

WELCOME TO THE GLENWOOD 50+ CENTER NEWS



APRIL 2017

www.glenwoodseniorcenter.org



It's April and around Glenwood that means WOMENFEST! Scheduled for Saturday, April 29th from 10 am - 3 pm, we have a wonderful day planned for you, so grab a friend and plan to join us. Also make sure you check out the beautiful work of Brenda Kidera on the walls through April. The Lyric is back on the 7th with a tribute to the 50's and Maryland Zoo is back on the 17th. See you around the center! Regina, Cathy, Chris, Torry and Evan



**2400 Route 97
Cooksville, MD 21723
(410) 313 - 5440 Front Desk
Fax: (410) 313 - 4846**

Center Email:
glenwood50Plus@howardcountymd.gov

Glenwood 50+ at the
Gary J. Arthur Community Center

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

GO50+ HOURS

Mon-Sat: 7 am - 9 pm
Sun: 9 am - 6 pm

Website:
www.howardcountyyaging.org
Council Website:
www.glenwoodseniorcenter.org

Volunteer Website:
www.hocovolunteer.org

SPOTLIGHT ON WOMENFEST SEMINARS

Be Empowered - Julie Reisler, Life Designer Need a little help pushing yourself to the next level in your personal or professional life? Join this information packed seminar focusing on empowering yourself and getting to where you want to be in life.

Be Calm - Lindsey Wiedel & Dana Weidel, Everyone Connect Outside Treat your senses at this workshop and explore aromatherapy and essential oils, see how you can easily incorporate them into your life and create your own personal spray mist.

Be Current and Clutter Free - Vickie Williams, House to Home Join this staging and decorating professional as she walks you through the steps to update your look and declutter your surroundings creating a new and peaceful space.

Be Aware - Beth Silverman, Consumer Protection Scams are a fact of life. Learn what to be on the lookout for so you can protect yourself and your family members.

Be Informed - Jimena Ryan, Member of S.O.U.L. Get educated about this epidemic. From painkillers to heroin, opioid addiction is everywhere; learn how it is impacting families from someone who has walked this path. Know the signs, get support, and just maybe, help save a life.



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**THE HISTORY OF
ROCK AND ROLL
IS HERE
3 WEDNESDAYS IN
APRIL.
DON'T MISS IT.**

50+CENTER NEWS TO USE

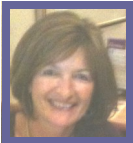
Center Information

Friday, April 14, Closed, Good Friday
Monday, May 29, Closed Memorial Day

50+ Programs: Interested in trying a class? You can try out one class for free. The Glenwood 50+ Center does not pro-rate for classes missed.

Maryland Access Point: (410) 313-1234. Contact the MAP line for questions, information and referrals to services in Howard County.

State Health Insurance Assistance Program: (410) 313-7392. Appointments are held at Glenwood 50+Center on the second Tuesday of each month.



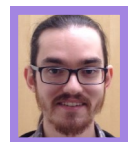
Regina Jenkins, Director
(410) 313-5443
rjenkins@howardcountymd.gov



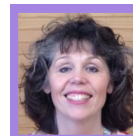
Cathy Burkett, Assistant Director
(410) 313-4832
cburkett@howardcountymd.gov



Chris Ferraro, Registrar
(410) 313-5440
cferraro@howardcountymd.gov



Evan Larkin, Utility Technician
(410) 313-4836
elarkin@howardcountymd.gov



Torry Brecht, Nutrition Specialist
(410) 313-4833
vbrecht@howardcountymd.gov

Cooksville Corner Café: Why not join us for lunch in our café? Check out our menu in in the newsletter or in the lunch book located at the Front Desk. Remember to call to reserve or to cancel. Lunch is served Monday through Friday at 12 noon, with a super salad bar on the 2nd Friday of each month.

Council Corner

Members:

Laurel Gafke	Carl Hood
Joann Brown	Barbara Cornell
Doug Hillmuth	Laura Wilson
Toni Matthews	Linda Deffinbaugh
Linda Behsudi	Lee Hartman
Alysa Simms	Katie Roe

Meeting: Tuesday, April 11, 1 pm

Tuesday, May 9, 1 pm

Interested in having a voice at the Center and getting more engaged? Think about joining the 50+Center Council. The Council meets the second Tuesday of each month and meetings are open to all.

