

ELLICOTT CITY 50+ CENTER

July, August, September 2022



9401 Frederick Road
Ellicott City, MD 21042

410-313-1400

50+ Fitness Ctr 410-313-0727

Center Email

ellicottcity50@howardcounty
md.gov

Center Hours

Monday - Friday
8:30 am-4:30 pm

Fitness Center Hours

Monday - Friday
8:30 am-4 pm

50+ Hotline 410-313-5400

Newsletter On-line

www.howardcountymd.gov
/ellicott-city-50-center

Volunteer Website
www.hocovolunteer.org

In This Issue

General Info Page 1-3

At A Glance Page 4-6

On-going Programs Page 7-8

Events and Programs Page 8-12

Exercise Classes Page 13-14

Go50+ Info Page 14

Virtual Programs Page 15



Welcome to the Ellicott City 50+Center.

I'd like to introduce Emily Choi, Emily is our newest team member and she is our Admin Support Tech, which means she can do it all. Emily will be focusing on room set ups, keeping an eye on the building and grounds, assisting at the front desk and the fitness center. We are excited to have her, please give her a warm welcome. We also would like to welcome Daemir Dove. Daemir is the new Nutrition Specialist and is with us fulltime. She will be heading up our lunch and breakfast programs. Make sure to say hello, sign up for lunch and thank her for the yummy coffee on Tuesdays and Thursdays!

A big thank you to the rest of the Ellicott City 50+Center staff who have stepped up to keep things running smoothly. In an effort to provide more exercise options for our members, Vicki has added an additional Chair Yoga class on Tuesday and Thursday afternoons, Line Dancing on Friday afternoons, and in August look out for a new LA Blast Class. Make sure to sign up for our new Sketching Classes, Mahjong instruction, DIY Chubby Book and more. We can't wait to see you!

Vicki - Michelle - Dave - Jake - Emily - Daemir - Regina

LET'S DO LUNCH - OR BREAKFAST

The congregate meal program has returned to the Ellicott City 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.



Schedule:

Tuesdays at 12 pm (Lunch) and
Thursdays at 9:30 am (Breakfast)

Registration: Sign up at least one week in advance at the Center or by calling 410-313-1400.

GENERAL INFORMATION

50+ Center Staff

Vicki Stahly, Assistant Director
vstahly@howardcountymd.gov
410-313-1421

David Irwin, Fiscal Technician
dirwin@howardcountymd.gov
410-313-1422

Michelle Resig, Registrar
mresig@howardcountymd.gov
410-313-1400

Jake Krebs, Registrar
jkrebs@howardcountymd.gov
410-313-0727

Emily Choi, Admin Support Tech
ychoi@howardcountymd.gov
410-313-1419

Damier Dove, Nutrition Specialist
ddove@howardcountymd.gov
414-313-1418

Regina Jenkins, Interim Director
rjenkins@howardcountymd.gov
410-313-5443

Connections Staff

Felicia Stein, Connections Director
fstein@howardcountymd.gov
410-313-1425

Joyce Nagel-Mortell, Connections Asst. Dir.
jnagel@howardcountymd.gov
410-313-1426

Jill Rose, Connections Assistant
jrose@howardcountymd.gov

Ellicott City 50+ Center Council

President: Bill Reichert

Vice President: Sajda Ilyas

Secretary: To Be Elected

Treasurer: To Be Elected

Members at Large:

Bill Amos Carla Buehler

Karen Gatzke Caroline Jackins

Helaine Jeffers Pat Philip

Joe Strassner

Email: ellicottcity50pluscouncil@gmail.com

Upcoming Center Council meetings:
July 11, August 8, September 12 at 1 pm

Connections Social Day Program

The Connections Social Day Program is located within the Ellicott City 50+ Center. This supervised four-hour program promotes a balance of well-being, self-reliance, socialization and independence of adults who may require some assistance with daily activities. It features a variety of therapeutic programs and activities.

For more information on the program or to schedule a visit, call Felicia Stein, Connections Director at 410-313-1425.

ADJUSTED HOURS OR CENTER CLOSURES

Monday, July 4 - Independence Day

Tuesday, July 19 - Primary Election

Monday, September 5 - Labor Day

GENERAL INFORMATION

Howard County 50+ Center Participation Guidelines

Anyone 50 years or older is welcome to join Ellicott City 50+ Center activities. In order to ensure a healthy and safe environment for all participants, there are a few simple guidelines to ensure that all **members' rights and needs are respected**. To obtain a full list of guidelines, please request a copy at the front desk.

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. 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 contact information.

Scan In

Upon entering the 50+ Center, please have your membership card available to scan. This helps track accurate Center attendance.

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 410-313-1400 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.

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.

Transportation Options



Participants are responsible for their transportation to and from the Center. Possible transportation resources include: Regional Transit Agency/RTA Ride. To use RTA mobility services, riders must be certified. For information call the RTA Customer Service Line at 1-800-270-9553. Neighbor Ride: For price and information call 410-884-7433.

