

NORTH LAUREL 50+ CENTER

JULY, AUGUST, SEPTEMBER 2022



9411 Whiskey Bottom Road
Laurel, MD 20723
(410) 313-0380

Center Email
northlaurel50@
howardcountymd.gov

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

50+Center Hotline
410-313-5400

GO50+Hours
Monday—Saturday
8 am - 9 pm
Sunday 9 am - 6 pm

Newsletters Online
[https://
www.howardcountymd.gov/
aging-independence/north-
laurel-50-center](https://www.howardcountymd.gov/aging-independence/north-laurel-50-center)

Volunteer Website
www.hocovolunteer.org

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

INDEPENDENCE DAY LUNCH

FRIDAY, JULY 1, 12pm

See details inside

BALTIMORE MUSEUM OF INDUSTRY

“Baltimore in the 19-Teens”

FRIDAY, JULY 8, 11am

See details inside

LABOR DAY LUNCH

FRIDAY, SEPTEMBER 2, 12pm

See details inside

BALTIMORE MUSEUM OF INDUSTRY

“The 1930s: Decade of Uncertainty”

FRIDAY, SEPTEMBER 9, 11am

See details inside

BIRD WALK AT HIGH RIDGE

TUESDAY, SEPTEMBER 13, 1:30 pm

Meet at Park—See details inside

FREE HEALTH SCREENINGS

WEDNESDAY, SEPTEMBER 14, 9am-12pm

See details inside

AARP CAR FIT

THURSDAY, SEPTEMBER 15, 10am

See details inside

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JOIN THE SENIOR COUNCIL !

3RD TUESDAY OF THE MONTH , 1 pm

Anyone welcome! See details inside

GENERAL INFORMATION

50+ Center Staff

Lucky Sohi, Director

lsohi@howardcountymd.gov
410-313-0388

Carmen Faye, Registrar

cfaye@howardcountymd.gov
410-313-0380

Cheryl Campbell, Nutrition Specialist

chcampbell@howardcountymd.gov
410-313-0387 (Wednesdays & Fridays)

North Laurel 50+ Center Council

The council is proud to sponsor a portion of the congregate lunch program in addition to special events.

- Linda Brock
- John Garnett
- Janice Britt
- Merrilyn Hill
- Pam Campbell
- Lisa Lozier
- Kay Carter
- Jim Pendleton
- Susan Garber
- Donna Pruzenski

Upcoming Center Council Meetings:

September 20 at 1 pm

Newsletter

Would you like your newsletter delivered to your inbox? Just click

[CONSTANT CONTACT SIGN UP](#)

or copy this link: <https://>

[visitor.r20.constantcontact.com/manage/optinv=001_BS31v9uBHpl2tMLUbdwGVlv7eYKcnSri04XkPw6FipDpjD1ypecIR3ULyZdUv94j\\$MSkmjNI2P-2H7jaBbgRr_ppPVM-pPinwMkol0TwZ0%3D](https://visitor.r20.constantcontact.com/manage/optinv=001_BS31v9uBHpl2tMLUbdwGVlv7eYKcnSri04XkPw6FipDpjD1ypecIR3ULyZdUv94j$MSkmjNI2P-2H7jaBbgRr_ppPVM-pPinwMkol0TwZ0%3D)

Howard County 50+ Center Participation Guidelines

Anyone 50 years or older is welcome to join 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 50+ 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. 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.

Please 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.

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 410-313-0380 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

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 at the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. An 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. 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. Refunds for classes missed during the January pause will be processed starting March 21, 2022. The administrative fee will be waived.

NOTEWORTHY



The congregate meal program has returned to the North Laurel 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:

Wednesdays and Fridays at 12 pm

Registration:

Sign up at least one week in advance at the Center or by calling 410-313-0380.

