

# Welcome to Ellicott City 50+ Center

Howard County Office on  
**Aging and Independence**



**9401 Frederick Road  
Ellicott City, MD 21042**  
Main Building Front Desk  
**410-313-1400**

Fitness Center Front Desk  
**410-313-0727**

### Hours

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

### Center Email

[ellicottcity50@howardcountymd.gov](mailto:ellicottcity50@howardcountymd.gov)

### Newsletters Online

[www.howardcountymd.gov/  
/ellicottcity50](http://www.howardcountymd.gov/ellicottcity50)

### Volunteer Website

[www.hocovolunteer.org](http://www.hocovolunteer.org)

### Facebook

[www.facebook.com/HoCoCommunity](http://www.facebook.com/HoCoCommunity)

### On-Line Resource Guide

[www.custommediaoptions.com/  
digital/hocoresourceguide2017](http://www.custommediaoptions.com/digital/hocoresourceguide2017)

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October, November & December, 2018

## Holiday Craft Boutique

**Friday, November 30**

**10 am-4 pm**

**\$1 Admission**

Be sure to mark your calendar and join us for the Ellicott City 50+ Center Council's 6th Holiday Craft Boutique. The expanded Boutique includes a variety of vendors in more areas throughout the building to make browsing and shopping easier. You are sure to find a unique, one-of-a-kind item from one of our 40 local vendors. Get a jump start on your holiday shopping or pick

up an item or two for yourself. Your \$1 admission includes a shopping tote from our sponsor.

All proceeds from admission will benefit the local Small Miracles Cat & Dog Rescue!



## ShowTime Singers Holiday Party

**Saturday, December 8  
2 pm**

The Ellicott City 50+ Center presents the sensational sounds of the ShowTime Singers, dedicated to staging high quality musical performances for the community at large. Singing both accompanied and a cappella, they provide a vocal education with Broadway Tunes as well as the Popular Standards. This performance is supported by grants from the Howard County Arts Council and Howard County Government. Limited free tickets are available at the front desk of the main building.

**Friday, December 14  
Doors open 11:30 am**

**\$15**

The busy Center sidewalks will be dressed in holiday style as we gather for the Annual Holiday Party. Start the day by joining us for a delicious holiday luncheon served at **12 noon**. See a Holiday Party flier for complete menu details. After lunch, sit back and enjoy a delightful Country Christmas show from **Maria Rose & Danny at 12:30 pm**. Payment is due at the time of sign up for the luncheon and seating is limited. Don't miss this great holiday event, sign up today!

# General Information

## Meet the Center Staff

<b>Director</b>	Cindy Saathoff
<b>Assistant Director</b>	Vicki Stahly
<b>Registrar</b>	Jodi Bargamian
<b>Registrar</b>	Rodney Payen
<b>Registrar</b>	Javi Scott
<b>Fiscal Technician</b>	David Irwin
<b>Utility Worker</b>	Dominick Collins
<b>Fitness Coordinator</b>	Michelle Rosenfeld
<b>Nutrition Specialist</b>	Amy Williams

## Membership Registration

Membership to a Howard County 50+ Center is required to attend or register for any class, program or activity. Membership is free for those age 50+ who have completed an application packet. Once membership is obtained, it is valid at all Howard County 50+ Centers.

**Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.** Membership renewal may require a new form and waiver be completed. Check with the front desk to assure your membership is current prior to registering on-line.

## 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.



## Get our Newsletter by Email

Stay informed and up to date by getting our program information delivered right to your electronic device inbox. Sign up at the Front Desk to be added to the Center Newsletter Email Constant Contact List.

## Participation Guidelines

We welcome anyone 50 years or older to join Ellicott City 50+ Center activities. In order to ensure a healthy environment for all participants, members must follow a few guidelines to ensure all members' rights and needs are respected.

- ◆ Members must be physically and mentally independent and able to navigate their way through the Center. Those who need assistance must have a qualified companion or aid escort them at all times, provide personal assistance and abide by the rules of participation.
- ◆ Must be able to function in the Center without one-to-one assistance or supervision from staff. Must be able to move safely and independently through the Center.
- ◆ May not use language or behavior that is obscene, abusive, loud or insulting.
- ◆ May not harass or discriminate on the basis of race, sex, age, national origin, religion, disability or sexual orientation.
- ◆ Must maintain hygiene standards that do not constitute a health or safety hazard to others, or are offensive to others.

This is a partial list of 50+ Center guidelines. To obtain a set in its entirety, please inquire at the front desk.

## 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 via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. 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. All 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.

# General Information

## Meet the Center Council

**President:** Gigi Rammling  
**Vice President:** Marian O'Byrne  
**Secretary:** Dorothy Biller  
**Treasurer:** Joe Strassner

### Members at Large:

Bill Amos                      Carla Buehler  
John Green                     Marilyn Hartsell  
Sajda Ilyas                     Clark Jones  
Nancy Miller                    Mark Shimshak

Christopher Williams

**Member Emeritus:** Velva Howard

**Email:** [ellicottcity50pluscouncil@gmail.com](mailto:ellicottcity50pluscouncil@gmail.com)

## Center Council Notes

The Council greatly appreciates all your support of our summer fundraising activities. The White Elephant Sale was a success because of your donations and purchases. The Summer Basket of Cheer raffle was very popular; we congratulate the lucky winner, **Margaret Morse** and thank the gracious donors: **Mission BBQ, Sprouts, Bon Chon, Harris Teeter & the Spirit Shop.**

Our fall fund raising activities will include the Craft Show on November 30 and the Holiday Bake Sale on December 14. Donating your baking talents is a great way to support the Council. We ask you to bring your baked goods to the Center on Thursday, December 13 or the morning of Friday, December 14 for the sale.