Newsletter by Email

Sign up at the Front Desk to be added to the Center Newsletter Constant Contact List or visit:

<https://visitor.r20.constantcontact.com/d.jsp?llr=opffxxxab&p=oi&m=opffxxxab&sit=xfryxhvk&f=d7a29a20-1094-4352-b463-fa6fd5f5ce8c>

JULY AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>F = FITNESS CENTER \$ = FEE</p>				<p>1 10 Patriotic Pop Up 1pm Open Bridge 1 Pinochle 2 Table Tennis F</p>
<p>4 CLOSED</p> 	<p>5 9 MahJong 10 Chess Club 12 Let's Do Lunch 1 Pinochle 1 Open Games</p>	<p>6 10 Genealogy 10 Beg Sign Lang \$ 11 Inter Sign Lang \$ 12 Intro Sign Lang \$ 1pm Pinochle 1pm Needlework F 1 Paint Together</p>	<p>7 MAP by appointment 9:30 Breakfast 10 Chess Club 10 Men's Group 9 Paint Together 1 Pinochle 1 Watercolor \$ 1 Open Games</p>	<p>8 11 Healthy Brain 1 Open Bridge 1 Pinochle 1 Inter Watercolor \$ 2 Table Tennis F</p>
<p>11 9 Paint Together 10 Balance 4 All \$ 10:30 Cribbage 1 Open Bridge 1 Paint Together 1 Basic Bridge \$ 2 Better Balance \$ 2 Table Tennis F</p>	<p>12 9 MahJong 10 Chess Club 10 Functional Fitness\$ 11 Coin Consultant 11:30 Chair Yoga \$ F 12 Let's Do Lunch 1 Pinochle 1 Chair Yoga \$ F 1 Open Games</p>	<p>13 9 AARP Smart Driver 10 Beg Sign Lang \$ 10 Balance 4 All \$ 11 Inter Sign Lang \$ 12 Intro Sign Lang \$ 1pm Pinochle 1pm Needlework F 1 Play Reading Group 1 Paint Together 2 Better Balance \$</p>	<p>14 MAP by Appointment 9 Paint Together 9:30 Breakfast 10 Chess Club 10 Functional Fitness\$ 10 Mentored Bridge \$ 10 Men's Group 11:30 Chair Yoga \$ F 1 Watercolor \$ 1 Chair Yoga \$ F 1 Pinochle 1 Open Games</p>	<p>15 1 Open Bridge 1 Pinochle 1 Inter Watercolor \$ 1 Line Dancing \$ 2 Table Tennis F</p>
<p>18 9 Paint Together 10 Balance 4 All \$ 10:30 Cribbage 1 Open Bridge 1 Paint Together 1 Basic Bridge \$ 2 Better Balance \$ 2 Table Tennis F</p>	<p>19 9 MahJong 10 Chess Club 10 Functional Fitness\$ 11:30 Chair Yoga \$ F 12 Let's Do Lunch 1 Pinochle 1 Open Games 1 Chair Yoga \$ F</p>	<p>20 10 Balance 4 All \$ 10 Beg Sign Lang \$ 11 Inter Sign Lang \$ 12 Intro Sign Lang \$ 1pm Pinochle 1pm Needlework F 1 Paint Together 2 Better Balance \$</p>	<p>21 MAP by Appointment 9 Paint Together 9:30 Breakfast 10 Chess Club 10 Functional Fitness\$ 10 Mentored Bridge \$ 10 Men's Group 11 Using Cash Apps 11:30 Chair Yoga \$ F 1 Watercolor \$ 1 Chair Yoga \$ F 1 Pinochle 1 Open Games</p>	<p>22 1 Open Bridge 1 Pinochle 1 Inter Watercolor \$ 1 Line Dancing 2 Table Tennis F</p>
<p>25 9 Paint Together 10 Balance 4 All \$ 10:30 Cribbage 1 Open Bridge 1 Paint Together 1 Basic Bridge \$ 2 Better Balance \$ 2 Table Tennis F</p>	<p>26 9 MahJong 10 Care Talks 10 Functional Fitness\$ 10 Chess Club 11:30 Chair Yoga \$ F 12 Let's Do Lunch 1 Pinochle 1 Chair Yoga \$ F 1 Open Games</p>	<p>27 10 Balance 4 All \$ 10 Beg Sign Lang \$ 11 Inter Sign Lang \$ 12 Intro Sign Lang \$ 1pm Pinochle 1pm Needlework F 1 Paint Together 2 Better Balance \$</p>	<p>28 MAP by Appointment 9 Paint Together 9:30 Breakfast 10 Chess Club 10 Functional Fitness\$ 10 Mentored Bridge \$ 10 Men's Group 11:30 Chair Yoga \$ F 1 Watercolor \$ 1 Pinochle 1 Chair Yoga \$ F 1 Open Games</p>	<p>29 1pm Open Bridge 1 Pinochle 1 Inter Watercolor \$ 1 Line Dancing \$ 2 Table Tennis F</p>

