

December 2015 - January 2016



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Laurel MD 20723  
(410) 313 - 0380  
Fax: (240) 568-3030

nlaurel50center@  
howardcountymd.gov

50+Center Hours

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

Website:  
www.howardcountyaging.org

# NORTH LAUREL 50+ CENTER NEWS & NOTES

## Happy Holidays & Happy New Year

We are finishing another year and looking forward to two new programs coming to North Laurel 50+ for 2016. Check out the Go50+ Fitness Center Membership - an expanded fitness option for better health. Members of any Howard County's 50+ Centers will enjoy unlimited fitness center access at a variety of locations. More information is available at the Front Desk.

The Kindred Spirits Social Club is expanding to North Laurel in 2016. The club provides a place for people diagnosed with an early stage memory disorder to interact with others who are walking the same journey. The club provides education, socialization, companionship and support in a safe and nurturing environment. For more information, contact Nancy Riley at 410-313-7218 or nriley@howardcountymd.gov.

Stop by & enjoy all the Center has to offer.

*Trisha, Michelle, Carmen & Lauren*

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North Laurel 50+ Center, NLCC and Senior Center Plus are closed on Friday, 12/25/15 and Friday, 1/1/16.

NLCC, 50+ and Senior Center Plus are closed on Monday, 1/18/16. NLCC is open for walking and fitness.

# CENTER HIGHLIGHTS



## Deck the Halls Holiday Party

Wednesday, December 16, 2015

11 am to 1 pm

## New Year's Brunch

Friday, January 15, 2016

11 am to 1 pm



*Inclement Weather? Call 410-313-0380 for program status*



**In Your Neighborhood**

North Laurel 50+ Center, located within the North Laurel Community Center, offers a variety of programs and activities for persons age 50 and older. The monthly newsletter with Center activities and events is available for pick-up at the Center and on-line at [www.howardcountyyaging.org](http://www.howardcountyyaging.org).

If you need accommodations to attend North Laurel events or you need this document in an alternative format, contact the Center at 410-313-0380. People who have a hearing or speech disability may contact us through Maryland Relay by calling 7-1-1.

**North Laurel Senior Council**

The Council supports North Laurel 50+ and Senior Center Plus operations, serves as an advisory group, plays a leadership role and represents the Center to the community. Assistance with events is always welcome.

Upcoming Council sponsored events

<b>Coffee w/ the Council</b>	Dec 1 & Jan 4	10 am
<b>Music with Kay</b>	Dec 3 & Jan 7	10:30 am
<b>Rack 'Em Up Pool Party</b>	Dec 3 & Jan 7	12:30 pm
<b>Bazaar, Plant &amp; Bake Sale</b>	Dec 4	10 am
<b>Holiday Luncheon</b>	Dec 10	12 pm
<b>Matinee Movie</b>	Dec 17 & Jan 21	1 pm
<b>Birthday Bash</b>	Dec 29 & Jan 26	12 pm
<b>Council Meeting</b>	January 12	1 pm

**MEET THE STAFF**

- Trisha Olsen** 410-313-0389  
Director, 50+ Center
- Michelle Feng** 410-313-0388  
Assistant Director, 50+ Center
- Carmen Faye** 410-313-0380  
Front Desk, 50+ Center
- Lauren Hilinski** 410-313-0387  
Nutrition Specialist, 50+ Center
- Nancy Riley** 410-313-7218  
Director, Senior Center Plus
- Rachel McCracken** 410-313-7691  
Assistant Director, Senior Ctr Plus
- Nancy Gabie** 410-313-0396  
Program Assistant, Senior Ctr Plus
- Vacant** 410-313-0398  
Program Assistant, Senior Ctr Plus

**Helpful Numbers**

- State Health Insurance Program**  
(410) 313-7392
- Maryland Access Point (MAP)**  
(410) 313-5980
- RTA Mobility** [www.transitRTA.com](http://www.transitRTA.com)  
1-800-270-9553

**Senior Center Plus**

*Are you a caregiver of a parent or loved one, or do you know someone who is providing care for an aging parent?*

The Senior Center Plus program, a certified social model day program, offers a safe, affordable & stimulating option. Directed by a Certified Occupational Therapy Assistant, the staff is dedicated to providing a place for your loved one to socialize in a structured and supportive environment. The 4-hour program provides therapeutic programming, a well balanced lunch time meal and snacks. For more information, contact Nancy Riley, Director at (410) 313-7218 or [nriley@howardcountymd.gov](mailto:nriley@howardcountymd.gov).

Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County Senior & 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.



# MEMBERSHIP & REGISTRATION

## Membership

You must be a registered member to use the North Laurel 50+ Center. Membership is free and it is a quick application process. It is required to register for programs & activities. Stop by the 50+ Center Front Desk between 9 am and 4 pm Monday through Friday for your membership card with photo ID.

## Registration

Sign-up for classes and activities at the 50+ Center's Front Desk. Some programs and activities require pre-registration and fees. Information on classes at North Laurel: <http://apm.activecommunities.com/howardcounty>

We recognize at times members may need to withdraw from a class. All refund requests are subject to a minimum 20% administrative fee and there are no refunds for missed sessions. Additional fees may be assessed to recover costs associated with the program.

## ***New for 2016***

### **Go 50+ Fitness Center Membership**

The Howard County Go 50+ membership package is available to Howard County 50+ Center members with access to 3 community centers and all 50+ centers and includes:

- All 50+ Center Benefits
- Fitness Rooms
- Dance/Aerobics Studio (ex. at Ellicott City)

Membership is \$75 per year for residents/\$100 for non-residents and is good at Ellicott City 50+, Gary J. Arthur Community Center, North Laurel Community Center and Roger Carter Community Center. More information for NLCC, call 410-313-0390 or visit the North Laurel 50+ Front Desk.

## COFFEE SERVICE

The North Laurel 50+ Center has coffee service Mondays thru Fridays when the 50+ Center is open. Regular & decaffeinated coffee and hot water are available. At times, breakfast snacks are offered. Donations are appreciated to continue this service.



## Lunch Program

To join us for lunch, please sign up **in advance** in the lunch book located at the Front Desk. Please remember to call 410-313-0380 to cancel your reservation if you are not coming.

The full cost of a regular meal is \$4.10 and \$5.39 for special meals. Those 60+ are requested to contribute toward the cost of the meal. Those under 60 pay the full cost of the meal. Contributions ensure the continued viability of this program.

Lunch is served Monday through Friday (unless noted otherwise) at 12 noon.

### Inclement Weather Policy

If Howard County schools are **closed**, the 50+ Center, Senior Center Plus and Kindred Spirits are **closed**. The NLCC manager will determine when or if the building will open to the public. Call the Rec & Parks message line at 410-313-4452 and choose "5" for the status on NLCC.

If schools are **2 hours** late, the 50+ Center will open at **10:30 am** with limited programming, no lunch and no paratransit. Senior Center Plus and Kindred Spirits will be closed.

If schools are **1 hour late**, the 50+ Center, Senior Center Plus and Kindred Spirits will open at **9:30**.

# FITNESS OFFERINGS

## Age Well Exercise

Tuesday & Thursday 10 am to 11 am  
Cost: \$44 for 16 classes 1/12/16 to 3/3/16

Learn basic cardio combinations in an easy format. Burn calories, increase endurance, build muscle tone & bone density. Hand weights & elastic bands are provided. Instructor: Jeanne Sealing

## Mat Pilates

Wednesday & Friday 11:15 am to 12:05 pm  
Cost: \$46 for 8 sessions 12/23/15 to 1/27/16

No Class 12/25, 1/1, 1/13

Pilates helps build flexibility, lean muscle, strength and endurance in the hips, back and abdominals. Emphasis on breathing to relieve stress and develop a strong core. Instructor allows for modifications in range of difficulty. Instructor: Maggie Lockhart.

## Tap Aerobics

Wednesday 10 am to 11 am  
Cost: \$43 for 8 classes 12/2/15 to 1/20/16

Tone, trim and tighten by combining the rhythm of tap dancing with a healthy low impact aerobic workout. Tap shoes are optional; smooth soled shoes required.

Instructor: Ronnie Mack

## Fit 4 All

Tuesday & Thursday 10 am to 11 am  
Cost: \$0 11/17/15 to 1/7/16

No Class 11/26, 12/24 & 12/31

Get "off the couch" with this drop-in group exercise using DVDs for light cardio, stretching, and moving. Some weights used as appropriate. All fitness levels are welcome.