The money raised through our fundraisers is used to sponsor a variety of Center activities and special events. Financial donations to the Council are appreciated and welcome at any time. We urge you to keep in touch with us through our email.

Thanks again for your on-going support.

**Next Center Council meetings:  
October 15, November 19 and  
December 10 at 1 pm.**

## Meet the Connections Staff

**Connections Director** Felicia Stein  
**Connections Asst. Dir.** Joyce Nagel-Mortell  
**Connections Assistant** Margaret Fries  
**Connections Assistant** Jill Rose

## Connections Social Day Program at Ellicott City

**Monday-Friday  
10 am-2 pm**

The **Connections Social Day Program at Ellicott City** is located within the main building of the Ellicott City 50+ Center. This is a supervised four-hour licensed program that promotes a balance of well-being, self-reliance, socialization and independence of adults who may require some assistance with daily activities.

The Connections program features activities that include seated exercise, musical entertainment, creative arts, trivia, stories, memory enhancement activities, educational programs and more. Members enjoy a morning snack and a nutritionally balanced lunch.

Participants can choose the days they wish to attend and bus transportation can be arranged for a small fee. This is a fee-for-service program for eligible individuals. The cost of the day program is determined by the participants income; a sliding scale is available to Howard County residents.

For more information or to schedule a visit, please contact Felicia Stein at **410-313-1425** or at [fstein@howardcountymd.gov](mailto:fstein@howardcountymd.gov).

## Transportation Options

Members are responsible for their transportation to and from the Center. A transportation resource is available through Regional Transit Agency/RTA Ride. To use this option, riders must be certified. For certification, reservations and cancellations please call the RTA Customer Service Line at **1-800-270-9553** or visit the RTA website at [www.transitRTA.com](http://www.transitRTA.com) for more information.

# Center Services

## **Personalized Easy Technology**

**Thursdays  
Between 1-3 pm  
30 minute appointments**

Getting hung up on today's ever advancing technology? Need a little one-on-one time to ask questions that pertain to your specific problem? Schedule a free 30-minute appointment by signing up at the front desk in the main building. A lap top computer is available for use during this consultation. Should your question concern a different type of electronic device, please bring it with you to the appointment.

## **Ask the Pharmacist**

**11 am  
Monday, October 22  
Monday, November 26  
Not available in December**

Don Hamilton, P.D., Consultant Pharmacist, will provide the latest updates and important information about your medications. Please bring your questions, your drug lists, or your prescription containers to confidentially discuss your current medication concerns.

## **Blood Pressure Screenings**

**Tuesdays  
(Except November 6)  
9 am-12 noon**

Understanding high blood pressure and knowing how to manage it is an important part of maintaining your health. Don't pass up this opportunity to have your blood pressure checked to avoid serious health conditions. Marie Ball, RN.  
*Sponsored by Howard County General Hospital.*

## **Rec & Parks Trips and Tours**

**Tuesday, November 13  
12:15 pm**

Looking for your next adventure? Stop in to hear about the latest trips being organized through Howard Co Rec & Parks Department.

## **Medicare Open Enrollment**

Appointments at Ellicott City 50+ Center

**Friday, October 26  
from 10 am-3 pm**

Review the 2019 plans to make sure you are in the one that best fits your needs. Open enrollment begins October 15 and ends December 7. For an appointment, call **410-313-7392**.

## **Medicare Counseling (SHIP)**

**Wednesday mornings or  
Thursday afternoons**

Meet with a trained counselor for help with your Medicare questions. This free service is available to Medicare beneficiaries of any age and their families/caregivers. To schedule an appointment, call **410-313-7392**.

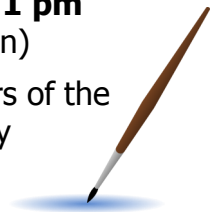
## **Connect with Connections**

**Friday, October 12 at 12:30 pm**  
Autumn Paint on Canvas (\$1 donation)

**Friday, November 9 at 1 pm**  
Zentangle (\$1 donation)

Each month the staff and members of the Ellicott City Connections Social Day program invite you to join in one of their planned activities.

Donation due with advanced sign up. See the Front Desk for more information.



## **Howard County Police Department**

**Wednesday, October 10 at 11:30 am  
Wednesday, November 7 at 11 am**

Andre Lingham, of the Howard County Police Department, will be at the Center to discuss current safety tips and fraud prevention. Find out about local community concerns and scams.

## **Americans with Disabilities Act Accommodations**

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-1400** at least two weeks prior to the event.

# Center Services

## **B Games**

**Mondays**

**10:30-11:30 am**

Drop in for an hour of some entertaining game action! Engage in team play for Brain Busters to see if your trivia knowledge reigns supreme, try your hand at Wii Bowling, roll some dice or create words from a set of jumbled letters. A guaranteed hour of friendly fun.