AUGUST AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
1 9 Paint Together 10 Balance 4 All \$ 10:30 Cribbage 1 Open Bridge 1 Paint Together 1 Basic Bridge \$ 2 Better Balance \$ 2 Table Tennis F	2 9 MahJong 10 Chess Club 10 Functional Fitness\$ 11:30 Chair Yoga \$ F 12 Let's Do Lunch 1 Pinochle 1 DIY Chubby Book\$ 1 Chair Yoga \$ F 1 Open Games	3 10 Genealogy 10 Balance 4 All \$ 1pm Pinochle 1pm Needlework F 1 Paint Together 2 Better Balance \$	4 MAP by Appointment 9 Paint Together 9:30 Breakfast 10 Chess Club 10 Functional Fitness\$ 10 Mentored Bridge \$ 10 Men's Group 11:30 Chair Yoga \$ F 1 Watercolor \$ 1 Chair Yoga \$ F 1 Pinochle 1 Open Games	5 10 Patriotic Pop Up 1pm Open Bridge 1 Pinochle 1 Inter Watercolor \$ 1 Line Dancing \$ 2 Table Tennis F
8 9 Paint Together 10 Balance 4 All \$ 10:30 Cribbage 1 Open Bridge 1 Paint Together 1 Basic Bridge Part 2 \$ 2 Better Balance \$ 2 Table Tennis F	9 9 MahJong 10 Chess Club 10 Functional Fitness\$ 11:30 Chair Yoga \$ F 12 Let's Do Lunch 1 Pinochle 1 DIY Chubby Book\$ 1 Chair Yoga \$ F 1 Open Games	10 10 Balance 4 All \$ 10 Beg Sign Lang \$ 11 Inter Sign Lang \$ 12 Intro Sign Lang \$ 1pm Pinochle 1pm Needlework F 1 Paint Together 2 Better Balance \$ 2:30 LA Blast \$	11 MAP by Appointment 9 Paint Together 9:30 Breakfast 10 Chess Club 10 Mentored Bridge \$ 10 Functional Fitness\$ 11 Car Buying/Repair 10 Men's Group 11:30 Chair Yoga \$ F 1 Chair Yoga \$ F 1 Pinochle 1 Open Games	12 1 Open Bridge 1 Pinochle 1 Line Dancing \$ 2 Table Tennis F
15 9 Paint Together 10 Balance 4 All \$ 10:30 Cribbage 1 Open Bridge 1 Paint Together 1 Basic Bridge Part 2 \$ 2 Better Balance \$ 2 Table Tennis F	16 9 MahJong 10 Chess Club 10 Functional Fitness\$ 11:30 Chair Yoga \$ F 12 Let's Do Lunch 1 Pinochle 1 DIY Chubby Book\$ 1 Chair Yoga \$ F 1 Open Games	17 10 Balance 4 All \$ 10 Beg Sign Lang \$ 11 Inter Sign Lang \$ 12 Intro Sign Lang \$ 1pm Pinochle 1 Mahjong Instruct \$ 1pm Needlework F 1 Paint Together 2 Better Balance \$ 2:30 LA Blast \$	18 MAP by Appointment 9 Paint Together 9:30 Breakfast 10 Chess Club 10 Functional Fitness\$ 10 Mentored Bridge \$ 10 Men's Group 11:30 Chair Yoga \$ F 1 Chair Yoga \$ F 1 Pinochle 1 Open Games 1 Carroll Cty Cloggers	19 11 The Aging Brain 1 Open Bridge 1 Pinochle 1 Travel Tips 1 Line Dancing \$ 2 Table Tennis F
22 9 Paint Together 10 Balance 4 All \$ 10:30 Cribbage 1 Open Bridge 1 Paint Together 1 Basic Bridge Part 2 \$ 2 Better Balance \$ 2 Table Tennis F	23 9 MahJong 10 Chess Club 10 Functional Fitness\$ 11:30 Chair Yoga \$ F 12 Let's Do Lunch 1 Pinochle 1 DIY Chubby Book\$ 1 Open Games 1 Chair Yoga \$ F	24 10 Balance 4 All \$ 10 Beg Sign Lang \$ 11 Inter Sign Lang \$ 11 Fresh Conversations 12 Intro Sign Lang \$ 1pm Pinochle 1 Mahjong Instruct \$ 1pm Needlework F 1 Paint Together 2 Better Balance \$ 2:30 LA Blast \$	25 MAP by Appointment 9 Paint Together 9:30 Breakfast 10 Chess Club 10 Mentored Bridge \$ 10 Functional Fitness\$ 10 Men's Group 11:30 Chair Yoga \$ F 1 Chair Yoga \$ F 1 Pinochle 1 Open Games	26 1 Open Bridge 1 Pinochle. 12 Kangaroo Kids 1 Line Dancing \$ 2 Table Tennis F
29 9 Paint Together 10 Balance 4 All \$ 10:30 Cribbage 1 Open Bridge 1 Paint Together 1 Basic Bridge Part 2 \$ 2 Better Balance 2 Table Tennis F	30 9 MahJong 10 Functional Fitness\$ 10 Chess Club 11:30 Chair Yoga \$ F 12 Let's Do Lunch 1 Pinochle 1 DIY Chubby Book\$ 1 Chair Yoga \$ F 1 Open Games	31 10 Balance 4 All \$ 10 Beg Sign Lang \$ 11 Inter Sign Lang \$ 12 Intro Sign Lang \$ 1pm Pinochle 1pm Needlework F 1 Paint Together 2 Better Balance \$ 2:30 LA Blast \$	F = FITNESS CENTER \$ = FEE	



