 Walking Club 10 AgeWell \$ 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club	24 8 Walking Club 8:30 MAP 9 Pilates \$ 10 Wii Bowling 1 Declutter Your Home 1 Better Balance \$ 2 Arthritis Exercise \$	25 8 Walking Club 10 AgeWell \$ 11 Thursday Tech Time 12 Lunch	26 8 Walking Club 10 Yoga \$ 1 Strength Training \$ 1 Hawaiian Theme Day Celebration 2 Game Time 
29 8 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 11 Grief Chat 1 Better Balance \$ 2 Arthritis Exercise \$	30 8 Walking Club 10 AgeWell \$ 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club	31 8 Walking Club 8:30 MAP 9 Pilates \$ 10 Wii Bowling 10 Advanced Beginner Yoga \$ 1 Better Balance \$ 2 Arthritis Exercise \$		

SEPTEMBER AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8 Walking Club 9 Nutrition Consults 11 Nutrition with Carmen 11 Thursday Tech Time 10 AgeWell \$ 12 Lunch 1 Book Club	2 8 Walking Club 10 Yoga \$ 11 Bingo 2 Game Time
5 Center Closed 	6 8 Walking Club 10 AgeWell \$ 11 Knitting Club 12 Lunch 1 Fitness Consults \$ 1 Bridge Club 1 Chess Club	7 8 Walking Club 8:30 MAP 9 Pilates \$ 10 Advanced Beginner Yoga \$ 10 Wii Bowling 11 Fire Safety Prevention 1 Better Balance \$ 2 Arthritis Exercise \$	8 8 Walking Club 10 AgeWell \$ 10 Care Talks 11 Game with Nakear 11 Thursday Tech Time 12 Lunch	9 8 Walking Club 9 Legal Aid 10 Yoga \$ 10:30 R&P Trip Options with Tracy Atkins 1 Strength Training \$ 2 Game Time
12 8 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$	13 8 Walking Club 10 AgeWell \$ 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club 5 Transition Stories	14 8 Walking Club 8:30 MAP 9 Pilates \$ 10 Wii Bowling 10 Advanced Beginner Yoga \$ 11 Belmont: Nature Conservancy 1 Better Balance \$ 2 Arthritis Exercise \$	15 8 Walking Club 10 AgeWell \$ 11 Thursday Tech Time 11 Emergency Preparedness 12 Lunch 1 Movie: Greenbook	16 8 Walking Club 10 Yoga \$ 11 Bingo 1 Strength Training \$ 2 Game Time
19 8 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 12:30 Fresh Conversations 1 Better Balance \$ 2 Arthritis Exercise \$	20 8 Walking Club 10 AgeWell \$ 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club	21 8 Walking Club 8:30 MAP 9 Pilates \$ 10 Wii Bowling 10 Advanced Beginner Yoga \$ 1 Better Balance \$ 2 Arthritis Exercise \$	22 8 Walking Club 10 AgeWell \$ 11 Thursday Tech Time 12 Lunch	23 8 Walking Club 10 Yoga \$ 11 Chakra Yoga 1 Strength Training \$ 2 Game Time
26 8 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$	27 8 Walking Club 11 Knitting Club 12 Lunch 1 Bridge Club 1 Chess Club	28 8 Walking Club 8:30 MAP 9 Pilates \$ 10 Wii Bowling 11 Officer Bill 1 Better Balance \$ 2 Arthritis Exercise \$	29 8 Walking Club 10 AgeWell \$ 10 Water Color Demo Day 12 Lunch	30 8 Walking Club 1 Strength Training \$ 2 Game Time

ONGOING PROGRAMS

Please reserve your spot for all programs with a front desk staff person.
Thank you!

Bridge Club

Tuesday, 1-4pm

Enjoy casual drop-in bridge. Have fun, exercise your brain and socialize with fellow bridge players. Some experience is required. Free.

Knitting Club

Tuesday, 11am-12pm

Enjoy the company of fellow knitters as you knit, crochet, or work on needlework projects. The group participates in several charitable knitting projects as well. Free.



Chess Club

Tuesday, 1-2:30pm

Check mate! Be a part of the resurging interest in chess following the acclaimed Netflix series "The Queen's Gambit." Chess is a great way to play, socialize, and exercise your brain! Free and cookies are included!

Legal Aid

Second Friday, 9am-12pm, starting 8/12

Maryland Legal Aid provides free basic legal direction to our 50+ members. Service covers: family law, public benefits, consumer law, housing issues, and elder law. Free.