<b>Bunco</b>	Oct 1	Nov 5	Dec 3
<b>BrainBusters</b>	Oct 15	X	Dec 10
<b>Bowling</b>	Oct 22	Nov 19	Dec 17
<b>Boggle</b>	Oct 29	Nov 26	Dec 24

## **Book Club**

**Wednesday, October 24 at 1 pm**

The group will discuss "*Hillbilly Elegy*" by J.D. Vance.

**Wednesday, November 14 at 1 pm**

The group will discuss "*The Rent Collector*" by Camron Wright.

The Book Club meets privately in **December** for a holiday luncheon.

## **AARP Tax Volunteers Wanted**

The AARP Tax program is looking for volunteers in Howard County. This program provides free tax preparation and assistance services to low and middle-income taxpayers, with special attention to those ages 50 and older at the various 50+ Centers. They are looking for:

Tax Counselors to prepare returns using the IRS software, TaxSlayer Online. Must have done own tax return, have a basic understanding of tax terms and attend 30 hours of training on Tax law and the software program.

Client Facilitators, to make appointments using an online calendar and answer general questions from the public OR serve as receptionists.

Please respond prior to December 1. Training for both positions provided in January. For information [www.aarp.org](http://www.aarp.org) and click on the volunteer button or email [husker59@aol.com](mailto:husker59@aol.com).

## **Documentary Day**

Held in the 50+ Fitness Center

**Monday October 29 at 1 pm**

*Witch Hunt: Salem Witch Trials*

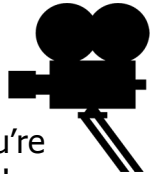
**Friday November 9 at 1 pm**

*We Stand Alone Together: The Men of Easy Co.*

**Monday December 17 at 1 pm**

*Real Story of Christmas*

Don't miss the opportunity to learn new things or take in a fascinating topic. You know that old saying, "You're never too old to learn." Come join us!



## **Picture This**

**Tuesday**

**October 23 & November 27**

**Between 11 am-1 pm**

**30 minute appointments**

It's time to "develop" a better relationship with your camera! Do you have a digital camera that you find confusing or do you own a smart phone, but haven't figured out how to take pictures with it? Sign up at the front desk for a free 30 minute appointment for help with your digital SLR camera or your smart phone. Bring whatever picture-taking device you have, with you to the appointment.

## **Needlework Club**

**Wednesdays**

**1-3 pm**

Knitters, crocheters, fabric crafters and more come together to share their talents each week. Drop in on this fun and youthful group who happily share fellowship and friendly conversation.

## **Play Chess**

**Tuesday & Thursday**

**10 am**

Instructor and Chess enthusiast, Gene Crawford, can be found in the Center's Great Room to instruct and play the game. If you're looking to learn the basic fundamentals of the game of chess or just play, drop by!

# Center Events

## ***Positive Thinking: A Path to Happiness***

**Tuesday, October 2  
10-11:30 am**

You are invited to learn ways to make positive thinking a daily practice. Sign up at either the front desk or call Karen Hull at 410-313-7466.

## **AARP Presents *Smart DriverTek***

**Tuesday, October 9  
10:30-12 pm  
Cost \$5**

Held in the 50+ Fitness Center  
Smart DriverTek is developed jointly by AARP DriverSafety and The Hartford. This class covers how to use Smart Vehicle Technology, such as, smart headlight, reverse monitoring, blind spot warnings, lane departures, forward collision, drowsy driver, assistive parking, adaptive cruise control and emergency response systems. All registration is through AARP at 1-877-805-4115 or online [www.aarp.org/findaworkshop10](http://www.aarp.org/findaworkshop10).

## **John Cress presents *War of 1812, Chesapeake Region***

**Friday, October 12  
10:30 am**

Held in the 50+ Fitness Center  
Even after 200 years, the War of 1812 probably remains this nation's most misunderstood and controversial. Why did the fledgling United States decide to take on the greatest military power of the day and could the war have been avoided? In John's presentation you'll learn more about the main characters on both sides including the cerebral James Madison and his courageous wife Dolley. You'll be introduced to the British Admiral who was called "the red terror" and had a \$1000 bounty placed on his head by the Americans. You'll find there were actually four different groups of combatants with heroes and villains on all sides. You'll also learn who was "The Greatest American Hero" that you've never even heard of.

## **Thrivent Financial presents *How to Be Wise with Money***

**Tuesday, October 16 at 11 am**  
Held in the 50+ Fitness Center

### ***Learn the Essentials: Setting SMART Goals***

Accomplishing something you've set out to do gives you a good feeling. Success starts with having a goal. The same holds true when it comes to money matters. Planning and setting SMART goals is essential to becoming an active money manager.

## ***Painting Together Art Reception***

**Wednesday, October 17  
5-7 pm**

You are invited to view a special exhibition of fine art as we pay tribute to the amazing talents of our Painting Together Group. This event will also include a special plaque presentation to honor the late Carol Zink, founder of the Painting Together group. The artists, along with a fine collection of their works, will be on hand for this annual event. Join us for a wonderful evening of ART!

## ***Free Hearing Screenings***

**Tuesday, October 23  
9-12pm**

Dr. Mary Carson, Clinical Audiologist from Clarity Audiology & Hearing Solutions in Ellicott City will be performing free hearing screenings. Schedule a 15 minute appointment by calling the Center front desk at **410-313-1400**.

## **What you need to know *How to Prepare for Your Final Arrangements***

**Wednesday, October 24  
11 am**

Join us to gather information and have questions answered regarding funeral planning. Sherri Collins-Witzke, CFSP, of Harry H. Witzke's Family Funeral Home in Ellicott City will offer information and details that will help when planning a funeral. Sherri will discuss burials, cremations, veterans services and more.