Are you on Facebook?

Check out the Council's page and "Like" it! Find us at [Facebook.com/Glenwood 50+Senior Council](https://www.facebook.com/Glenwood50+SeniorCouncil)

SPRING FUNDRAISER GIFT BASKET RAFFLE

Take a chance on a beautiful basket full of lovely items for any special lady in your life. Tickets will be on sale through the beginning of May. The funds raised by the Council which is a 501c3 organization, go to underwriting the cost of speakers, entertainment, trips and special events such as the successful outreach luncheon to the faith based community which was held in March.



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."

KINDRED SPIRITS SOCIAL CLUB

If you are struggling with memory loss or know someone who is, look into Kindred Spirits Social Club. This innovative program is a partnership between the Office on Aging and Independence and the Alzheimer's Association, Greater Maryland Chapter.

The mission of the Social Club is to provide socialization, companionship, education, support, and a sense of purpose in a safe and nurturing environment for individuals with a medical diagnosis of an early memory disorder. The Social Club includes structured therapeutic support activities such as speakers, music, art, and yoga.

The program operates Mondays, Wednesdays, and Fridays, 9 am -1 pm.

Judy Miller, Kindred Spirits Director and Facilitator

jumiller@howardcountymd.gov

Call to schedule an appointment (410) 313-5441



CONNECTIONS SOCIAL DAY PROGRAM

Are you a caregiver of a parent or loved one, or do you know someone who is providing care for an aging parent? The Connections Social Day program offers a safe, affordable, stimulating option. The Connections program has a staff to participant ratio of 1 to 8, and is directed by a Certified Occupational Therapy Assistant. Staff are dedicated to providing a place for your loved one to socialize in a structured and supportive environment. The four hour program provides programming, a well balanced lunchtime meal and snacks. Program is 9 am -1 pm on Tuesdays and Thursdays.

Judy Miller, Director, Connections Social Day program,

jumiller@howardcountymd.gov

Call to schedule an appointment (410)313-5441

WOMENFEST SPECIAL GUEST

Meet Ariel Lewis, Owner, Lead Makeup Artist of Ariel Lewis, LLC

Ariel joins WOMEFNEST on Saturday April 29th to give you your 10 minutes of BEAUTY EMPOWERMENT. Visit Ariel in the lobby for a chance to participate in a live Q&A with demonstrations on stage.

Ariel has been a makeup artist for over 13 years. She started her passion for makeup while attending college to become a Speech Pathologist. She quit her profession in 2011 to become a stay at home mom, shortly after her daughter was born she launched her first on-site beauty company, Airbrush Makeup by Ariel. She has since launched a second company, A-List, and has grown her staff to include 50 makeup and hair stylists. Ariel is a regular beauty expert on Fox45 and WBAL Channel 11. Join us for your 10 minute BEAUTY BOOST at WOMENFEST!



If you need this document in an alternative format, please contact Regina Jenkins on (410) 313-5443. Would you like to receive our newsletter on your smart phone or home computer? If so, please call Chris at (410) 313-5440 and she will add you to our email distribution list.

EXERCISE AND FITNESS CLASSES

Sit & Fit

Tuesday and Thursday, 11 am
Cost: \$48 for 16 classes
Next session begins May 9
Instructor: Susan Kain

Energize High Intensity Interval Training

Monday and Wednesdays, 8:20 am
Cost: \$68 for 16 classes
Next session begins April 24
Instructor: Sara Schwab

Gentle Yoga

Tuesdays or Thursdays, 10:15 am
Cost: \$60 for 10 weeks
Next Tuesday session begins April 25
Next Thursday session begins April 13
Instructor: Mary Garratt

Hatha Yoga 1-2

Fridays, 9-10 am
Cost: \$60 for 10 weeks
Next session begins April 21
Instructor: Susan Kain

Hatha Yoga

Tuesdays or Thursdays, 9 am
Cost: \$60 for 10 weeks
Next Tuesday session begins April 25
Next Thursday session begins April 13
Instructor: Mary Garratt