Maryland Access Point in Person (MAP)

Wednesday, 8:30am-4pm

Don't know where to turn for resources in Howard County? Our MAP professionals are here to listen and provide information for your real life questions. Free.

Wii Bowling

Wednesdays, 10-11am

Drop in for an hour of engaging virtual play! This is a super fun and easy way to move a little and socialize a lot! The smiles are guaranteed, the strikes are up to you! Free.

Care Talks

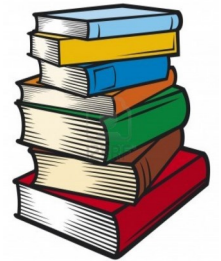
Second Thursday 10am-12pm

The Caregiver Support Program will be at the ElkrIDGE 50+ Center on the second Thursday of the month from 10am-12pm by appointment only. To schedule an appointment, please contact Earnestine Thomas at 410-313-5969 or ethomas@howardcountymd.gov

Book Club

First Thursday 1-2pm

Book club returns August 4th! After a long run in the virtual world, we are returning to in-person discussions. Enjoy great conversation and connection over a good book! Join our discussions and share your perspective as we discuss:



8/4 *The Book Thief* by Marcus Zusak

9/1 *The Library Book* by Susan Orlean

Thursday Tech Time

**First, Second, Third & Fourth Thursday
11am-12pm**

Puzzled about new technology? Want to learn more about your smart phone, tablet or laptop? Register for a free 20 minute session with one of our wonderful tech volunteers. Bring your device. Registration required. Free.

Bingo

First & Third Friday, 11am-12:30pm

Enjoy bingo and play for simple prizes and fun with all your Center friends. Free.

Game Time

Friday 2-4pm

Find some Friday fun playing board games and cards in the lounge. Free.

EVENTS CLASSES AND PROGRAMS

Please reserve your spot for all programs with a front desk staff person.
Thank you!

Let's Do Lunch!

The congregate meal program has returned to the Elkridge 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:

Tuesdays and Thursdays at 12 pm

Registration: Sign up at least one week in advance at the Center or by calling 410-313-5192.



Nutrition Education: All About Iron

Thursday, July 7

11am-12pm

Join Registered Dietitian Carmen Roberts to learn about a variety of blood disorders, including iron-deficiency anemia. Discover how nutrition can play a vital role in the treatment of these conditions. Free.

Summer Picnic Party

Thursday, July 7

12-1:30pm

Join us for food, fun, crafts and games.

Welcome summer with a delicious lunch and enjoy crafting opportunities and picnic style fun and games with your Center friends. Please register at the front desk for lunch by donation or call 410-313-5192 to reserve your seat.



Korean Calligraphy

Monday, 9:30-10:30am

\$85 for 10 classes

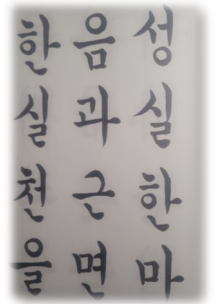
7/11-9/26

A05525.800

No class 7/18, 9/5

Korean calligraphy, also known as Seoye, is the Korean tradition of beautiful artistic writing. Learn about how to create beauty with language. Taught by, Chung Sook Kang. Supply list at the front desk.

(Art show and reception on 7/18)



Asian Brush Art

Monday, 10:30am-12pm

\$106 for 10 classes

7/11-9/26

A05524.800

No class 7/18, 9/5

Create a beautiful piece of art, using special brushes and techniques. Learn this fantastic art form! Taught by, Chung Sook Kang. Supply list at the front desk.

(Art show and reception on 7/18)



Fresh Conversations: The Sunshine Vitamin

Monday, July 11

12:30-1:30pm

Join Karen Basinger, Registered Dietitian for an informative look at Vitamin D. Learn more about the "sunshine" vitamin and the connection between Vitamin D and depression. This program is presented through the UMD Extension program. Free.

Crafting with Jodi

Thursday, July 14

11am-12pm

Brighten your summer days with pressed flowers. Using delicately pressed real flowers, learn how to turn them into greeting cards, book marks and more. Free.

EVENTS CLASSES AND PROGRAMS

Asian Brush and Korean Calligraphy Art Show and Reception

Monday, July 18

10am-1pm

Take in the beauty of the fabulous art work crafted by the students in our Asian Brush Art and Korean Calligraphy classes.



The Asian Brush and Korean Calligraphy classes, led by Chung Sook Kang, help students create beauty with brushstrokes and ancient artistic writing. Bring your friends and take some time to appreciate the fine work produced in these art classes and relax with some refreshments. Free.