**To assure adequate seating, please sign up at the Front Desk for all events & activities.**

# Center Events

## **Personal Life Story with Hildegard MacLean** Thursday, October 25 11 am

"I Remember". Join us as we listen to Hildegard MacLean, author, as she shares her personal experiences of being a young German girl during WWII. The invasion of Russian soldiers into Pomerania (Germany) and the story of it's takeover. (*Personal accounts/content may include ethnically sensitive material.*)

## **Bingo/Pizza Day** Friday, October 26 10:30 am - Cost: \$4 Bingo

The Center Council invites you to a morning of Bingo followed by a pizza lunch. The grand prize is generously provided by the ECity 50+ Council. You can take part in either activity but if you plan to stay for lunch, please sign up and pay at least one week in advance. A suggested donation for pizza is \$5.79.

**Bingo is always the 4th Friday of each month!**

## **At the Opera House "The Gondolier's"** Friday, October 26 12:30 pm

In the 50+ Fitness Center

The story of this opera concerns the young bride of the heir to the throne of the fictional kingdom of Barataria who arrives in Venice to join her husband. It turns out, however, that he cannot be identified, since he was entrusted to the care of a drunken gondolier who mixed up the prince with his own son.



## **Halloween Party Dracula Sinatra Spectacular** Wednesday, October 31 12 pm

**Tickets: \$12**

Enjoy the fun of Halloween with a great Italian meal followed by a fabulous musical event with Billy Finch and his side-kick the Marvelous Minerva. Laugh and be amazed by the comedy, music and sounds of singer, Billy Finch, impersonator extraordinaire, as he brings the Legends back to life before your very eyes. Billy's fabulous 'Stage Show' celebrates Rodney, Elvis, Frank Sinatra, Dean Martin, Nat King Cole, Ray Charles, Louie Armstrong and more. Seating limited to those purchasing a ticket.



## **Revive' Physical Therapy Balance Screening** Thursday, November 1 11 am

Don't let low back pain limit the activities that you want and need to perform. Join us as Revive Physical Therapy discusses common causes of back pain, injury prevention, conservative treatments, and how you can return to your favorite winter activities! The balance screening is provided free by Revive'. Please call to reserve your seat, 410-313-1400.

## **Cooking Demo with Somerford Place Home for the Holidays** Friday November 2 11 am

Join us for a "Second Helpings" cooking class with Chef Maggie from Somerford Place as she demonstrates simple, healthy recipes that can be easily prepared at home. Come ready to taste, share and learn.

**To assure adequate seating, please sign up at the Front Desk for all events & activities.**

# Center Events

## **The Ronny Smith Duo**

**Wednesday, November 7**

**12:30 pm**

Join us for the debut of this entertainment act and give them a warm Center welcome. Spend an hour enjoying the sounds of contemporary and standard music with this guitar and piano duo.

## **Performance Physical Therapy Spine Education**

**Thursday, November 8**

**11 am**

Kerry Hite DPT, OCS, CMTPT, will discuss spine health and also give free spine assessments.

Winter is coming and it's time to prepare for the cold season. Simple tasks like snow shoveling,

Christmas and holiday decorating, and even long hours cooking can all affect your spine health. Don't let low back pain limit the physical activities that you need to perform to get through the holidays.



## **AARP Presents**

### ***CARFIT***

**Friday, November 9**

**10-2 pm**

This program will be conducted in the rear parking lot. Sign up at the front desk for your 15 minute appointment to check out your car to make sure that you are safe when you get behind the wheel. Check-ups by appointment only.

## **Thrivent Financial presents**

### ***Finding Money to Save***

**Tuesday, November 13 at 11 am**

Held in the 50+ Fitness Center

Knowing where your money is going and having a plan for how and when to use it helps put you in control of your finances. Explore ways to increase your income, reduce expenses, recognize spending leaks and understand the power of compound interest.

## **Howard County Fire Department**

**Wednesday, November 14**

**11 am**

Stop in for this Fire and Fall prevention program for the aging adult. Did you know that older adults face a higher risk of dying in home fires than do young people? That falls are the most common cause of nonfatal injuries and hospital admissions for trauma among older adults? That falls are the leading cause of injury and death?

## **At The Opera House**

### ***"William Tell"***

**Friday, November 16**

**12:30 pm**

This opera is one of the greatest historical and heroic operas; Rossini's rousing "William Tell". This opera is based on the legend of Switzerland's greatest hero, William Tell.

## **Author Christopher Emery**

### ***White House Usher***

**Friday, November 16**

**1 pm**

From January 1986 until March 1994, Chris Emery had one of the most unique positions in the U.S. government, he was an Usher in the White House. The Ushers Office manages the White House Executive Residence where the nation's first family lives. Chris Emery was the only White House Usher to be terminated in the 20th century. He will explain who axed him and why...

**Book sale with signing follows program**

## **Cooking Demo with North Oaks**

### ***Thanksgiving***

**Monday, November 19**

**11 am**

Nathan Finney, Executive Chef, from North Oaks Senior Living Community demonstrates how to create delicious meals using the flavors of fall. Chef Nate will preview meals that are easy and delicious for the whole family.