SEPTEMBER AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>F = FITNESS CENTER \$ = FEE</p>			<p>1 MAP by appointment 9 Paint Together 9:30 Breakfast 10 Chess Club 10 Men's Group 10 Mentored Bridge \$ 11:30 Chair Yoga \$ F 1 Pinochle 1 Watercolor \$ 1 Chair Yoga \$ F 1 Open Games</p>	<p>2 1pm Open Bridge 1 Pinochle 1 Inter Watercolor \$ 1 Line Dancing \$ 2 Table Tennis F</p>
<p>5 CLOSED LABOR DAY</p>	<p>6 9 MahJongg 10 Chess Club 11 DIY Fabric Pumpkins\$ 11:30 Chair Yoga \$ F 12 Let's Do Lunch 1 Pinochle 1 Open Games 1 Chair Yoga \$ F 2 Sketching \$</p>	<p>7 10 Genealogy 10 Beg Sign Lang \$ 11 Inter Sign Lang \$ 12 Intro Sign Lang \$ 1 Mahjong \$ 1pm Pinochle 1pm Needlework F 1 Paint Together</p>	<p>8 MAP by appointment 9 Painting Together 9:30 Breakfast 10 Chess Club 10 Men's Group 10 Mentored Bridge \$ 11:30 Chair Yoga \$ F 1 Pinochle 1 Watercolor \$ 1 Open Games 1 Chair Yoga \$ F</p>	<p>9 1 Open Bridge 1 Pinochle 1 Inter Watercolor \$ 1 Line Dancing \$ 2 Table Tennis F</p>
<p>12 9 Paint Together 10 Balance 4 All \$ 10:30 Cribbage 1 Open Bridge 1 Paint Together 1 Basic Bridge \$ 2 Better Balance \$ 2 Table Tennis F</p>	<p>13 9 MahJong 10 Chess Club 10 Functional Fitness\$ 11:30 Chair Yoga \$ F 12 Let's Do Lunch 1 Pinochle 1 Chair Yoga \$ F 1 Open Games 2 Sketching \$</p>	<p>14 10 Balance 4 All \$ 10 Beg Sign Lang \$ 11 Fresh Conversations 11 Inter Sign Lang \$ 12 Intro Sign Lang \$ 1 Mahjong \$ 1pm Pinochle 1pm Needlework F 1 Paint Together 2 Better Balance \$</p>	<p>15 MAP by Appointment 9 Paint Together 9:30 Breakfast 10 Chess Club 10 Functional Fitness\$ 10 Mentored Bridge \$ 10 Men's Group 11:30 Chair Yoga \$ F 1 Watercolor \$ 1 Chair Yoga \$ F 1 Pinochle 1 Open Games</p>	<p>16 1 Open Bridge 1 Pinochle 1 Inter Watercolor \$ 1 Line Dancing \$ 2 Table Tennis F</p>
<p>19 9 Paint Together 10 Balance 4 All \$ 10:30 Cribbage 1 Open Bridge 1 Paint Together 1 Basic Bridge \$ 2 Better Balance \$ 2 Table Tennis F</p>	<p>20 9 MahJong 10 Chess Club 10 Functional Fitness\$ 11:30 Chair Yoga \$ F 12 Let's Do Lunch 1 Pinochle 1 Open Games 1 Chair Yoga \$ F 2 Sketching \$</p>	<p>21 10 Balance 4 All \$ 10 Beg Sign Lang \$ 11 Inter Sign Lang \$ 12 Intro Sign Lang \$ 1 Mahjong \$ 1pm Pinochle 1pm Needlework F 1 Paint Together 2 Better Balance \$</p>	<p>22 MAP by Appointment 9 Paint Together 9:30 Breakfast 10 Chess Club 10 Functional Fitness\$ 10 Mentored Bridge \$ 10 Men's Group 11:30 Chair Yoga \$ 1 Watercolor \$ 1 Chair Yoga \$ 1 Pinochle 1 Open Games</p>	<p>23 11 Brain Boot Camp 1 Open Bridge 1 Pinochle 1 Inter Watercolor \$ 1 Line Dancing \$ 2 Table Tennis F</p>
<p>26 9 Paint Together 10 Balance 4 All \$ 10:30 Cribbage 1 Open Bridge 1 Paint Together 1 Basic Bridge \$ 2 Better Balance 2 Table Tennis F</p>	<p>27 9 MahJong 10 Functional Fitness\$ 10 Chess Club 11 Audiologist 12 Let's Do Lunch 1 Pinochle 1 Open Games 2 Sketching \$</p>	<p>28 10 Balance 4 All \$ 10 Beg Sign Lang \$ 11 Inter Sign Lang \$ 12 Intro Sign Lang \$ 1pm Pinochle 1pm Needlework F 1 Paint Together 2 Better Balance \$</p>	<p>29 MAP by Appointment 9 Paint Together 9:30 Breakfast 10 Chess Club 10 Functional Fitness\$ 10 Mentored Bridge \$ 10 Men's Group 1 Watercolor \$ 1 Pinochle 1 Open Games</p>	<p>30 11 Real Estate Tips 11 Officer Kreitzer 1pm Open Bridge 1 Pinochle 1 Inter Watercolor \$ 1 Line Dancing \$ 2 Table Tennis F</p>