Center Closed: Monday July 4 & Monday September 5

JULY AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8 Walking Club 11 Sit, Stitch 'n Give 12 Independence Day Lunch
4 CENTER CLOSED INDEPENDENCE DAY	5 8 Walking Club 11:15 Line Dance 1 Acoustic Jam	6 8 Walking Club 9 Nutrition Consultations 10 Chair Yoga DANCE! 11 Iron: Carmen Roberts 11:15 Gentle Yoga 1 Crafting Club 1 Open Games	7 8 Walking Club 10 Care Talks Consultations 10 On Our Minds* 11:30 Mat Pilates *virtual	8 8 Walking Club 10 Zumba Gold 11 BMI: Baltimore in the 19-Teens
11 8 Walking Club 9 MAP Appointments 11:30 Mat Pilates	12 8 Walking Club 11:15 Line Dance	13 8 Walking Club 10 Chair Yoga DANCE 11 Eating for Mental Health 11:15 Gentle Yoga 11:30 AgeWell 1 Crafting Club 1 Open Games	14 8 Walking Club 10 On Our Minds* 11:30 Mat Pilates *virtual	15 8 Walking Club 11 Sit, Stitch 'n Give 11:30 AgeWell
18 8 Walking Club 9 MAP Appointments	19 8 Walking Club 11:15 Line Dance 1 Acoustic Jam	20 8 Walking Club 10 Chair Yoga DANCE! 11:15 Gentle Yoga 11:30 AgeWell 1 Fresh Conversations: Sunshine Vitamin 1 Crafting Club 1 Open Games	21 8 Walking Club 10 On Our Minds* *virtual	22 8 Walking Club 10 Zumba Gold 11 Skin Cancer Detection Starts With You 11 Sit, Stitch 'n Give 11:30 AgeWell
25 8 Walking Club 9 MAP Appointments 10 Ask the Officer with Breakfast 11:30 Mat Pilates	26 8 Walking Club 11:15 Line Dance	27 8 Walking Club 10 Card Making Cool Down 10 Chair Yoga DANCE! 11:15 Gentle Yoga 12 Computer Chat 12 Birthday Bash & Lunch 12 Computer Chat 1 Crafting Club 1 Open Games	28 8 Walking Club 9 Fitness Consultations 10 On Our Minds* 11:30 Mat Pilates *virtual	29 8 Walking Club 10 Zumba Gold 11 Sit, Stitch 'n Give 11:30 AgeWell

AUGUST AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8 Walking Club 9 MAP Appointments 11:30 Mat Pilates	2 8 Walking Club 11:15 Line Dance 1 Acoustic Jam	3 8 Walking Club 10 Fresh Conversations: Cooking for 1 or 2 10 Chair Yoga DANCE! 11:15 Gentle Yoga 12 Computer Chat 1 Open Games	4 8 Walking Club 10 Care Talks Consultations 10 On Our Minds* 11:30 Mat Pilates *virtual	5 8 Walking Club 10 Zumba Gold 11 Sit, Stitch 'n Give 11:30 AgeWell
8 8 Walking Club 9 MAP Appointments 11:30 Mat Pilates	9 8 Walking Club 11:15 Line Dance	10 8 Walking Club 10 Chair Yoga DANCE! 11:15 Gentle Yoga 12 Computer Chat	11 8 Walking Club 10 On Our Minds* 11:30 Mat Pilates *virtual	12 8 Walking Club 10 Zumba Gold 11:30 AgeWell
15 8 Walking Club 9 MAP Appointments 11:30 Mat Pilates	16 8 Walking Club 11:15 Line Dance 1 Acoustic Jam	17 8 Walking Club 10 Chair Yoga DANCE! 11:15 Gentle Yoga 12 Computer Chat	18 8 Walking Club 10 On Our Minds* 11:30 Mat Pilates *virtual	19 8 Walking Club 10 Zumba Gold 11:30 AgeWell 12 Senior Citizens Day Lunch
22 8 Walking Club 9 MAP Appointments 10 Ask the Officer with Breakfast 11:30 Mat Pilates	23 8 Walking Club 11:15 Line Dance	24 8 Walking Club 10 Chair Yoga DANCE! 11:15 Gentle Yoga 12 Computer Chat 1 Open Games	25 8 Walking Club 9 Fitness Consultations 10 On Our Minds* 11:30 Mat Pilates *virtual	26 8 Walking Club 10 Zumba Gold 11 Sit, Stitch 'n Give 11:30 AgeWell
29 8 Walking Club 9 MAP Appointments	30 8 Walking Club 11:15 Line Dance	31 8 Walking Club 9 Nutrition Consultations 10 Chair Yoga DANCE! 11 Vegan: Carmen Roberts 11:15 Gentle Yoga 11:30 Age Well 12 Birthday Bash & Lunch 12 Computer Chat 1 Crafting Club 1 Open Games		