Chromebook Class

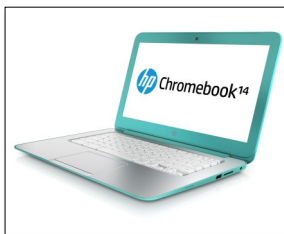
Monday and Tuesday, July 18 & 19

2:30-4pm

\$8

Got a new Chromebook and don't know how to use it? Learn how to get the most out of your new device.

Class covers: set up, configuring, transferring of data, email, Bluetooth, internet and WiFi connections, Gmail, calendar, contacts and so much more! To register, see the front desk or call 410-313-5192.



Movie: King Richard

Thursday, July 21

1-3pm

With a clear vision and a brazen 78-page plan, Richard Williams is determined to write his daughters, Venus and Serena, into history. Based on the true story that will inspire the world, "King Richard" follows the uplifting journey of a family whose unwavering resolve and unconditional belief, ultimately delivers two of the world's greatest sports legends. Free.

FBI Fraud Protection Class

Friday, July 29

11am-12pm

Learn how to protect your finances in this interactive class presented by the FBI Baltimore Field Office. Learn about fraud trends currently used against older adults, how to spot fraud, what to do when something seems suspicious, and how to keep your hard-earned retirement savings safe. The officers will discuss real cases (names and details have been changed), and share information on how to respond to pressure to send money. Questions are encouraged! Free.

Strange and Unusual Moons: Astronomy

Lunch and Learn with Bob Savoy

Wednesday, August 3

11am-12:30pm

There are some strange and unusual moons in our Solar System. There is a moon that looks like a sponge. Another one that looks like a pizza. There is even one that looks like the Death Star from Star Wars! Which moons are bigger than planets? Which moon has water-ice geysers? Join us to find out!



Reserve your spot at the front desk or by calling 410-313-5192.

Lunch by donation, program is free.

**Please reserve your spot for all programs with a front desk staff person.
Thank you!**

EVENTS CLASSES AND PROGRAMS

Nutrition Education with Carmen: Vegan Diet

Thursday, August 4

11am-12pm

Thinking of going vegan? Learn how you can healthfully adopt a plan-based diet while making sure your getting adequate vitamins and minerals. Registered Dietitian Carmen Roberts will discuss meal planning and tips on creating a balanced vegan plate. Free.

Summer Mocktails

Friday, August 5

2:30-3:30pm

Summer Mocktails are light on alcohol but full of flavor. Made with fresh fruit, herbs and other tasty ingredients, mocktails are festive and fun. Join us as we sample some flavorful refreshing treats! Free.



Crafting with Nakear

Thursday, August 11

11am-12pm

Get your crafty fix with Nakear! Sunflowers take the starring role in this crafting project. Create something with flower-power to enhance your home décor. Free.



AARP Smart Driver

Friday, August 12

10am-2:30pm

Refresh your driving skills and knowledge of the rules of the road. Learn techniques for handling left turns, right-of-way and roundabouts. Discover proven driving methods to help keep you and your loved ones safe on the road.

CLASSROOM COURSE (Payable to AARP on first day of class)

\$20 for AARP members

\$25 for non-members

Fresh Conversations:

The Battle of Carbohydrates

Monday, August 15

12:30-1:30pm

Let's talk about carbohydrates! What's the difference between a simple and complex carbohydrate? Why do so many people try to avoid them? How can you make smart choices about including carbohydrates in your diet? Presented by Karen Basinger, R.D. with the UMD extension Program. Free.

Police Talk with Officer Bill Kreitzer

Wednesday, August 17

11am-12pm

Join Officer Bill Kreitzer for talk and tips to keep you safe in your community. Bring your questions and concerns. Free.

Baltimore Museum of Industry: Baltimore's Amazing Garment Industry

Thursday, August 18

11am-12pm

A dynamic industry unfolded in Baltimore in the second half of the 19th century, and continued until its virtual disappearance over one hundred years later. The garment industry, became the industrial powerhouse of the city and dominated the men's clothing business throughout the U.S. Men's suits, women's apparel, umbrellas, hats, and shoes, came out of downtown factories and east side sweatshops. Free.

Movie Time: The Sapphires

Thursday, August 18

1-3pm

The Sapphires, set in 1969, tells the story of the McCrae sisters, four Aboriginal singers from country Victoria (Australia) who dream of becoming as famous as their Motown idols. The Sapphires is a feel-good film "full of rousing soul standards," but also a story about 4 young women discovering love and tragedy in a war zone. Free.

