

LEISURE TIME IN RETIREMENT



WHY IT'S IMPORTANT

- STAYING BUSY KEEPS YOU MENTALLY AND PHYSICALLY ENGAGED AND IMPROVES YOUR HEALTH.
- ENGAGE IN ACTIVITIES YOU CARE AND ARE PASSIONATE ABOUT.
- CHALLENGE YOURSELF TO TRY SOMETHING NEW.



YOU WILL BE ADDING EIGHT+ FREE HOURS TO EVERY DAY SO PLAN AHEAD!

BE SOCIALLY ENGAGED

- **REMAIN ACTIVE IN THE COMMUNITY**
 - JOIN A SOCIAL GROUP
 - SUPPORT LOCAL SPORT TEAMS
- **TAKE A CLASS**
 - COMMUNITY COLLEGE
- **CONTINUE TO GROW YOUR RELATIONSHIPS WITH FAMILY AND FRIENDS**



CONTINUE TO USE YOUR SKILLS

- **TEACH A CLASS**
- **WORK PART TIME**
- **START A SIDE BUSINESS**
- **BABY SIT**



HEALTHY AGING IN HOWARD COUNTY

GO50+

Our GO50+ membership packages are designed to enhance the quality of life for the 50+ adult population that lives, works and plays in Howard County. Effective January 4.

Live longer, healthier lives... join today!

50+ CENTERS

Membership includes access to Gary J. Arthur and N. Laurel Community Centers and all Howard County 50+ Centers.

- Game Room Areas
- Gymnasiums
- Walking Tracks
- Wellness Programs

FREE

GO50+ FITNESS

Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.

- All 50+ Center Benefits
- Fitness Rooms
- Dance/Aerobics Studio*

Resident: \$75 per year
Nonresident: \$100 per year

GO50+ POOL

Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.

- All 50+ Fitness Benefits
- Pool Access During Open Swim Hours

Resident: \$175 per year
Nonresident: \$225 per year

*Dance/Aerobics Studio not available at Ellicott City 50+ Center.

JOIN THE GO50+ FITNESS MEMBERSHIP AND ENJOY THE HEALTH & WELLNESS PROGRAMS

- FRIENDLY CONNECTIONS
- EXERCISE CLASSES FOR CHRONIC CONDITIONS
- STEPPING UP YOUR NUTRITION
- LIVING WELL: TAKE CHARGE OF YOUR HEALTH
- LIVING WELL WITH HYPERTENSION
- NUTRITION CONSULTATION
- SENIORS TOGETHER PEER OUTREACH PROGRAM

OTHER AGENCIES IN MARYLAND

Maryland.gov Phone Directory State Agencies Online Services Translate

MARYLAND Department of Aging

Enter search term

HOME PROGRAMS AND SERVICES NEWS ROOM EVENTS JOIN OUR TEAM

About MDoA

- › Department Overview
- › Office of the Secretary
- › Area Agencies on Aging
- › Maryland Commission on Aging
- › Long Term Care Ombudsman Program: Protecting Rights, Promoting Quality
- › State Plan
- › Public Records Requests
- › Contact Us

For Professionals

- › Eligibility Criteria for Programs
- › Proposed Regulations

About the Maryland Department of Aging

The Department of Aging helps establish... for all older adults... supportive services that... meaningful lives.

Vision

Live Well, Age Well

Key Goals

- **Goal 1:** Advocate to ensure the rights of older adults and their families and prevent their abuse, neglect, and exploitation.

CUSTOMER SERVICE PROMISE

The State of Maryland pledges to provide constituents, businesses, customers, and stakeholders with services in the following manner:

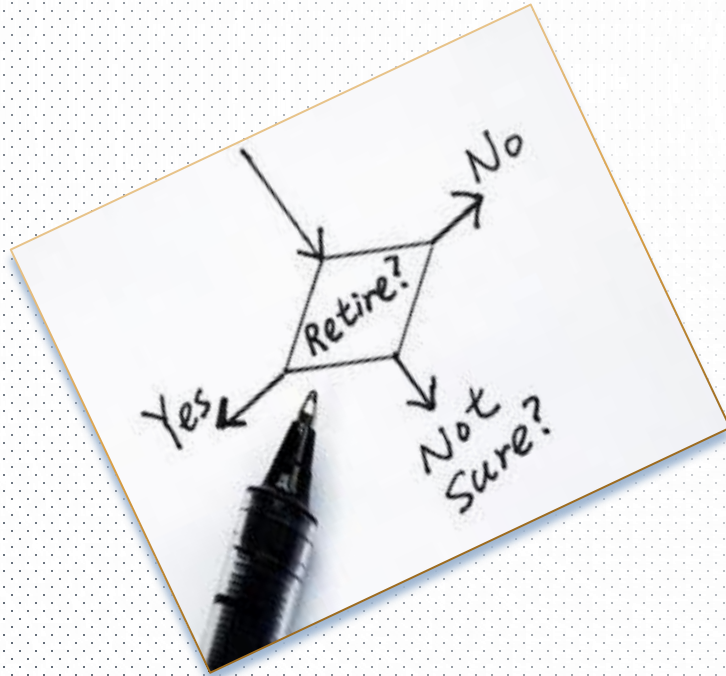
- **Friendly and Courteous:** We will be helpful and supportive and have a positive attitude and passion for what we do.
- **Timely and Responsive:** We will be proactive, take initiative, and will try to anticipate your needs.
- **Accurate and Consistent:** We will always aim for 100% accuracy, and...

Find your local Agency on Aging

Maryland
Department Of
Aging:

aging.maryland.gov
or
1-800-243-3425

SO WHAT'S YOUR PLAN?



ENJOY EVERY MINUTE!

YOU'VE EARNED IT!

BEST OF LUCK!!!