SEPTEMBER AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8 Walking Club 10 On Our Minds* 10 Care Talks Consultations 11 Care Talk with Earnestine 11:30 Mat Pilates *virtual	2 8 Walking Club 10 Zumba Gold 11 Sit, Stitch 'n Give 11:30 AgeWell 12 Labor Day Lunch
5 CENTER CLOSED LABOR DAY	6 8 Walking Club 11:15 Line Dance 1 Acoustic Jam	7 8 Walking Club 10 Chair Yoga DANCE! 11:15 Gentle Yoga 11:30 AgeWell 12 Computer Chat	8 8 Walking Club 10 On Our Minds* 11:30 Mat Pilates *virtual	9 8 Walking Club 10 Zumba Gold 11 BMI: The 1930's 11:30 AgeWell
12 8 Walking Club 9 MAP Appointments 11:30 Mat Pilates	13 8 Walking Club 11:15 Line Dance 1:30 Bird Walk at High Ridge Park	14 8 Walking Club 9 Health Screenings 10 Card Making for Someone Special 10 Chair Yoga DANCE! 11:15 Gentle Yoga 11:30 AgeWell 12 Computer Chat	15 8 Walking Club 10 On Our Minds* 10 AARP Car Fit 11:30 Mat Pilates *virtual	16 8 Walking Club 10 Zumba Gold 10 Tasty Tidbits 11 Sit, Stitch 'n Give 11:30 AgeWell
19 8 Walking Club 9 MAP Appointments 11:30 Mat Pilates	20 8 Walking Club 11 Falls Prevention With Malarie 11:15 Line Dance 1 Acoustic Jam 1 Council Meeting	21 8 Walking Club 9 Nutrition Consultations 10 Chair Yoga DANCE! 11 Better Breakfast: Carmen Roberts 11:15 Gentle Yoga 11:30 AgeWell 1 Open Games	22 8 Walking Club 9 Fitness Consultations 10 On Our Minds* 11:30 Mat Pilates *virtual	23 8 Walking Club 10 Zumba Gold 11 Origami—"Tsuru" Japanese Crane 11 Sit, Stitch 'n Give 11:30 AgeWell
26 8 Walking Club 9 MAP Appointments 10 Ask the Officer with Breakfast 11:30 Mat Pilates	27 8 Walking Club 11:15 Line Dance	28 8 Walking Club 11 Fresh Conversations: Trends in Nutrition 12 Birthday Bash & Lunch 12 Computer Chat 1 Crafting Club 1 Open Games	29 8 Walking Club 10 On Our Minds*	30 8 Walking Club 11 Sit, Stitch 'n Give 11 Office on Consumer Protection: Sneaky Scams

ONGOING PROGRAMS

Walking Club

Monday - Friday 8 am

Meetup in the gym for a brisk walk around the indoor track - 12 laps equals 1 mile. The track is available anytime NLCC is open and there is no organized activity in the gym.

Billiards and Table Tennis

Monday - Friday 10 am to 4:30 pm

Billiards and table tennis tables available for friendly play. Check availability with the Rec & Parks Front Desk at 410-313-0390.

Computer Chat

**Wednesdays, July, August, September
Between 12 pm & 4 pm**

1 hour appointments

Getting hung up on ever advancing technology? Need a little one-on-one time to ask questions that pertain to your specific problem? Schedule a free one-hour appointment at the 50+ Front Desk. Please bring your own device. No class July 6, 13 & September 21.

Acoustic Jam Session

1st and 3rd Tuesdays 1 pm to 3 pm

Meet up with other local music enthusiasts to share and play your instrument of choice. All talents are welcome!

Crafting Club

Wednesdays 1 pm to 3 pm

Share ideas, connect and create easy do-it-yourself projects in an engaging environment. All crafters are welcome! Please bring your own materials. No class August 3, 10, 17, 24.

Open Games

Wednesdays 1 pm to 3 pm

Enjoy an afternoon of open game play. Room reserved for those willing to share the space with others playing different games. Bring your own or choose from those at the Center. No class August 10, 17.

On Our Minds* (formerly Newstalk)

Thursdays 10 am to 11 am

An upbeat group discussing a variety of topics with a high value on consideration, mutual respect, and support. Join in the Conversation! A Seniors Together Peer Outreach facilitated group. ***This group meets virtually. For more information or the link to join, contact Karen Hull at 410-313-7466.**

Sit, Stitch 'n Give

Fridays 11 am to 2 pm

Gather to socialize and stitch projects for your personal use or for community giving. Knitters, crocheters, fabric crafters and others come together to share their talents. Drop in on this fun and ageless group who happily share fellowship and conversation. No Class on August 19.