EVENTS CLASSES AND PROGRAMS

Ultimate Ways to De-Clutter, Prepare Your Home for Sale, and Get the Best Price **Wednesday, August 24**

1-2pm

Do you still have your kids' stuff in YOUR basement, or closets that are jammed-packed? Are you thinking about selling your home and don't know where to begin? This free class will teach you:

- Decluttering and downsizing tips
- Low-cost freshening up ideas to help you get the best price for your home

Hawaiian Theme Day—Aloha!

Friday, August 26

1-2pm

Get out that Hawaiian shirt and join in the fun. Play along with some tropical trivia and learn more about our Country's youngest state. Sport a leis necklace and enjoy some cool treats. Tap your toes and sing along as Peter Francis plays beachy summer tunes for your musical entertainment.



Grief Chat

Monday, August 29

11am-12pm

Understanding grief can help ease the stress and reveal coping strategies. Join Karen Hull for a discussion about grief, honoring as healing and embracing the future. Free.

Nutrition Education with Carmen:

Build a Better Breakfast

Thursday, September 1

11am-12pm

Tired of the same old breakfast routine? September is "build a Better Breakfast" month, so join Registered Dietitian, Carmen Roberts, to learn techniques to build a more balanced meal that will sustain your energy throughout the day. Breakfast really is the most important meal of the day! Free.

Fire Safety and Prevention

Wednesday, September 7

11am-12pm

Join Fire Fighter Tim Sinz for an overview of fire safety. General topics will include... Emergencies, Smoke Alarms, Evacuation, and Cooking Safety. Free.

Game with Nakear: Family Feud

Thursday, September 8

11am-12pm

Fun and laughter are sure to be on the board as Nakear leads us in a game of Family Feud, Elkridge style! Free.

Trips with Recreation and Parks

Friday, September 9

10:30-11:30am

Join Tracy Adkins as she helps you explore options for fall trips and tours offered through the Recreation and Parks Department. Let's go! Free.

Transitions Stories: This Point Forward

Tuesday, September 13

5:00-7pm

Thinking about transitioning from what you're doing now to something new?



Join us to hear from several panelists in various stages of transition (job change, retirement, opportunity, etc.) who will share their thoughts and helpful tips from their own transition experiences, including the journey from beginning to think about it into the actual next opportunity.

Please join us at 5pm for social connection before the 5:30 program. Free. Register by calling the front desk 410-313-5192 or via Eventbrite through the link below:

<https://this-point-forward.org/event/transition-stories-ii/>

EVENTS CLASSES AND PROGRAMS

The Howard County Conservancy Wednesday, September 14 11am-12pm

The Howard County Conservancy connects people to the beauty of nature and the ways we can protect and conserve land and become stewards of the Earth. Come see what's happening at the Carriage House of Belmont Mansion in Elkridge and the Mt. Pleasant farmland in Woodstock. Presented by Audrey Suhr. Light refreshments will be served. Free.

Emergency Preparedness with Lynn Hottle Thursday, September 15 11am-12pm

The Red Cross wants to help us all be prepared for emergencies. Are you? Join Lynn Hottle, Red Cross volunteer, to learn the basics of emergency preparedness and what you should have on hand for when disaster strikes. Free.

Movie Time: Greenbook Thursday, September 15 1-3pm

Dr. Don Shirley, world-class African-American pianist, is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking Italian-American bouncer from the Bronx. Despite their differences, the two men develop an unexpected bond while confronting racism and danger in an era of segregation. Free.

Fresh Conversations Your Mouth is Your Body's Mirror Monday, September 19 12:30-1:30pm

What secrets can your mouth reveal about your health? Learn the signs and clues it provides. Join Karen Basinger, Registered Dietitian with the UMD Extension Program, for this interesting angle on nutritional health. Free.

Chakra Yoga Class Friday, September 23 11am-12pm

It's yoga month. Namaste. Enjoy a free class and learn more about the yogic concept of chakra's or energy centers. Work through movements and mindful moments to engage each of the 7 chakras. Please bring your own mat. Free.



Police Talk with Officer Bill Kreitzer Wednesday, September 28 11am-12pm

Join Officer Bill Kreitzer for a general safety update and Q&A session. Please bring your questions and concerns and Officer Kreitzer will listen and help. Free.

Watercolor Demo Class Thursday, September 29 10am-12pm

Local water color artist, Gary Peddicord will demonstrate the fine art of watercolor painting. Be inspired by his approachable techniques that allow for the inner artist in you to come out. Details about his upcoming class will be provided. Free.