ON-GOING PROGRAMS

Painting Together

Mondays, 9 am - 12 pm, 1 - 4 pm

Wednesdays, 1 - 4 pm

Thursdays, 9 - 12 pm

Designed for the artist looking to paint socially with other artists. No supplies provided.

Cribbage Club

Mondays, 10:30 am

Join the fun where the objective is to get the value of the cards to reach exactly 15 or 31. This card game is designed for two to four players.

Book Club

4th Mondays, 1 pm

Monday, July **25**, "**The Madness of Crowds**" by Louise Penny.

Monday, August 22, "**The Underground Railroad**" by Colson Whitehead.

Monday, September 26 "**The Rose Code**" by Kate Quinn.

Open Bridge

Mondays, Fridays 1 - 4 pm

Open Bridge is available twice a week for those who enjoy playing in a casual environment. No instruction is provided.

Table Tennis (Fitness Center)

Mondays, 2 - 4 pm Recreational

Fridays, 2 - 4 pm Competitive

Drop-in for doubles play. Please adhere to the level of play based upon the day listed above. Improve hand-eye coordination as well as posture. Two tables. BYO paddles and table tennis balls.

Pinochle

Mondays - Fridays, 1 - 4 pm

Join the group as they engage in this trick taking card game. Do your best to form combinations of cards into melds and make new friends!

Mah Jongg

Tuesdays, 9 am - 12 pm

Enjoy a morning of friendly competition in this game played with a set of 144 tiles. Tiles are based on Chinese characters and symbols and winning requires skill, strategy and calculation.

Play Chess

Tuesdays, Thursdays, 10 am

Like to play or looking to learn? Join instructor and chess enthusiast, Gene Crawford, as he provides basic fundamentals on this strategic game. A great time to drop by and play with fellow chess players or to brush up on your skills.

Needlework Club (Fitness Center)

Wednesdays, 1 - 3 pm

Knitters, crocheters, fabric crafters and others come together to share their talents. Come by and join this fun and ageless group who happily share fellowship and conversation.

Seniors Together, Men's Forum

Thursdays, 10 am-12 pm

Join this group of men who meet weekly to discuss current events, news and more.

Medicare Counseling (SHIP)

By Appointment

Meet with a trained counselor for help with your Medicare questions. This free service is available to Medicare beneficiaries of any age and their families/caregivers. For more information, call 410-313-7392.

Howard County Government 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.

ON-GOING PROGRAMS

Nutrition Education & Counseling

Tuesday, July 5, 11 am

Blood Disorders; Anemia and Iron Deficiency

Tuesday, August 2, 11 am

Thinking of Going Vegan?

Tuesday, September 6, 11 am

Build A Better Breakfast Routine

Carmen Roberts, Registered Dietitian, LDN presents the latest nutritional information. Prior to each presentation, there are three 30-minute appointments for individual nutrition consultation available to those who pre-register on-line or in-person. Active.net Registration Numbers are listed below:

July:

A02420.801 A02420.802 A02420.803

August:

A02420.804 A02420.805 A02420.806

September:

A02420.807 A02420.808 A02420.809

Maryland Access Point (MAP)

Thursdays, 8:30 am - 4 pm by Appointment

Maryland Access Point (MAP) of Howard County, is the information and assistance program within the Howard County Office on Aging and Independence Jill Kamenetz, MAP Resource Specialist will be at Ellicott City 50+ Center every Thursday. Please schedule an appointment with Jill at 410-313-6009.

Pop Up Patriotic Décor Day

Friday, July 1, 11 am

Join us in the center for a fun drop in activity creating patriotic décor for your home. Using slate and paints, learn how to create a vintage flag design. Cut twine to hang on your deck, porch or door. Call to sign up. Free!



JULY EVENTS AND PROGRAMS

Genealogy: Occupations

Wednesday, July 6, 10 am

Steelworker, farmer, domestic help, clerk, teacher, miner, however they went about it, our ancestors spent a good chunk of their time putting bread on the table.