Maryland Access Point (MAP)

Mondays, Between 9 am & 3 pm

For information and referrals for services and resources in Howard County, contact MAP Specialist, Marianne Camino, at 410-313-5953 to make an appointment at the center. Bilingual: English & Spanish



Nutrition Consultation

July 6, August 31, September 21 from 9 -11 am

Carmen Roberts, RD, LDN, is available for individual consultation sessions to answer questions about diet and nutrition. Sign up at the 50+ Front Desk for a 30 minute session.

Fitness Counseling

**4th Thursday of the Month, 9 am to 11:30 am
\$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. Sign up at the 50+ Front Desk.

EVENTS AND PROGRAMS

ONGOING PROGRAMS

CARE TALKS

First Thursdays, 10 am to 12 pm

The Caregiver Support Program will be at North Laurel 50+ Center once a month for in-person meetings with caregivers offering information and resources to assist you in their journey. Please contact Earnestine Thomas at 410-313-5969 or ethomas@howardcountymd.gov.

EVENTS & PROGRAMS



Independence Day Lunch

Friday, July 1, 12 pm

Join us for a lunch to celebrate the birth of our nation. Please sign up at the 50+ Center Front Desk.

All About Iron

Wednesday, July 6, 11 am

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 treatment of these conditions. A lunch is available after the program. Please sign up at the 50+ Center Front Desk.

Baltimore Museum of Industry:

“Baltimore in the 19-Teens: A Decade of Change”

Friday, July 8, 11 am

The world Baltimoreans knew was changing. Their city had been rebuilt after the Great Fire of 1904, but it wouldn't stop there: Baltimore would soon host a Democratic presidential convention, the growing city and port demanded more of its leaders, and businesses completed the city's first two Skyscrapers. Before it was over, a decade of great expectations ended in war fatigue and pandemic illness, but setting the stage for the cultural revolution we call the Roaring Twenties.

Exercise for Mental Health

Wednesday, July 13, 11 am

Join us for an educational presentation to discuss exactly how exercise works to improve your mental health & how to implement a workout routine effectively. Presented by Malarie Burgess. A lunch is available after the program. Please sign up at the 50+ Center Front Desk.

Fresh Conversations:

The “Sunshine” Vitamin

Wednesday, July 20, 1pm

This month's Fresh Conversation class will cover food sources of vitamin D and the connection between vitamin D and depression. Presented by Karen Basinger, MS, CFCS, LDN, Family and Consumer Sciences, University of Maryland Extension Service. A lunch is available after the program. Please note change in time. Please sign up at the 50+ Center Front Desk.

NOTE: 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.

EVENTS AND PROGRAMS

Skin Cancer Detection Starts With You

Friday, July 22, 11am

You can play an important part in detecting abnormal skin growths or potential skin cancers by checking your skin regularly and seeing a healthcare professional for routine skin examinations. Danielle LeClair, Nurse Practitioner specializing in Dermatology for over 15 years will be discussing what to look for during self-examinations and when to seek the advice of a healthcare professional. Please sign up at the 50+ Center Front Desk.

Ask the Officer with Officer Bill Kreitzer

Monday, July 25, 10-11am

Join Officer Bill Kreitzer for a general safety update and Q&A session. Please bring your questions and concerns and Officer Kreitzer will be available to listen and help for free. Coffee & light breakfast will be available. Please sign up at the 50+ Center Front Desk.

Cool Down with Card Making!

Wednesday, July 27, 10am

Come escape the July heat and join us for two hours of paper crafting fun. We will make three hand stamped greeting cards for Birthdays and other occasions. Paper, envelopes, stamps, ink, and any special tools will be provided. If you're new to card making, there will be detailed instructions. If you're already a crafter, please bring your favorite scissors and adhesive. Instructor Emily Aubin. Please sign up at the 50+ Center Front Desk. Free.

July Birthday Bash

Wednesday July 27, 12 pm

Celebrate your birthday month with lunch and a cupcake. Please sign-up at the 50+ Center Front Desk.

Fresh Conversations:

Cooking for 1 or 2

Wednesday, August 3, 10am

This month's Fresh Conversation class will cover how to cook for 1 or 2 people. Presented by Karen Basinger, MS, CFCS, LDN, Family and Consumer Sciences, University of Maryland Extension Service. A lunch is available after the program. Please note change in time. Please note change in time. Please sign up at the 50+ Center Front Desk.

"World Senior Citizens Day" Lunch

Friday, August 19, 12 pm

Join us for a lunch to celebrate World Senior Citizens Day! This is a day to celebrate accomplishments and to raise awareness about issues that affect senior citizens and their quality of life. Please sign up at the 50+ Center Front Desk.