Line Dancing For Beginners

Thursdays, 1pm
Cost: \$55 for 10 weeks
Instructor: Sharon Grimet

Line Dancing Intermediate

Thursdays, 2 pm
Cost: \$55 for 10 weeks
Instructor: Sharon Grimet

Line Dancing: Beginner Drop In

Tuesdays, 2:30 - 3:15 pm

Line Dancing: Improver - Intermediate

Tuesdays, 3:30-5pm, Thursdays, 2-4 pm

Pilates

Mondays, 10 am or Wednesdays, 11 am
Cost: \$48 for 8 classes
Next Monday session begins April 10
Next Wednesday session begins April 26
Instructor: Bob McDowell

Prime Time Tone, Balance & Flex

Monday, Wednesday, 1-2 pm
Cost: \$48 for 16 classes
Next session begins April 17
Instructor: Marianne Larkin

Yogalates

Mondays, 3 pm
Cost: \$60 for 10 classes
Session begins April 24
Instructor: Susan Kain

Registration for exercise classes can be done at the front desk. Payment may be made in the form of cash, credit card or check, payable to Howard County Director of Finance. You may also register online using a credit card at <http://apm.activecommunities.com/howardcounty>. For a detailed description of exercise classes, visit Glenwoodseniorcenter.org and click on "Schedule" and "Health, Wellness, Fitness".

COOKSVILLE CAFÉ APRIL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
April 3, 2017	April 4, 2017	April 5, 2017	April 6, 2017	April 7, 2017
Opening Day Hot Dogs Baked Beans Coleslaw Fresh Fruit Chips Ice Cream Cones	Salad Meatloaf/Gry Mashed Potato Cali Blend Bread Peaches	Salad Cheese Lasagna Cucs/mandarin Salad Melon Bread Stick	Chick Veg Soup Southwest Chicken Rice Med Salad Fruit Cup	Tomato Soup Tuna Salad Three Bean Salad Roll Fresh Fruit
April 10, 2017	April 11, 2017	April 12, 2017	April 13, 2017	April 14, 2017
Beef Stew Ranch Salad Biscuit Fresh Fruit	Pizza Party Please sign up at the front desk. \$7.00 	Split Pea Soup Hot Turkey Sand Mixed Veggie Bread Orange	Chicken Fajitas Peppers Onions Spanish Rice Black Beans Melon Tortillas	CLOSED GOOD FRIDAY
April 17, 2017	April 18, 2017	April 19, 2017	April 20, 2017	April 21, 2017
Pulled Chicken Mashed Potato Coleslaw Roll Melon	Pulled Pork BBQ Coleslaw Spinach Bun Fresh Fruit	Tomato Soup Hamburger Winter Blend Roll Peaches	Salad Braised Pork Diced Potato Carrots Bread Fresh Fruit	Salad Steak Baked Potato Creamed Spinach Roll Apple Pie
April 24, 2017	April 25, 2017	April 26, 2017	April 27, 2017	April 28, 2017
Minestrone Knockwurst Baked Beans Coleslaw Bun Fresh Fruit	Chicken Fajitas Peppers Onions Spanish Rice Black Beans Melon Tortillas	Salad Meatball Sub Green Beans Roll Fresh Fruit	Tuscan Bean Soup Stuffed Peppers Baby Carrots Spiced Apples Roll	Pork Chops/Gry Mashed Sweet Potatoes Collard Greens Bread Mixed Fruit Cup

REMEMBER

Milk is provided at every meal. The actual lunch cost is \$4.10 for a regular meal and \$5.39 for a super meal special meal.
 Please donate what you can. Sign up at least one week in advance at the front desk in the yellow binder.