Records that list occupation can help you pick out your ancestor from others with the same name. We will look at six sources for learning about your **ancestor's livelihood.**

Instructor: Bill Amos

Beginner Conversational Sign Language

Wednesdays, 10 am

Learning a new language is educational, fun and an interesting tool in communication. Learn how to sign to communicate with the deaf community.

Session#1 July 6-27 A02639.801

Session #2 August 10-31 A0 2639.802

Session #3 September 7-28 A092639.803

Instructor: Peggy Bruce

Cost: \$30 (For 4 Classes)

JULY EVENTS & PROGRAMS

New Educational Series:

Healthy Brain

Friday, July 8, 11 am

Manage your health and take charge of your well-being. Humana, offers tools and resources to help maintain and improve your health at any age.

Presented by: Clifton Gadsden, Humana

Intermediate Conversational Sign Language

Wednesdays, 11 am

This class will build on skills learned in the Beginner class. Learn and utilize basic conversational sign language vocabulary, sentence structure, finger spelling and numbers.

Session#1 July 6-27 A02639.804

Session #2 August 10-31 A02639.805

Session #3 September 7-28 A02639.806

Cost: \$30 (For 4 Classes)

Intro to Sign Language

Wednesdays, 12 pm

Get a first look at what sign language is all about. Begin to build your foundation by learning the ABC's, 1,2,3's and the very basics of sign language, this class provides a flexible pace and skill set.

Instructor: Peggy Bruce

Session #1 July 6-27 A02639.807

Session #2 August 10-31 A02639.808

Session #3 September 7-28 A02639.809

Cost: \$30 (For 4 Classes)



Beginner Watercolor Class

Thursdays, 1 pm

Ever thought about dabbling in watercolor? This class offers opportunities to learn the basics of watercolor. No experience necessary; you too can paint. Supply list provided upon registration.



Instructor: Mostafa Torabi

July 7 - August 4 A02501.801

September 1 - 29 A02501.802

Cost: \$38 (5 Classes)

Intermediate Watercolor Class

Fridays, 1 pm

Looking to take your watercolor skill to the next level? Build upon the basics learned in the beginner class to enhance your watercolor creations. Supply list provided upon registration. Mostafa Torabi, Instructor.

July 8 - August 5 A02501.803

September 2 - 30 A02501.804

Cost: \$38 (5 Classes)

Basic Bridge-Part One

Mondays, 1 pm

This class is targeted to new players who want to learn basic concepts. Students will be taught the aim of the game, partnerships, suit ranking, point count, quick tricks, opening bids and responses. Mark Shimshak, ACBL Life Master.

July 11, 18, 25, August 1, 1 - 3 pm

Cost: \$43 A02493.801

Coin Consultant

Tuesday, July 12, 11 am

Learn what coins are valuable and who to go to for appraising and selling. This is an informational program, please do not bring your coins.

Instructor: Drage Vukcevich

JULY - AUGUST EVENTS AND PROGRAMS

New Play Reading Group

Wednesdays every other week.

Begins Wednesday, July 13, 1 pm

The Ellicott City 50+ Center is looking for theater lovers and all who might be interested to read, discuss and analyze the great plays of the world. If you are looking to be part of a interactive discussion group, this one is for you! The group will be led by Eddie Chell. Eddie's theatre experience includes Yale School of Drama and Towson University Theater



AARP Smart Driver Course

Wednesday, July 13, 9 am-12 pm

\$20 AARP Member \$25 non-members

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. Pre-register by calling 1-888-773-7160.

Mentored Bridge

Thursdays, July 14, 21, 28, August 4, 10 am

This course is for those who already play bridge and have taken previous lessons. Participants will bid and play hands and the instructor will discuss after the hand is completed what should have been bid and how the hand should have been played.

Instructor: Mark Shimskak

Cost: \$43

A02494.801

How to Safely Use Cash Apps

Thursday, July 21, 11am

What are cash Apps? Tracy Rezvani will instruct you on the pros, cons and features of these popular digital payment services.

Instructor: Tracy Rezvani

Care Talks

Tuesday, July 26, 10 am

The Caregiver Support Program will be at the Ellicott City 50+ Center for in-person meetings with caregivers offering information and resources to assist you in your journey. Set up an appointment with Earnestine Thomas at 410-313-5969 or by email at ethomas@howardcountymd.gov.

DIY Children's Books

What is a Chubby Book?

Tuesdays, August 2 - 23, 1 pm

Linda Lovell will help you craft gifts for the little ones (preschool, early elementary) in your family. The books would be produced in the format of "chubby" board books, and will be created completely by hand. Part of each class would be devoted to Linda demonstrating different techniques and materials which people could use for this project. Neither artistic talent nor writing experience is necessary. Sample in lobby.

Cost: \$20

A02526.801

Supply Fee: \$5 Due at class

Genealogy:

When Did Your Family Arrive

Wednesday, August 3, 10 am

There aren't many discoveries in family history that rival finding a family member's first moments in America. If you've found that already, now you want to figure out what to do with the scant, cryptic details on the passenger list.