Disclaimer:

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

EXERCISE AND FITNESS

AgeWell

A05201.800

Tuesday & Thursday, 10-11am

\$73 for 23 classes, 7/12-9/29

No class 9/27

Practice basic aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training. Conclude with stretching to feel your best. Classes are conducted in the ElkrIDGE 50+ Center and are co-sponsored by the Howard County General Hospital.

Arthritis Exercise Class

A05404.800

Monday & Wednesday, 2-3pm

\$76 for 24 classes, 7/6-9/28

No class 9/5

Improve strength, flexibility and balance with this exercise program that is easy on the joints. Help manage discomfort with gentle range-of-motion movements. (Individuals 60 and over are encouraged to make the suggested donation to ensure continued viability of the program. Those 59 and under pay full fee.)

Better Balance

A05205.800

Monday & Wednesday, 1-2pm

\$76 for 24 classes, 7/6-9/28

No class 9/5

This class has been proven effective for people with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, bar, and seated exercise. A pre-screening is required prior to enrolling. Please contact Malarie Burgess at 410-313-6073 to schedule an evaluation or to learn more. (Individuals 60 and over are encouraged to make the suggested donation to ensure continued viability of the program. Those 59 and under pay full fee.)

Pilates

A05409.800

Wednesday, 9-10am

\$64 for 12 classes, 7/6-9/28

No class 7/27

Pilates enhances flexibility and builds lean muscle, strength and endurance in the hips, back and abdomen. Strengthening these core muscles helps improve posture and balance. Please bring your own mat.



Strength and Tone

A05408.800

Monday, 11am-12pm

\$48 for 9 classes, 7/11-9/19

No class 8/22, 9/5

Enhance full body strength and tone in this class using weights, bands, balls, and body weight exercises.

Strength Training

A05403.800

Friday, 1-2pm

\$64 for 12 classes, 7/8-9/30

No class 9/2

Strength training helps increase muscle mass, metabolism, and strengthens bones. Build the strength you need to live an active healthy life! Please bring your own mat for floor work.



Yoga: Advanced Beginner

A05453.800

Wednesday, 10-11am

\$58 for 9 classes, 7/13-9/21

No class 7/27, 8/24

Work on strength and stamina by holding poses for longer periods. This class also has some flow and breath work elements. Please bring your own mat.



EXERCISE AND FITNESS

Yoga: Gentle

A05452.800

Fridays, 10-11am

\$64 for 10 classes, 7/15-9/23

No class 7/29

Learn basic yoga poses. Enjoy breathing and relaxation techniques. Benefits include: greater flexibility, improved strength, energy, concentration, clarity and overall health. Bring your own mat.

Walking Club

Monday- Friday

8-9am, Meet Outside

Weather permitting, meet fellow members at the Center for a daily 1-2 mile neighborhood walk. Whether you prefer to stroll or power walk, everyone is welcome! Socialize in the lounge after the walk. Free.



For just \$75/year, Go50+ members can use the fitness equipment rooms at three 50+ Center locations: Elkrige, Ellicott City and Bain 50+ Centers, as well as in the Glenwood, N. Laurel, and Roger Carter Community Centers. Those needing a brush-up on how to use the exercise equipment can view a video at: <https://www.youtube.com/watch?v=8KyvEPCNJZ8>

If you need an update on the status of your Go50+ membership or would like additional information, call the Center at 410-313-5192.

**The Equipment Room is open
Monday-Friday 8:30am-4pm.**

Fitness Equipment Orientation

Monday 3:15-4pm

Learn how to safely use the cardio and strength equipment with guidance from a fitness professional. Register at the front desk for an overview of the fitness equipment room. Free.



Always Available

Fitness Counseling

Second Tuesday 1-4pm

\$15 per 30-minute session

Get support and guidance from Malarie Burgess, Exercise Specialist, to establish a personalized fitness program that considers the recommendation of a health care provider, participant goals, and fitness assessment results. These counseling sessions are ideal if: you never exercised, been told by a provider to become more active, or for those returning to activity after being discharged from therapy. Register at the front desk or use the ActiveNet link: https://anc.apm.activecommunities.com/howardcounty/daycare/program/605?onlineSiteId=0&from_original_cui=true&online=true&locale=en-US

Nutrition Consultations

First Thursday, 9-11am

Registered Dietitian, Carmen Roberts, is available for nutrition consultations for members 60+. During this 30-minute session, she can answer questions about diet, nutrition, and the impact of food on your health. Free. Register at the front desk or use the ActiveNet link: https://anc.apm.activecommunities.com/howardcounty/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=virtual%20nutrition&viewMode=list

VIRTUAL CORNER

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>
				SATURDAY
				<p>HATHA YOGA 9:30 AM</p>