## Gentle Yoga - Level 1

Monday 11 am to 12:15 pm  
Cost: \$56 for 8 classes 11/16/15 to 1/18/16

No Class 12/21 & 12/28

Thursday 1:30 pm to 2:45 pm  
Cost: \$56 for 8 classes 10/29/15 to 1/7/16

No Class 12/24 & 12/31

Reduce stress, tone muscles and increase strength and energy with fluid breathing. Work at your own level - modifications provided. Instructor: Lisa Rados, RYT

## Chair Yoga

Monday 10 am to 10:50 am  
Cost: \$52 for 8 classes 11/16/15 to 1/18/16

No Class 12/21 & 12/28

Enjoy all the benefits of yoga in this seated exercise. Reduce stress, tone muscles and increase strength & energy with fluid yoga poses. Instructor will modify according to fitness level & health challenges.

Instructor: Lisa Rados, RYT

## Zumba Gold

Wednesday 9:30 am to 10:30 am  
Cost: \$54 for 8 sessions 11/4/15 to 1/13/16

No Class 12/9 & 12/30

Next session: 1/27/16 to 3/16/16

Join in this fun, Latin - inspired workout. Designed for the active older adult, this version incorporates Zumba's contagious rhythms & is performed at a lower intensity. Instructor: Roxanne Hartman

## Intro to Ballroom & Latin Dance

Tuesday 1:30 pm to 2:30 pm

**ON HIATUS**

**Sign - up for programs at 50+ Front Desk**

# HEALTH & WELLNESS OFFERINGS

## Walking Club

Monday - Friday 8 am  
The Walking Club meets five days a week for a brisk walk around the indoor track-12 laps equals one mile. A safe & weatherproof way to stay fit! Cards to record distance and time are available to track your "tracks."

## Line Dance Drop-In

Tuesdays 11:15 am to 12:45 pm  
Cost: \$1/day drop-in fee  
Learn today's popular step sequences in these fun weekly sessions. Dancing led by Linda Pohland.

## Healthy Tastings

Tues, Dec 15 Holiday Sweets 10:30 am  
Tues, Jan 19 Traditional New Year Foods 10:30 am  
Join Lauren in the lobby for healthy nutrition information, recipes and sampling.

## Nutrition Counseling

Monday, December 14 9:30 am to 12 pm  
Wednesday, January 20 9:30 am to 12 pm  
Schedule an individual appointment with Ashli Greenwald, registered dietician, to improve your quality of life through nutrition counseling. Sign up at Front Desk for a 30 minute session or 1 hour for diabetics.

## Vascular Screening

Thursday, December 17 10 am to 2 pm  
Free screening for peripheral arterial disease abdominal aortic aneurysms & carotid artery disease by The Vascular Screening Center at UM BWMC. Reservations required; call the University of Maryland, Baltimore Washington Medical Center (UM BWMC) at 410-553-8300.

## Exercise Counseling

Thursday, Dec 10 & Jan 14 9 am to 12 pm  
Through individual appointments, Jennifer Lee, exercise specialist, provides a free consultation on an array of exercise related topics including getting started, selecting the right program and working out at home.

## Fitness Center Guidance

Thursday, Dec 10 & Jan 14 1 pm to 3 pm  
Meet Jennifer Lee in the Fitness Room for group coaching and guidance on using the fitness equipment. Must have fitness pass.

## Massage Therapy with Ellen Consoli

Fridays in Dec & Jan 10 am to 1 pm  
**No Massage 12/25/15 & 1/1/16**  
Experience the relaxing benefits of massage therapy to help relieve the stress in your life.  
\$22 for 15 minutes - \$32 for 25 minutes  
\$52 for 50 minutes



## Brain Health

Fridays in Dec & Jan 10 am to 12:30 pm  
**No Brain Health 12/25/15 & 1/1/16**  
Find out the health of your brain with psychologist, Dr. Jennifer Schwartz-Mitchell. On-site services include memory evaluation and assessment with practical strategies to maintain your independence. Covered by most health insurances. Call 410-381-7596 for an appointment.

## ON-GOING PROGRAMS

### State Health Insurance Program (SHIP)

Thursday, Dec 3 & 17 9:30 am & 10:45 am

Thursday, Jan 7 & 21 9:30 am & 10:45 am

Free and confidential assistance with health insurance concerns. Schedule through Front Desk by calling Carmen at 410-313-0380.

### Open Art Studio

Mondays & Wednesdays 1 pm to 4 pm

Drop-in to work on individual projects in the Patuxent Art Studio.

### Open Games Day

Thursdays 1 pm to 3 pm

Bring your own games or choose from ones at the center.

### News Talk: A Current Events Group

Thursdays 10 am to 11:30 am

A lively discussion group focusing on current news locally, nationally and globally.

### Sit, Stitch 'n Give

Fridays 11 am to 3 pm

Gather to socialize and stitch projects for personal use or community giving.