Instructor: Bill Amos

AUGUST EVENTS & PROGRAMS

Basic Bridge Part Two

Mondays, August 8, 15, 22, 29, 1 pm

This class follows Part 1. Students will learn what to bid on the second round. Overcalls will be discussed when to make one, partners responses, and how to bid over them. We will start to discuss playing the hand itself counting winners and losers. Mark Shimshak, ACBL Life Master, Instructor.

Cost: \$43

A02498.801

Mentored Bridge

Thursdays, August 11, 18, 25, September 1, 10 am

This course is for those who already play bridge and have taken previous lessons. Participants will bid and play hands and the instructor will discuss after the hand is completed what should have been bid and how the hand should have been played. Mark Shimshak

Cost: \$43

A02494.802

Car Buying and Repair

Thursday, August 11, 11am

Presented by Tracy Rezvani, from the Office of Consumer Protection. This presentation includes: tips you should know before stepping foot in a dealership, how to avoid buying a bad used car, the basics of auto repair, and how to avoid common scams in the purchase and repair of cars.

Mahjong Instruction

Wednesdays, August 17 - September 21
1 pm

This class is designed for beginners who wish to get an overview of how American Mah Jong is played. Participants receive instruction about the tiles, play practice hands, and learn how best to play the tiles dealt to them.

Instructor: Ellen Laupus

Cost: \$70

A02626.801

Carroll County Cloggers

Wednesday, August 18, 1pm

The Carroll County Cloggers are the longest running active clogging group in Maryland. Contemporary clogging today is less improvised and more complicated than the simple folk dances done in our early history. Some new influences come from multiple styles of dance such as tap, Canadian step dancing, Irish hard shoe, even street dancing and hip-hop.

New Educational Series:

Battling the Aging Brain

Friday, August 19, 11 am

Manage your health and take charge of your well-being. Humana, offers tools and resources to help maintain and improve your health at any age.

Presented by Clifton Gadsden, Humana

Travel Tips

Friday, August 19, 1 pm

The Topic will be, River Cruising 101. Talk before learning of a Nile River sample itinerary that includes a private tour of the tomb of Queen Nefertari and a private lunch at the Abdeen Presidential Palace.

Fresh Conversations

The Sunshine Vitamin & The Connection with Depression

Wednesday, August 24, 11 am

Join Karen Basinger, MS, CFCS, LDN, Family Consumer Sciences, University of Maryland Extension, Howard County for this innovative discussion.



AUGUST - SEPTEMBER EVENTS & PROGRAMS

Kangaroo Kids Perform Live

Friday, August 26, 12 pm

A precision jump rope team from Howard County, Maryland. Their rope jumping is choreographed to contemporary and traditional music, where every foot jumps in unison and every rope hits the floor simultaneously. This is a must see show.

Sketching Class

Tuesdays, September 6 -27, 2 pm

Class will offer basic sketching concepts tailored for varying levels ranging from beginner to intermediate. Learn proportion and perspective. Instructor: Carol Asher

Cost: \$40

A2525.801

DIY Fabric Pumpkins

Tuesday, September 6, 11 am

It's time to get ready for fall.

Learn how to make these adorable fabric pumpkins to add to your home décor.

Cost: \$8

A02527.801



Genealogy: Wills & Probate

Wednesday, September 7, 10 am

Will and Probate records are some of the most valuable documents you'll come across doing your family history. These records, often exist in time periods when birth, marriage, and death records are unavailable and contain personal details unlike any other record. .

Instructor: Bill Amos

Mentored Bridge

Thursdays, September 8, 15, 22, 29, 10 am

For those who already play bridge and have taken previous lessons. Participants will bid and play hands and the instructor will discuss after the hand is completed what should have been bid and how the hand should have been played.

Instructor: Mark Shimshak

Cost: \$43

A02494.803

Fresh Conversations

Cooking for 1 or 2

Wednesday, September 14, 11 am

Join Karen Basinger, MS, CFCS, LDN, Family Consumer Sciences, University of Maryland Extension, Howard County for this food worthy talk.



New Series:

Brain Boot Camp

Friday, September 23, 11 am

Manage your health and take charge of your well-being. Humana, offers tools and resources to help maintain and improve your health at any age.

Presenter: Clifton Gadsden, Humana

Dr. Mary Carson, Audiologist

Tuesday, September 27, 11am

Don't miss a word. Do you find yourself asking others to repeat themselves often? Do you have trouble hearing in noisy situations? Do you often have the TV volume turned up high? These may be signs of hearing loss.

Dr. Mary Carson, Audiologist will be on site to discuss the diagnosis and treatment of hearing loss with hearing aid technology.