Ask the Officer with Officer Bill Kreitzer

Monday, August 22, 10-11am

Join Officer Bill Kreitzer for a general safety update and Q&A session. Please bring your questions and concerns and Officer Kreitzer will be available to listen and help for free. Coffee & light breakfast will be available. Please sign up at the 50+ Center Front Desk.

Thinking of Going Vegan?

Wednesday, August 31, 11 am

Learn how you can healthfully adopt a plant-based diet while making sure you're getting adequate vitamins and minerals. Registered Dietitian Carmen Roberts will discuss meal planning and tips on creating a balanced vegan plate. A lunch is available after the program. Please sign up at the 50+ Center Front Desk.

EVENTS AND PROGRAMS

August Birthday Bash

Wednesday August 31, 12 pm

Celebrate your birthday month with lunch and a cupcake. Please sign-up at the 50+ Center Front Desk.

Care Talk with Earnestine

Thursday, September 1, 11am

Learn about the Caregiver Support Program (CSP) and the resources and supports available to help you or a loved one. Presented by Earnestine Thomas MSW, Caregiver Specialist. Please sign-up at the 50+ Center Front Desk.



Happy Labor Day Lunch

Friday, September 2, 12 pm

Join us for a lunch to celebrate Labor Day! Please sign up at the 50+ Center Front Desk.

Baltimore Museum of Industry: "The 1930s: Decade of Uncertainty"

Friday, September 9, 11 am

In the decade of the Great Depression, the city was entering uncharted territory: an unparalleled economic downturn, collapsing banks, and a growing international crisis that would ultimately bring the country into another world war. Politicians were elected to be agents of change, and the "New Deal" put Baltimore slowly on the road to economic recovery. It was a decade of growing Civil Rights activism, of entrepreneurs and entertainers, and, most of all, people enduring hardship while looking forward to better times. Please sign up at the 50+ Center Front Desk.

Bird Walk at High Ridge Park

Tuesday, September 13, 1:30 pm

Enjoy an afternoon stroll around High Ridge Park and learn the basics of birding and bird identification with a Ranger bird expert! See familiar avian faces, learn to distinguish common bird calls, and maybe even spot an unusual bird passing through Maryland. Also pick up some tips on how to overcome accessibility barriers to birding. All experience levels welcome! Bring binoculars if you have them. There is a restroom on site and pathways are stroller- and wheelchair-friendly.

We will meet at the park entrance.

Please sign-up at the 50+ Center Front Desk.



*** Free Health Screenings! ***

Wednesday, September 14, 9-12 pm

Receive a complimentary health screening (manual blood pressure, stroke risk assessment and BMI calculation) with Andrea Bendig MSN, BSN, RN, CM, DN. Please sign-up at the 50+ Center Front Desk.

Handmade Greeting Cards for Special People Wednesday, September 14, 10am

Is there someone amazing in your life you'd like to thank? Do you want to let someone know how special they are? Join us for a special card making class celebrating the wonderful people in our lives. Come make three beautiful handmade cards to thank, support, or bring a smile to friends or family. Paper, envelopes, stamps, ink and special tools will be provided. No experience is necessary. However, if you're a seasoned crafter, please bring a favorite adhesive and a pair of scissors to the class. Instructor Emily Aubin. Please sign up at the 50+ Center Front Desk. Free.

EVENTS AND PROGRAMS

AARP CarFit Checkup

Thursday, September 15, 10 am

CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle "fit" them to increase safety and mobility when they hit the road. Review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints. Please sign up at the 50+ Center Front Desk for your 20 minute appointment.

Tasty Tidbits:

Farmers' Market Fresh Vegetables

Friday, September 16, 10am

It's that time of year when Farmers' Markets are filled with an abundance of local produce. This month we will explore vegetables in season right now and how to incorporate them into your meals. Presented by Nutrition Specialist, Cheryl Campbell. Please sign up at the 50+ Center Front Desk.

Falls Prevention Exercise

Tuesday, September 20, 11 am

In recognition of annual "Falls Prevention" week, join us to learn more about how you can prevent falls. Part presentation, part demo! Participants should expect to be out of their chairs moving around. Presented by Malarie Burgess. Please sign up at the 50+ Center Front Desk.

Build a Better Breakfast

Tuesday, September 21, 11 am

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! A lunch is available after the program. Please sign up at the 50+ Center Front Desk.