### Rack 'Em Up Pool Party

Thursday, December 3 12:30 pm to 2:30 pm

Thursday, January 7 12:30 pm to 2:30 pm

Friendly competition at the pool tables in Rocky Gorge Room. All players welcome.

**Sponsored by the North Laurel Senior Council**

### Auto Theft Prevention

Wednesday, December 9 10 am to 1 pm

A specialist will be in the lobby to share tips and information on how you can protect your vehicle.

### Computer Chat

Wednesday, December 9 1 pm to 3 pm

Wednesday, January 20 1 pm to 3 pm

Bring along your laptop, device or smart phone for a one-on-one session with a tech volunteer. Make an appointments at the 50+ Front Desk.

### Talkin' Broadway Series

Monday, December 14 1 pm to 2 pm

***Even More Literature that became Broadway Musicals***

Monday, January 4 1 pm to 2 pm

***Rodgers and Hammerstein 1943 - 1949***

Follow the evolution of Broadway's rich history through discussion and live song presentation. Please sign up at 50+ Front Desk.

### Q & A with Officer Lingham

Wednesday, December 16 10:30 am

Join HCPD Senior Liaison, Andre Lingham, in the lobby for information on public safety and scams.

### Matinee Movie

Thursday, December 17 1 pm to 3 pm

**Christmas Angel**

Thursday, January 21 1 pm to 3 pm

**Man from U.N.C.L.E.**

Free viewing of a latest release shown in the comfort of the Center. Snacks & popcorn for sale. Sign-up in the Matinee Movie binder.

**Sponsored by the North Laurel Senior Council**

### Birthday Bash

Tuesday, December 29 12 noon

Tuesday, January 26 12 noon

Celebrate your birthday with a free lunch and cupcake courtesy of the NL Senior Council.

Sign up in the birthday binder by 12/22 & 1/19.

## DECEMBER 2015 OFFERINGS

### **Lyric Opera Baltimore Presents: “ A Grand Night for Singing”**

Wed, December 2 11 am to 1 pm

Free Program; Lunch by donation for 60+

Rodgers and Hammerstein's rich and diverse songbook of ballads, witty songs and show tunes are performed by the Lyric Opera Baltimore. Pick up a ticket at the 50+ Front Desk. Reserve lunch by 11/23.

### **Economic Benefits Check-up**

Wednesday, December 2 10 am to 2 pm

Find out about benefits and strategies to make your money work smarter. Schedule a 30 minute appointment at the 50+ Front Desk.

### **Holiday Bazaar, Plant & Bake Sale**

Friday, December 4 10 am to 1pm

Choose from a variety of holiday wreaths and poinsettias as well as jewelry, accessories, art, pottery and baked goods. Plants from eMerge: Choices for People with Disabilities.

**Sponsored by the North Laurel Senior Council**

### **The Giving Tree Project**

Now through February 14, 2016 help the Grassroots' Route 1 Day Resource Center with donations of food, clothing and personal items. In return, an ornament is hung on the Giving Tree in honor of your contribution. For a complete list of items needed: <https://rt1daycenter.wikispaces.com/4.+donations>.

**Sponsored by the North Laurel Senior Council**

### **Channukah Celebration with Senior Center Plus**

Monday, December 7 11 am

Learn the traditions and history of The Festival of Lights and enjoy homemade latkes.

Reserve with Rachel at 410-313-7691 by 12/1.

### **Eponymous Epicurean Delights**

Friday, December 11 10 am to 11 am

Cost: \$3.00

This presentation explores a variety of dishes named in honor of a person(s) or a place. Tastings of several eponymous dishes will be available for sampling. Tickets for purchase at 50+ Front Desk.

### **Fabulous 50+ Players Presents:**

#### **“With Love from Broadway”**

Monday, December 14 11 am to 1 pm

Free Program; Lunch by donation for 60+

Performance by the Fabulous 50+ Players, a senior musical theatre group, sponsored by a grant from the Howard County Arts Council. Reserve by 12/9.

### **Digital Photo Show & Tell**

Tuesday, Dec 15 10:30 am to 12 pm

Learn basics in organizing, sharing and managing digital photos. You will learn more about how to create photo books.

### **Deck the Halls Holiday Party**

Wednesday, December 16 11 am to 1 pm

Cost: \$10 includes entertainment & lunch

Enjoy live music by the “Just Us” band and a tasty catered lunch. Purchase tickets at the 50+ Front Desk.