hello

APRIL

GLENWOOD 50+CENTER

APRIL 2017

CALENDAR OF EVENTS

www.glenwoodseniorcenter.org

(410) 313-5440

<p>3</p> <p>\$ Energize HIT 8:20 Basketball 9 \$ Pilates 9:45 Pinochle 10 \$ Opening Day Lunch Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3 \$Physical Therapy Art Exhibit</p>	<p>4</p> <p>\$ Hatha Yoga 9 Nutrition Counseling 9:30 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickleball 11 Great Courses, Nutrition 12:30 Chinese Mahjong 1</p>	<p>5</p> <p>Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 \$HCC Course 9:30 \$ Pilates 11 Great Courses: Healing 12:30 \$ Prime Time 1 \$ Textures in Clay 1 \$Physical Therapy</p>	<p>6</p> <p>\$ Hatha Yoga 9 ARP Tax Aide 9:30 History Discussion 10:30 History of Broadway 11 \$Reflexology \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickleball 11 Line Dancing 1 Line Dancing 2</p>	<p>7</p> <p>Basketball 9 \$ Yoga 1/2 9 Pinochle 10 \$ Gentle Yoga 10:15 \$ Acupuncture Lyric Opera House 11</p>
<p>10</p> <p>\$ Energize HIT 8:20 Basketball 9 Ask the Pharmacist 9 \$ Pilates 9:45 History of Broadway 11 Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3 \$Physical Therapy</p>	<p>11</p> <p>\$ Hatha Yoga 9 New Member Coffee 9 Bagels with Ted 9:30 Blood Pressure 9 SHIP 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickleball 11 Council Meeting Chaplin & Chaney 1 Chinese Mahjong 1</p>	<p>12</p> <p>Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 \$HCC Course 9:30 \$ Pilates 11 \$ Prime Time 1 History of Rock & Roll 1 \$Physical Therapy</p>	<p>13</p> <p>\$ Hatha Yoga 9 Genealogy 10 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickleball 11 Line Dancing 1 Line Dancing 2</p>	<p>14</p> <p>CLOSED GOOD FRIDAY</p>

<p>17</p> <p>\$ Energize HIT 8:20 Basketball 9 \$ Pilates 9:45 Pinochle 10 Maryland Zoo 11 Bridge 12:45 \$ Prime Time 1 \$HCC Course 1 \$ Yogalates 3 \$Physical Therapy</p>	<p>18</p> <p>\$ Hatha Yoga 9 iPad, iPhone 10 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickleball 11 Chinese Mahjong 1 Great Courses Nutrition 12:30 Chaplin & Chaney 1</p>	<p>19</p> <p>\$ Energize HIT 8:20 Pancake Bar 9 Basketball 9 Open Arts & Crafts 9 Civil War Series 10 \$ Pilates 11 Great Courses: Healing 12:30 Bridge 12:45 \$ Prime Time 1 History of Rock & Roll 1 \$Textures in Clay 1 \$Physical Therapy</p>	<p>20</p> <p>\$ Hatha Yoga 9 \$Refexology \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickleball 11 Line Dancing 1 \$HCC Course 1 Line Dancing 2</p>	<p>21</p> <p>Basketball 9 \$ Yoga 1/2 9 Financial Exploitation 10 \$ Gentle Yoga 10:15 Pinochle 10 \$ Acupuncture \$Movie 1</p>
<p>24</p> <p>\$ Energize HIT 8:20 Basketball 9 \$ Pilates 9:45 Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$HCC Course 1 \$ Yogalates 3 \$Physical Therapy</p>	<p>25</p> <p>\$ Hatha Yoga 9 Blood Pressure 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickleball 11 Chinese Mahjong 1</p>	<p>26</p> <p>\$ Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 Invasion of Normandy 10 \$ Pilates 11 Bridge 12:45 History of Rock & Roll 1 \$ Prime Time 1 \$Physical Therapy</p>	<p>27</p> <p>\$ Hatha Yoga 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickleball 11 Line Dancing 1 Line Dancing 2</p>	<p>28</p> <p>Basketball 9 \$ Yoga 1/2 9 \$ Gentle Yoga 10:15 Pinochle 10 Capital Splendor 11 \$ Acupuncture</p>

You can register for free programs and lunch in binders at the front desk or by calling (410) 313-5440. To register for fee based programs, you can call or visit the front desk. Be sure to get a call about a schedule change by signing up ahead of time.

We want to celebrate your birthday! Call Chris at the front desk to sign up during your birthday week for a free lunch. (410) 313-5440.

◆ \$ = Fee based program, preregistration is required.

WOMENFEST
SATURDAY
APRIL 29
10 AM - 3 PM



WOMENFEST
A Health & Wellness Event for Women

HEALTH, WELLNESS & FITNESS

Acupuncture

Fridays, appointments 9 am - 4 pm

**Cost: \$125 Initial Appointment,
\$75 session**

Acupuncturist, Dawn Kulak, L.Ac., M.Ac, will be seeing clients on Fridays. Dawn accepts insurance. Please discuss this with her at your consultation.



Walking Group

Monday - Friday, 8 am

The walking group meets five days a week. Come join us any day for a brisk walk indoors. Walk at your own pace and enjoy the camaraderie of a group.