Origami "Tsuru" - Japanese Crane

Friday, September 23, 11 am

The Japanese crane is an auspicious symbol of happiness, health, longevity and peace for the world.

Join Shawnee Holmberg as she shows you how to craft this beautiful work of art. Materials needed for this class will be provided. Please sign up by phone, online, or stop by the 50+ Front Desk. Free.



Ask the Officer with Officer Bill Kreitzer

Monday, September 26, 10-11 am

Join Officer Bill Kreitzer for a general safety update and Q&A session. Please bring your questions and concerns and Officer Kreitzer will be available to listen and help for free. Coffee & light breakfast will be available. Please sign up at the 50+ Center Front Desk.

Fresh Conversations:

What's Trending in the Nutrition World

Wednesday, September 28, 11 am

This month's Fresh Conversation class will cover current trends in the world of nutrition.

Presented by Karen Basinger, MS, CFCS, LDN, Family and Consumer Sciences, University of Maryland Extension Service. A lunch is available after the program. Please note change in time. Please sign up at the 50+ Center Front Desk.

September Birthday Bash

Wednesday September 28, 12 pm

Celebrate your birthday month with lunch and a cupcake. Please sign-up at the 50+ Center Front Desk.

Sneaky Scams!

Friday, September 30, 11 am

Learn about the latest scams and how to protect yourself! Presented by Tracy D. Rezvani, from the Howard County Office of Consumer Protection. Please sign up at the 50+ Center Front Desk.

EXERCISE AND FITNESS

Mat Pilates

Mondays & Thursdays, 11:30 am

Cost: \$105 for 20 classes

July 7—September 26

#A06457.801

Pilates enhances flexibility while building lean muscle, strength and endurance in the hips, back and abdomen. Improve your posture and your balance as you strengthen these core muscles. Mats and props are available for class or bring your own. No class Jul. 18, 21, Aug. 29, Sept. 5

Instructor: Maggie Lockhart

Line Dance

Tuesdays, 11:15 am to 12:45 pm

\$5/month - can pay for multiple months

#A06422.801, A06422.802, A06422.803

Learn popular step sequences in these fun weekly sessions. The first half of the class is basic and beginner refresher steps and the second half has more advanced sequences. A fun and interactive way to be more active. **Instructor: Linda Pohland**

Chair Yoga DANCE!

Wednesdays, 10 am to 11 am

Cost: \$76 for 12 classes

July 6—September 21

#A06414.801

Loosen and stretch muscles, reduce stress and improve circulation while building strength and balance. Each class starts with breath work and slow body warmups, then moves to accessible seated dance movements. The best part is we all move together to songs of yesteryear as well as popular songs of today.

Instructor: Lisa Rados

Gentle Yoga

Wednesdays, 11:15 am to 12:15 pm

Cost: \$76 for 12 classes

July 6—September 21

#A06415.801

Learn basic yoga poses and proper posture to pair with breath work and relaxation techniques. Class benefits include greater flexibility and improved strength, energy and concentration, clarity and overall health. Mats and props available for class or bring your own. Note new time.

Instructor: Lisa Rados

Age Well Exercise

Wednesdays and Fridays, 11:30 am

Cost: \$58 for 18 classes

July 13—September 23

#A06463.801

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 help you feel your best. Classes are cosponsored by the Howard County General Hospital. For more information or to register, call the 50+ Front Desk. No class Aug, 3, 10, 17, 24

Instructor: Roxanne Hartman, OTR/L, CDP

Zumba Gold

Fridays, 10 am to 11 am

Cost: \$83 for 12 classes

July 8—September 23

#A06411.801

A fun, Latin-inspired workout designed for the active, older adult, incorporating Zumba's contagious rhythms with a lower intensity. **Instructor: Roxanne Hartman, OTR/L, CDP**

Current Fitness Class Schedules available at 50+ Center Front Desk

EXERCISE AND FITNESS



For just \$75/year, Go50+ members can use the fitness equipment rooms at three 50+ Center locations: ElkrIDGE, Ellicott City and Bain 50+ Centers, as well as in the community centers at Glenwood, N. Laurel, and Ellicott City.

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, please call the 50+ Front Desk.

Please don't be shy!

Let Lucky, Carmen, or Cheryl know how we can better serve you—that's what we're here for!

We also have a comment box up front for your ideas!

What programs would you like to see?

Contact us — all the information is on the front cover!

Our next newsletter will be available the last week of September, and will cover the quarter of October through December.

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