**To assure adequate seating, please sign up at the Front Desk for all events & activities.**

# Center Events

## **Julie Hall's Holiday Favorites**

**Thursday, December 6**

**12:30 pm**

Come and listen to your holiday favorites, sung by Julie as we kick off our holiday celebrations. Her genre includes the soulful songs of jazz.

## **Happy Hanukkah**

**Friday, December 7**

**11:30 am**

**Cost \$10**

Join us to celebrate the magic of the Menorah, stories of the Torah and the Maccabee's. A traditional Kosher lunch follows the presentation by Rabbi Martin Siegel and more.

## **Thrivent Financial presents Identity Theft:**

### **What You Need to Know**

**Tuesday, December 11 at 11 am**

In the 50+ Fitness Center

Being proactive in protecting your identity can pay off down the road. Get tips and tools to help you avoid identity theft and deal with the consequences should you become a victim.

## **Diane Waslick's Student Recital**

**Tuesday, December 11**

**12:30 pm**

Diane Waslick, Master Pianist, Piano/Voice Instructor for the Ellicott City 50+Center is excited to present the talents of her students at this annual recital. Please join us to hear the extraordinary skills of our own members as they present this very special music program.

**Friends and family are welcome!**

## **Santa and Mrs. Claus are Coming to the Ellicott City 50+Center**

**Wednesday, December 12**

**11:30 am**

Kick off this holiday season with Santa! Bring the grandkids and come on down to the Center for a visit from the happiest guy in town. We will have some holiday treats to share.

## **Don Koble Sings**

**Tuesday, December 18**

**12:30 pm**

Don't miss this special musical performance by Don Kolbe, facility worker from the Ellicott City Alta Regency Crest. Stop in and hear this former youth leader perform Christian music along with some oldies but goodies and more!

## **The Fabulous 50+ Players "Holiday Songs**

### **through the Decades"**

**Wednesday, December 19**

**12:30 pm**

These Senior community singers perform live for your entertainment. Hear songs you grew up with, songs that bring back special memories and songs to get you in the holiday spirit! Join us for this festive occasion and we'll invite you to sing-a-long!



## **Holiday Tunes with Tim Amann**

**Thursday, December 20**

**12:30 pm**

Stop in and enjoy holiday music with "Pet Rocks" lead performer, the fabulous, Tim Amann. Enjoy oldies, goldies and more.

## **At The Opera House "Hansel & Gretel"**

**Friday, December 21**

**12:30 pm**

In the 50+ Fitness Center Humperdinck's "Hansel and Gretel" famous opera is well liked by children and adults. We would like to invite the younger audience to enjoy this special presentation. Feel free to bring your grandchildren along to introduce them to this wonderful art form. So many adults had their first introduction to the opera with the production of "**Hansel and Gretel**".

**To assure adequate seating, please sign up at the Front Desk for all events & activities.**

# Center Classes

## **Real Estate Tips with Karen Gatzke Thursdays at 1 pm**

**October 11 - Evaluating Offers on your Home** Discuss how to weigh various offers to figure out which one is the best for you. Sometimes, it's more than just price.

**November 8 - Deciding When it's Time to Move and Understanding the Home Sale Process** It's hard to figure out when it is actually time to leave your long-time home and downsize into something more manageable.

## **Travel Talks Friday, November 9 1 pm**

Stop in and explore some of North America's greatest treasures! Join travel consultant Andy Lunt to take a look at travel opportunities to Western US and Canadian National Parks.

## **Piano, Voice, Ukulele or Guitar Lessons**

**By Appointment with Diane or Ray  
\$37 per lesson**

Sign up to get one-on-one instruction with our fabulous instructors. Sign up at the Front Desk for lessons with Ray on guitar/ukulele or call Diane at **410-978-9974** for piano/voice lessons.

## **Howard Community College Continuing Education Classes**

Held in the 50+ Fitness Center

### **The Gladiator: The Arena Warriors of Rome**

Monday, October 15-October 22 1-3 pm

### **Drawing Techniques**

Thursday, October 18-November 1 2-4 pm

### **The Unexpected Books of the Bible**

Wednesday, November 28-December 5 1-3 pm

Classes are held at Ellicott City 50+ Fitness Center. All registration is done through the college, and online at [www.howardcc.edu](http://www.howardcc.edu). For additional information, contact HCC directly at **443-518-1000**.

## **Genealogy with Bill Amos**

**Wednesday from 10 am-12 pm**

Held in the 50+ Fitness Center

### **October 10 - Surnames**

We all have a last name or surname. Did you ever wonder how you got that name? Look at some of the derivations of names, reasons for the name and how it could tip off your ethnicity. Also discuss the popularity of your surname in the United States.

### **November 14 - Family Interviews**

There is no time like the present to interview anyone who may add to your family history. You can uncover hidden details from many unlikely people who just may know more than you do. Learn who/how/where and when to interview, pick up some good leading questions.

### **December 12 - Using Google for Genealogy**

It is likely that we've all turned to Google at some point in our genealogical research. After all, simply typing in our search topic, hitting "enter," and hoping for the best is one of the easiest ways to be led to heaps of helpful (and sometimes not-so-helpful) sources. There actually is a methodology to using Google for genealogy. While there are many ways you can use Google to aid your research. We'll look at three of the most beneficial.