SHIP Counseling

Tuesday, April 11, 9 am

State Health Insurance Program counselors will be available to help individuals with health insurance issues. The service is open to Medicare beneficiaries of any age, others age 50 and up, their families and caregivers. Call (410) 313-7391 for an appointment.

Ask the Pharmacist

Monday, April 10, 9 am

Bring all of your questions to pharmacist, Don Hamilton, P.D. Meet one on one and get answers to your pressing questions about your medications. Bring your drug lists, or your prescription containers to confidentially discuss any concerns.

Blood Pressure Screenings

Tuesdays, April 11, 25, 9 - 11 am

Tuesday, May 9, 23, 9 - 11 am

Sponsored by Howard County General Hospital. Keep on top of your blood pressure to avoid serious health concerns. Let the nurse help you keep track of your readings. First come first served.

Reflexology with Linda

Thursdays, April 6, 20, 9 am - 2 pm

Cost: \$30 for 30 minutes, \$60 for 60 minutes

Welcome Linda Deffinbaugh, RN as she begins to offer reflexology for our members. This system of massage used to relieve tension and treat illness is based on the theory that there are reflex points on the feet, hands and head linked to every part of the body. Register at the front desk.

Nutrition Counseling

Tuesday, April 4, 9:30 am

Schedule an appointment with Mary Kuttler, RD. Mary helps adults improve on their quality of life through nutrition counseling and education. Sign up for a 30 minute session. Donations accepted.

Physical Therapy w/Teresa, MSPT, LLC

Coming soon on Mondays and Wednesdays, we will have an on-site licensed Physical Therapist. Enjoy added convenience of therapy here at Glenwood.

PROGRAMS AND EVENTS

Basketball - Drop in

**Monday, Wednesdays, Fridays
9 - 11 am**



Players must be 50+ years of age to participate in this program. Join this group for a fun and competitive workout. Players age 62 and better can enjoy playing with members in their age group beginning at 11 am.

Pickleball

Tuesdays, Thursdays, 11 am - 2 pm

Come join the fun! Pickleball combines elements of tennis, badminton and ping-pong. Be prepared to love it.

Billiards-Table Tennis

Monday-Fridays, 8 am - 4:30 pm

Stop by the front desk and grab a key to the game room. Enjoy a game of table tennis or pool!

Chinese Mahjong

Tuesdays 1 - 3 pm

Come and learn how to play and enjoy the friendships that are created. Sign up to stay for lunch.

Pinochle

Mondays, Fridays, 10 am - 4:30 pm

Looking for new players! Beginners are welcome. This group spends the day enjoying each other's company and playing pinochle.

Duplicate Bridge

**Mondays, Wednesdays, 12:45 - 4:00 pm
Cost:\$1 includes coffee and tea.**

Duplicate bridge is the most widely used variation of contract bridge in club play. It is called duplicate because the same bridge deal is played at each table and scoring is based on relative performance.

Open Studio: Join Us

Wednesdays, 9am - noon

Are you working on any crafts at home? Painting, knitting, crocheting, jewelry making, paper crafts or more? Come out on Wednesdays and make connections with others as you work at your own pace on your project. The art room will be open for you to create.

History Discussion Group

Thursday, April 6, 10:30 am

Thursday, May 4, 10:30 am

This group meets monthly and decides together on upcoming topics. Feel free to join.

Genealogy

Thursday, April 13, 10 am

Thursday, May 11, 10 am

Join Dottie Aleshire for this monthly series on all topics Genealogy. Topics listed at front desk and on bulletin board.

PROGRAMS AND EVENTS

AARP Tax Aide Program

Thursdays beginning at 9:30 am

AARP Tax Aide volunteers will be here through April 13th to complete your taxes.

Great Courses: Nutrition Made Clear

Tuesdays, April 4, 18, 12:30 pm

Join Torry as she delves into another topic in the Nutrition Series of Great Courses.

Great Courses: The Science of Healing

Wednesdays, April 5, 19, 12:30 pm

Join center member and volunteer Laura Grant for another topic in the Science of Healing series of Great Courses.

Textures in Clay

Wednesday, April 5, 1 pm

Charlene Randolph continues her hands-on clay series with glazing the planters.

Howard Community College Course:

Alexander Hamilton & Aaron Burr

Wednesdays, April 5, 12, 9:30 am
Register with the college in advance.