### **Art Workshop: Beaded Bracelets**

Friday, December 18 9:30 am to 11 am

Cost: \$7 includes all materials

Design color schemes, mix textures and shapes while exploring jewelry crafting.

**Sign - up for programs at 50+ Front Desk**

# December 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Nov 30</b> Walking Club 8 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	<b>1</b> Walking Club 8 Fit 4 All 10 <b>Coffee with the Council 10</b> Line Dance 11:15 <b>Medicare Open Enrollment 1 to 3</b>	<b>2</b> Walking Club 8 Zumba Gold 9:30 Tap Aerobics 10 <b>Economic &amp; Benefits Checkup 10 - 2</b> <b>Lyric Opera 11</b> Pilates 11:15 Open Art Studio 1	<b>3</b> Walking Club 8 S.H.I.P. 9:30/10:45 Fit 4 All 10 News Talk 10 <b>Music w/ Kay 10:30</b> <b>Pool Party 12:30</b> Open Games Day 1 Gentle Yoga 1:30	<b>4</b> Walking Club 8 Brain Health 10 Massage 10 <b>Holiday Bazaar, Plant &amp; Bake Sale 10</b> Sit, Stitch 'n Give 11 Pilates 11:15
<b>7</b> Walking Club 8 Chair Yoga 10 Gentle Yoga 11 <b>Channukah Celebration 11</b> Open Art Studio 1	<b>8</b> Walking Club 8 Fit 4 All 10 Line Dance 11:15	<b>9</b> Walking Club 8 <b>Auto Theft Info 10</b> Tap Aerobics 10 Pilates 11:15 <b>Computer Chat 1</b> Open Art Studio 1	<b>10</b> Walking Club 8 <b>Exercise Counseling 9</b> Fit 4 All 10 News Talk 10 <b>NO LUNCH</b> <b>Council Holiday Luncheon 12</b> <b>Exercise Guidance 1</b> Open Games Day 1	<b>11</b> Walking Club 8 Brain Health 10 Massage 10 <b>Eponymous Epicurean Delights 10</b> Sit, Stitch 'n Give 11 Pilates 11:15
<b>14</b> Walking Club 8 <b>Nutrition Counseling 9:30</b> Chair Yoga 10 Gentle Yoga 11 <b>Fabulous 50+ Players 11</b> <b>Talkin' Broadway 1</b> Open Art Studio 1	<b>15</b> Walking Club 8 Fit 4 All 10 <b>Healthy Tastings 10:30</b> <b>Digital Photo Show &amp; Tell 10:30</b> Line Dance 11:15	<b>16</b> Walking Club 8 Zumba Gold 9:30 Tap Aerobics 10 <b>Q &amp; A w/ Officer Lingham 10:30</b> <b>Deck the Halls Holiday Party 11</b> Pilates 11:15 Open Art Studio 1	<b>17</b> Walking Club 8 S.H.I.P. 9:30/10:45 Fit 4 All 10 News Talk 10 <b>Vascular Screening 10 - 2</b> Open Games Day 1 <b>Matinee Movie 1</b> Gentle Yoga 1:30	<b>18</b> Walking Club 8 <b>Art Workshop 9:30</b> Brain Health 10 Massage 10 Sit, Stitch 'n Give 11
<b>21</b> Walking Club 8 Open Art Studio 1	<b>22</b> Walking Club 8 Fit 4 All 10 Line Dance 11:15	<b>23</b> Walking Club 8 Zumba Gold 9:30 Tap Aerobics 10 Pilates 11:15 Open Art Studio 1	<b>24</b> Walking Club 8 News Talk 10 Open Games Day 1	<b>25</b> <p style="text-align: center;"><b>Christmas Holiday</b></p> <p style="text-align: center;"><b>50+ Center &amp; NLCC are Closed</b></p>
<b>28</b> Walking Club 8 <b>NO LUNCH</b> Open Art Studio 1	<b>29</b> Walking Club 8 Fit 4 All 10 Line Dance 11:15 <b>Birthday Bash 12</b>	<b>30</b> Walking Club 8 Tap Aerobics 10 Pilates 11:15 Open Art Studio 1	<b>31</b> Walking Club 8 S.H.I.P. 9:30/10:45 News Talk 10 Open Games Day 1	<b>Jan 1</b> <p style="text-align: center;"><b>New Year Holiday</b></p> <p style="text-align: center;"><b>50+ Center &amp; NLCC are Closed</b></p>

**Lunch is served at Noon Monday - Friday except where indicated; see insert for Menu & Nutrition Notes**