## **Spot Energy Healings**

**Wednesdays between 1-2:15 pm**

**Cost: \$10 for 15 minutes**

Spot energy healings are specific to each person, focusing on areas of the body which need the most attention. Whether you need pain relief, a calm and quiet mind, a relaxed body, or need to feel more energized, these 15-minute spot energy healings can make a big difference. All Spot Energy Healings are done fully clothed, and seated in a chair by Sharon Sirkis, RN, Certified Energy Healer. To make an appointment call, **410-730-1986** or email **[sirkisprice@verizon.net](mailto:sirkisprice@verizon.net)** For medical issues, please consult your personal physician.

# Center Classes

## Advanced Beginner Bridge Class

Held in the 50+ Fitness Center

This class is for those people who have taken a beginner bridge class or for those bridge players who would like to improve their bidding techniques, as well as declaring, and defensive skills. This course will include discussion of modern bidding for intermediate players and will allow considerable time for participants to play hands with the advice of a mentor.



**Tuesday** **1-3 pm**  
**November 6-27** 4 classes for \$43

## Watercolor Classes

Master the fundamentals of drawing, shapes, values, textures and design. Learn how to use different tools and materials to create a natural landscape. Sign up at the Front Desk. For the supply list, call the instructor Anny Steensen at **240-841-4405**.

*Advanced Watercolor*

**Wednesdays** **10 am-12 pm**  
**October 3- November 14** 6 classes for \$43  
 No class: October 17 (A02500.101)

*Beginner Watercolor*

**Fridays** **10 am-12 pm**  
**October 5- November 16** 6 classes for \$43  
 No class: October 19 (A02500.100)

## Mah Jongg Instruction

Class is designed for beginners who wish to get an overview of how the game is played. Participants will learn about the tiles, play practice hands, and learn how best to play the tiles dealt to them. No Mah Jongg set or cards required. Ellen Laupus, Instructor.

**Thursday** **10:30 am**  
**October 4-November 8** 6 classes for \$69  
 (A02900.100)

## Brain Training

Join Speech Language Pathologist, Julie Rowlett, as she explores improving your brain health! In a small group setting, focus on individualized techniques & strategies and participate in engaging games and exercises that will strengthen essential cognitive processes. Discuss resources and tools for continued cognitive stimulation. Exercise your brain, and keep yourself intellectually active!

*Module 3- Attention*

**Tuesday** **10 am**  
**October 9-30** 4 classes for \$43  
 (A02622.101)

*Module 4-Problem Solving, Reasoning*

**Tuesday** **10 am**  
**November 13-December 4** 4 classes for \$43  
 (A02622.102)

## Card Crafting with Diane

**All Things Fall-October**

**Holiday Greetings-November**

All level paper crafters will enjoy creating handmade greeting cards. A \$3 supply fee per class is due to the instructor on the day of class. Please register one week prior to the start of class to assure supplies. Diane Messick, Instructor.

**Friday October 12** **1:30-3:30 pm**  
 (A02503.100) \$10 (+\$3 supply fee)  
**Friday November 16** **1:30-3:30 pm**  
 (A02503.101) \$10 (+\$3 supply fee)

## Line Dancing

Stay in shape by learning to dance at your own pace....step by step! Class will get you dancing to country, rock and roll, Latin and Broadway music. Class welcomes both men and women, and is taught by Ellen Laupus.

**Monday** **1 pm**  
**October 1-December 10** 9 classes for \$67  
 No class: 10/8, 11/12 (A02426.101)

**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.

# Nutrition News

## **Blue Plate Specials**

**Tuesday, October 16**

Oktoberfest with Olde Golde Music

**Tuesday, November 20**

Gobble till you Wobble with Janice Connolly

Exciting things are happening in our kitchen! Once a month, we offer a special lunch option called the Blue Plate Special. Check the menu or a Blue Plate flier for the exact selection, as it changes each month. It may be a pre-determined price or lunch by donation. Either way, reservation with payment is required one week in advance. Lunch is always served at noon.



## **Tasty Tidbits**

**Tuesday, October 9**

Pumpkin Power

**Tuesday, November 13**

Cereal: The Breakfast of Champions  
**10-11 am**

Our Nutrition Specialist, Amy, cooks up a different tasty tidbit each month, complete with nutritional information and/or recipes. Stop by the lobby in the main building and whet your appetite with something new and healthy!

## **Nutrition Counseling**

**Wednesday, October 24 at 1:15 pm**

**Wednesday, November 14 at 1:15 pm**

**Thursday, December 13 at 1:15 pm**

Carmen Roberts, Howard County's registered dietician, is available for individual counseling sessions to answer questions you may have about your diet. Three 20-minute appointments are available each month. Pre-register at the front desk.

## **Coffee Service**

**Monday-Friday**

**9 am-1 pm**

The Center offers coffee service in the Great Room every morning. A donation box is provided and contributions are greatly appreciated.

## **Mission: Nutrition!**

**Wednesday, October 24 at 12:15 pm**

Debunking Common Nutrition Myths

**Wednesday, November 14 at 12:15 pm**

Diabetes Nutrition 101

**Thursday, December 13 at 12:15 pm**

Healthy Holiday Baking Tips

Explore new areas of nutrition from our registered dietician, Carmen Roberts. Why not sign-up in advance for lunch and then enjoy a lunch and learn regarding some of the most current topics in nutrition? Join us!

## **Lunch**

**Monday-Friday**

**12 Noon**

Lunch is available for persons 60 years and older, and their spouses, regardless of age. Voluntary anonymous contributions are requested from eligible participants. The full cost of a regular meal is **\$4.36** and **\$5.79** for special meals. Members between the age of 50-59 years old are asked to pay the full cost of the meal.