History of Broadway

Thursday, April 6, 11 am

Monday, April 10, 11 am

Steve Friedman continues his popular lecture and performance series. See front desk for details.

Lyric Opera House: The Fabulous Fifties

Friday, April 7, 11 am

Join the vocalists and pianist from the Lyric for this upbeat tribute to the golden oldies of the 50's.

Chaplin and Chaney

Tuesdays, April 11, 18, 1 pm

Ernest Liotti takes you through a two week program on these two famous individuals. Get up close and personal.

History of Rock and Roll

Wednesdays, April 12, 19, 26 1 pm

Instructor Jacob Sylvester joins us for this 3 week exploration of the History of Rock and Roll. Experience lively discussion and enjoy the music of the people who shook up the world.

Howard Community College Course:

The History of Greek Sculpture

Mondays, April 24, May 1, 1 pm

Register with the college in advance.

The Maryland Zoo: On the Wing

Monday, April 17, 11 am

They are back. Our friends from the Maryland Zoo are here with an interactive presentation on our feathered friends. Learn about their unique adaptations.



PROGRAMS AND EVENTS

iPad and iPhone Class

Tuesday, April 18, 10 am

Join Mike Vecera for his ongoing workshops on operating and understand your iPad and iPhone.

Pancake Bar

Wednesday, April 19, 9 am

Join us in the lobby for our second pancake bar. We will enjoy berries, toppings, sausage and juices.

Textures in Clay: Plates and Platters

Wednesday, April 19, May 3, 1 pm

Cost: \$25

Charlene Randolph continues her series in hands-on clay with plates and platters. This is a two week program. Create on the 19th and glaze on May 3rd.

Civil War Series:

Divided We Fall, The Confederacy's Collapse
Wednesday, April 19, 10 am

Join author Calvin Goddard Zon for a presentation of his book, *Divided We Fall, The Confederacy's Collapse From Within*.

Howard Community College Course: Great Memoirs

Thursday, April 20, 1 pm

Register with the college in advance.

Financial Exploitation

Friday, April 21, 10 am

Join Andre Lingham of the Howard County Police Department for a discussion on this important topic.

New Release Movies

Cost: \$1 donation

Friday, April 21, 1 pm

La La Land, Rated PG13, 2 hours, 8 min.



The Invasion of Normandy

Wednesdays, April 26, May 3, 10, 10 am

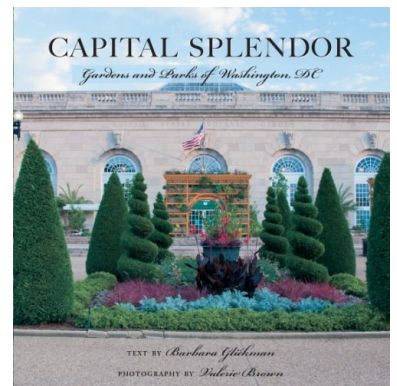
Instructor Michael Yaggy covers the background, planning, preparation and execution of the Allied landings in Normandy on June 6, 1944.

The Capital Splendor: Gardens and Parks of DC

Friday, April 28, 11 am

Barbara Glickman, author of the book *The Capital Splendor, Gardens and Parks of DC* will be here with a PowerPoint presentation which includes 80

photographs and provides a framework of different landscape garden design.



INFORMATION • INSPIRATION • IDEAS
for living a more balanced, healthier and fulfilled life!



Don't miss the fun and excitement
at Howard County's 9th Annual

WOMENFEST

A Health & Wellness Event for Women

Saturday, April 29 • 10 am to 3 pm

Gary J. Arthur Community Center at Glenwood
2400 Route 97, Cooksville, MD 21723

HIGHLIGHTS

- Dynamic Seminars
- Engaging Workshops
- Important Health Screenings
- Over 100 Vendors and Exhibitors
- Cooking and Fitness Demos
- PLUS, all Day Door Prizes!



SPECIAL GUEST

Ashley James

ABC2 News Anchor
11 a.m. to 1 p.m.

**FREE ADMISSION AND
CONVENIENT ON-SITE PARKING**

[facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)
#HoCoWF17

 Howard County Office on
Aging and Independence

410-313-5440 (VOICE/RELAY)
www.howardcountymd.gov/womenfest