

Hours: Monday -Friday  
9:30am - 1:30pm



9411 Whiskey Bottom Road  
Laurel, MD 20723  
410-313-7218

Nancy Riley, Director; [nriley@howardcountymd.gov](mailto:nriley@howardcountymd.gov)  
Rachel McCracken, Asst. Director; [rmccracken@howardcountymd.gov](mailto:rmccracken@howardcountymd.gov)

**September 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Labor Day Fun 12:00 Lunch 12:45 Bingo  <b>1</b>
<b>Closed Labor Day Holiday</b>  <b>4</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Art project: Decorating tote bag 12:00 Lunch 12:45 Exercise w/Liz  <b>5</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Luau 12:00 Lunch 12:45 Tai Chi w/Dave  <b>6</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Al and Anne 12:00 Lunch 12:45 Exercise w/Liz  <b>7</b>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/ Charlie E 12:00 Lunch 12:45 Bingo  <b>8</b>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music with Ed 12:00 Lunch 12:45 This Day in History  <b>11</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Ellis 12:00 Lunch 12:45 Exercise w/Liz  <b>12</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Al and Anne 12:00 Lunch 12:45 Tai Chi w/Dave  <b>13</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Tom 12:00 Lunch 12:45 Exercise w/Liz  <b>14</b>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Luau Frame Decorating 12:00 Lunch 12:45 Bingo  <b>15</b>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Belgian Waffles 12:00 Lunch 12:45 This Day in History  <b>18</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Ceramics w/ Charlene 12:00 Lunch 12:45 Exercise w/Liz  <b>19</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Price is Right 12:00 Lunch 12:45 Tai Chi w/Dave  <b>20</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Peter 12:00 Lunch 12:45 Exercise w/Liz  <b>21</b>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Cornucopia Art or Billiards 12:00 Lunch 12:45 Bingo  <b>22</b>
<b>Bob Evans Restaurant</b> <b>9:30am – 1:30pm</b> <b>(410) 290-0004</b>  <b>25</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Autumn Leaves Art Project 12:00 Lunch 12:45 Exercise w/Liz  <b>26</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Apple Roses Cooking Project 12:00 Lunch 12:45 Tai Chi w/Dave  <b>27</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Paws4Comfort Pet Stories 12:00 Lunch 12:45 Exercise w/Liz  <b>28</b>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Have you Ever? Game 12:00 Lunch 12:45 Bingo  <b>29</b>

# September is Healthy Aging Month!

Adapted from: <http://www.modern-senior.com/5-tips-healthy-aging/>

Here are some **reminders and tips** that will help you focus on living better today

**Get enough sleep and stick to a routine.** Your body is a well-oiled machine that operates according to a circadian rhythm that follows a 24-hour cycle. Don't mess with nature and throw a wrench in your own body clock. Try to go to bed and wake up at the same time every day. Everyone needs their beauty sleep to rest and repair cells.

**“Eat food. Not too much. Mostly plants.”** –If most of your diet comes in packages and contains ingredients that you can't pronounce, then it might be time to make some adjustments. Stay away from the inner aisles of the grocery store, where they stock processed foods, and do the majority of your shopping in the **produce department**.

**Rethink your ideas about food.** We tend to use food as a reward and a way to celebrate with others, but this habit can get out of control. It is easy to fall into a pattern of stress eating, yet the solution may be to simply be more conscious about the way you think of food. Remember that food is meant to provide **nourishment** and **energy**. Although eating a bag of chips to celebrate the end of another workday may provide some immediate gratification, are you actually providing your body with any valuable nutrients?

**“Let food be thy medicine and medicine be thy food.”** – Hippocrates. Diet is so important that most of the top diseases that affect Americans can be eliminated or drastically improved by living a healthier lifestyle. Take Type 2 Diabetes for example. While technically there isn't a cure for this disease, some people can completely eliminate the need for medication by increasing their activity level and improving their diet.

In addition, many foods have medicinal benefits that can help treat symptoms and improve health. Here are just a few common foods that have medicinal qualities:

- **Green Tea** – Improves metabolism, detoxifies the body, and reduces inflammation
- **Cinnamon** – Helps control blood sugar, fights bacteria, and reduces inflammation
- **Ginger** – Helps control nausea, gas, diarrhea and other stomach problems

*A simple tip to remember is to add more color to your diet. Eat your colors and enjoy better health!*

**Get Moving!** Exercise will boost your mood and your metabolism and burn calories. What's not to like?

Celebrate health aging month tonight by treating yourself to a big salad, an evening stroll, and an early bedtime. You might just like the way you feel enough to make it a regular habit.

## Happy Birthday Myrtle!

**Closings:**

**Monday, September 4<sup>th</sup> Labor Day Holiday**

**Outings:**

**Monday, September 25<sup>th</sup> : Bob Evans Restaurant Outing 9:30am-1:30pm.**

### Resource and Referral Information

**Maryland Access Point, (MAP):** Provides free information, assistance, and future planning for older adults and person with disabilities.

Contact them at 410-313-5980, 1-800-506-5806 or [map@howardcountymd.gov](mailto:map@howardcountymd.gov).

**RTA Paratransit Services:** 1-800-270-9553, Press 3 and follow prompts.

### Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Connections Social Day Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV, call the inclement weather line at 410-313-7777 or contact the center at 410-313-7218 to hear a recorded message regarding center operations.