The monthly lunch menu is available at the front desk. To join us for lunch, please sign up at least **3 days in advance** in the lunch book located at the front desk. This provides us with the number of meals to order. Please call **410-313-1400** to cancel your lunch reservation.



# 50+ Fitness Center

The Ellicott City 50+ Fitness Center is available to help put you on the path to lifelong fitness. It can be found directly across the parking lot from the main 50+ Center building.

## **50+ Fitness Center Lobby Hours:**

Monday, Tuesday & Wednesday  
8:30 am-7:30 pm  
Thursday & Friday  
8:30 am-4 pm  
**410-313-0727**



- ◆ Participants must be 50 years of age and a member of a Howard County 50+ Center.
- ◆ Passes are established from the date of purchase.
- ◆ Refunds are not provided.
- ◆ Room key fobs must be returned to the front desk before you leave the 50+ Fitness Center or a \$10 replacement fee will be charged.

## **Personal Training**

Looking for one-on-one inspiration or a work-out tailored to fit your needs? Sign up for Personal Training. A physical assessment will occur during the first session. See a flier for complete details on this service.

**Half hour session = \$45**  
**Package of 4 Half hour sessions = \$160**  
**Package of 8 Half hour sessions = \$299**



**\$75/year County Resident**  
**\$100/year Non-Resident**  
**\$5/daily Drop-in Fee**

This package is offered in collaboration with Recreation and Parks. It provides more locations for your 50+ work-out. It includes unlimited use of the fitness equipment rooms at:

### **Elkridge 50+ Center**

6540 Washington Blvd, Elkridge 21075  
Mon-Fri 8:30 am-4 pm

### **Ellicott City 50+ Fitness Center**

9411 Frederick Rd, Ellicott City 21042  
Mon-Wed 8:30 am-7:30 pm & Thur-Fri 8:30 am-4 pm

### **Gary J. Arthur Community Center**

2400 Rte 97, Cooksville 21723  
Mon-Sat 7 am-9 pm & Sun 9 am-6 pm

### **North Laurel Community Center**

9411 Whiskey Bottom Rd, Laurel 20723  
Mon-Sat 8 am-9 pm & Sun 9 am-6 pm

### **Roger Carter Community Center**

3000 Milltowne Dr, Ellicott City 21043  
Mon-Friday 6 am-10 pm  
Sat 7 am-10 pm & Sun 7 am-9 pm

## **Fitness Equipment Room Schedule**

Day	Available Time
<b>Monday</b>	<b>Open: 8:30 am-7:30 pm</b>
<b>Tuesday</b>	<b>Open: 8:30 am-7:30 pm</b>
<b>Wednesday</b>	<b>Open: 8:30 am-7:30 pm</b>
<b>Thursday</b>	<b>Open: 8:30 am-4 pm</b>
<b>Friday</b>	<b>Open: 8:30 am-4 pm</b>

The **Fitness Equipment Room** is open for drop-in use during the open hours noted above. A complimentary equipment orientation for those interested in learning how to properly use each piece of equipment is offered. Orientation is free with prior sign-up at the Fitness Center front desk.

Please use gym courtesy and give everyone a chance to experience a good work-out. During busy hours, limit your time to 20 minutes on cardio equipment. If the equipment you would like to use is occupied, please make the current user(s) aware that you are waiting for them to finish. Your cooperation is appreciated.

# 50+ Fitness Center

## Group Exercise Quarterly Pass Class Schedule

Day/Time	9 am - 9:45 am	10 am - 10:45 am	11 am - 11:45 am		5:30 - 6:15 pm	6:30 - 7:15 pm
Monday	Power	Zumba Gold Toning	Reserved for Non-Pass Programs	Reserved for Non-Pass Programs	Zumba Gold	Gentle Yoga
Tuesday	Zumba Gold	Gentle Yoga			Boot Camp	Power
Wednesday	Power	Zumba Gold Toning			Zumba Gold	Gentle Yoga
Thursday	Zumba Gold	Gentle Yoga			<i>All classes listed here are a part of the Exercise Quarterly Pass. Take one or take them all!</i>	
Friday	Floor, Core & More	Kickboxing				



### Group Exercise Quarterly Passes

**\$125 for 3 Month Pass OR \$5/class Drop-In Fee**

This package allows you to participate in any or all of the 17 classes on the weekly Pass Class schedule listed above. Instructors show high and low options and teach to mid-level intensity. **Participants should be able to get up and down off the floor and walk without assistance to derive maximum benefit from these classes.**

## Group Exercise Class Descriptions

**Boot Camp** - Laced with motivation, this class torches calories, cranks up metabolism, changes bodies, and improves quality of life. Build confidence with cardio and strength moves while focusing on effective and safe movements that are appropriate and effective for the active aging population.

**Floor, Core & More** - This class targets the most challenging areas of the body: thighs, abs and backside. Help tighten, tone and strengthen those core areas. Class is predominantly done on the floor. Mat required.

**Gentle Yoga** - Build strength through gentle yoga stretches and strengthening exercises. Yoga also helps build bone density and range of motion. Class is predominantly done on the floor. Mat required.