Organization Tips & Clutter - Part 2

Friday, September 30, 11am

Do you feel consumed by clutter? Do you feel like you have so much to go through that you **don't know where to begin?** If you are over-whelmed by clutter, just know there is a way out. Presented by Colleen Middleton

Officer Bill Kreitzer

Friday, September 30, 11 am

HCPD Bill Kreitzer will be on-site to discuss current safety tips, scams, community safety concerns and fraud prevention. Be safe, be aware, be informed!

EXERCISE CLASSES

Balance “4” All

Mondays, Wednesdays, 10 am

Join one of our most sought after offerings. This class combines a perfect blend of 4 components: balance, flexibility, posture and strength, which together add up to safe and active living.

Instructor: Allison Harmon

Classes begin 7/11 A02405.801

Cost: \$122 for 23 classes

Chair Yoga

Tuesdays, Thursdays, 11:30 am

Tuesdays, Thursdays, 1 pm

Experience the benefits of yoga with the security of a chair! Increase strength, flexibility and balance through standing and seated postures. Yoga helps to relieve tension and promotes an overall sense of well-being.

Instructor: Susan Kain

Classes begin 7/12

11:30 am A02421.801

1 pm A02421.802

Cost: \$138 for 22 classes



Better Balance

Mondays, Wednesdays, 2 pm

This is an effective program for those with chronic conditions impacting their balance or who feel unsteady on their feet.



Those participants 60 years of age and older can contribute up to the full cost of the program to ensure program viability. Participants under age 60 pay the full fee listed above. Pre-screening is required by calling Malarie Burgess at 410-313-6073.

Instructor: Vickie Jacobs

Classes begin 7/11 A02413.801

Cost: \$73 for 23 classes

New! Line Dance

Fridays, 1 pm

Stay in shape by learning to dance at a comfortable pace, step by step! Dance to country, rock and roll, Latin and Broadway music. Both men and women are welcome.

Instructor: Ellen Laupus

Classes begin 7/15 A02426.801

Cost: \$72 for 12 classes

New! LA Blast Dance

Wednesdays, 2:30 pm

LaBlast is a revolutionary, partner-free fitness program based on dances seen on Dancing with the Stars! It fuses ballroom dance with a calorie-burning workout. Incorporates ballroom dances from different countries and cultures. Join this fitness program for adults 50 years or older that burns calories as you move and groove.

Instructor: Carol Asher

Classes begin 8/10 A02441.801

Cost: \$32 for 4 classes

Functional Fitness

Tuesdays, Thursdays, 10 am

Take a class that gives you a work-out to be better prepared for real life situations. Train specific muscles to help you do every day activities safely and efficiently. Focus on stretching, balance, and muscle tone.

Instructor: Allison Harmon

Classes begin 7/12 A02425.801

Cost:\$128 for 24 classes

EXERCISE QUARTERLY PASS CLASSES / GO 50+ GYM

\$75 for 3 Month Unlimited Class Pass OR \$8 a Day Drop-In Fee

This pass allows you to participate in any or all of the 10 classes on the weekly Pass Class schedule listed below. Instructors show high and low options and teach to mid-level intensity. Passes are established from the date of purchase and are available to purchase one quarter at a time. These classes are designed for participants who are able to get up and down off the floor without help, are comfortable bending, twisting and can walk without assistance. Schedule subject to change due to instructor availability, participant demand or attendance.

Day/Time	8:30-9:30 am	10-11 am
Monday	All in One	Power
Tuesday	Gentle Yoga	Zumba Gold
Wednesday	Power	Pilates
Thursday	Gentle Yoga	Zumba Gold
Friday	All in One	Yoga Fusion



All in One - Get it all in, in one class! Take in all the elements of fitness in one class; a good cardio work-out, strength training, balance and flexibility. Bring a mat for floor work.

Gentle Yoga - Build strength through gentle yoga stretches and strengthening exercises. An additional component helps build bone density and range of motion. Class predominantly done on the floor. Mat required.

Pilates - Using the abdominal exercises of Joseph Pilates, re-awaken core muscles, breathe life back into the spine and return balance, stability and flexibility to your body. Bring a yoga mat to class.

Power - A great class to help retain or regain muscle tone. This strength training class includes a cardio warm up along with use of hand held weights to help improve body composition and increase lean muscle mass.

Yoga Fusion - Combined the stretching of yoga coupled with the core-building and strengthening of Pilates. Bring a mat to class.

Zumba Gold® - Turns exciting Latin and international rhythms into a fun, safe and **effective format for the active older adult.** It's an easy to follow program that lets you move to the beat at your own speed.



\$75/year County Resident
 \$100/year Non-Resident
 \$5/daily Drop-in Fee

This package is offered in collaboration with Recreation and Parks and provides more locations for your 50+ work-out.

- Participants must be 50 years of age and a member of a Howard County 50+ Center.
- Passes are established from the date of purchase.
- No Refunds
- Equipment Orientation may be viewed here:

[EQUIPMENT VIDEO](#)

Fitness Equipment Room Schedule
 Fitness Desk # 410.313.0727

Day	Available Time
Monday-Friday	Open: 8:30 am-4 pm

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