**Kickboxing** - Start kickin' it with this intro cardio kickboxing class. Learn basic punches and kicks and put them into easy to follow combinations. This total body workout will increase strength and cardiovascular fitness. Class done at low-impact level.

**Power** - A great class to help retain or regain muscle tone. This strength training class includes a cardio warm up, along with use of hand held weights, to help improve body composition and increase lean muscle mass.

**Zumba Gold®** - Turns exciting Latin and international rhythms into a fun, safe and effective format for the active older adult. It's an easy to follow program that lets you move to the beat at your own speed.

**Zumba Gold Toning** - This high energy class combines targeted body sculpting exercises and cardio work with Latin infused Zumba moves. Students use lightweight, maraca-like toning sticks to enhance rhythm and tone their bodies. Sticks available for purchase through instructor.

# Pay by Session Exercise Classes

## ***Qi Gong I***

Experience a series of gentle movements synchronized with breathing to promote positive energy movement through your body. Enhance your immune function, calm your mind and improve your sleep!

**Friday** **10 am**  
**October 5-December 14** 9 classes for \$51  
No class: 10/19, 11/23 (A02406.101)

## ***Qi Gong II***

Qi Gong II is a continuing class for those who have previously attended at least 2 full sessions of Qi Gong I. Enjoy the quiet stillness found within gentle movement, meditation and breath work without as much instruction or verbal cues used in Qi Gong I.

**Friday** **9 am**  
**October 5-December 14** 9 classes for \$51  
No class: 10/19, 11/23 (A02406.102)

## ***Silver Warriors***

This new class offers a holistic approach to senior self-defense techniques. Increase flexibility, stamina, and mental alertness; improve coordination, balance, postural health, and air/blood flow through practice of katas/karate forms. This class can be done from a seated or standing position.

**Wednesday** **9 am**  
**October 3-December 12** 11 classes for \$62  
(A02433.101)

## ***ECity Seated Aerobics***

This seated aerobics class covers warm up and stretching exercises. It also includes the use of hand weights and improves overall balance. A great choice for those looking for a workout from a seated position.

**Tuesday & Thursday** **9 am**  
**October 2-December 13** 21 classes for \$89  
No class: 11/22 (A02403.101)

## ***Chair Yoga***

Experience the benefits of yoga with the security of a chair! Increase strength, flexibility & balance through standing and seated postures. Yoga helps to relieve tension, improve breathing, and promotes an overall sense of well-being. Bring a non-slip mat to place under your chair.

**Monday & Wednesday** **10 am**  
**October 1-December 12** 20 classes for \$85  
No class: 10/8, 11/12 (A02421.101)

## ***Better Balance***

This is an effective program for those with chronic conditions impacting their balance or who feel unsteady on their feet. Those participants 60 years of age and older can contribute up to the full cost of the program, to ensure program viability. Those participants under age 60 pay the fee listed below. A pre-screening is required by calling Jen Lee at **410-313-5940**.

**Tuesday & Thursday** **10 am**  
**October 2-December 13** 21 classes for \$67  
No class: 11/22 (A02413.101)

## ***ECity Aerobics***

Learn basic cardio combinations in an easy to do format, burn calories, increase cardiovascular endurance, tone, build lean muscle tone and bone density. End each class with strength exercises and stretches.

**These are the only Pay by Session classes held in the 50+ Fitness Center.**

**Monday & Wednesday** **11 am**  
**October 1-December 12** 20 classes for \$85  
No class: 10/8, 11/12 (A02400.101)

**Tuesday & Thursday** **11 am**  
**October 2-December 13** 21 classes for \$89  
No class: 11/22 (A02401.101)

## ***Functional Fitness***

Take a class that gives you a workout to be better prepared for real life situations. Train specific muscles to help you do every day activities safely and efficiently. Focus on stretching, balance and muscle tone.



**Friday** **11 am**  
**October 5-December 14** 9 classes for \$39  
No class: 10/19, 11/23 (A02425.101)

**On the day registration opens, service is provided by lottery draw. Those who arrive after 8:30 am receive higher draw.**

**For walk-in or phone-in, we accept registration for those residing in your household**

# Pay by Session Exercise Classes

**Register early! Classes in progress may be full. Inquire at the front desk.  
All classes are scheduled to run between 45 and 55 minutes in duration.**

## **Seated Strength**

Explore a variety of strengthening and functional stretching exercises designed to increase range-of-motion, strength and endurance. Strength training helps increase muscle mass, metabolism and strengthens bones and joints. Weights, bands and tubes may be used sitting or using the chair as support.

**Monday & Wednesday** **12 pm**  
**October 1-December 12** 20 classes for \$85  
No class: 10/8, 11/12 (A02408.101)

## **Exercising with Arthritis**

Class is designed to help those who have joint and/or muscle problems related to arthritis. Work towards the goal of improved joint mobility, muscle strength and endurance in order to improve performance of daily activities.

**Friday** **12 pm**  
**October 5-December 14** 9 classes for \$51  
No class: 10/19, 11/23 (A02402.101)

## **Flex, Stretch & Mobility**

Improve flexibility, coordination, strength and balance. Focus on strengthening muscles and connective tissue as well as improving joint mobility. Class offers seated and standing option. Bring a mat to place under your chair.

**Tuesday & Thursday** **12 pm**  
**October 2-December 13** 21 classes for \$89  
No class: 11/22 (A02434.101)

## **Foundations of Exercise**

Learn basic functional exercises either seated or standing to help increase joint flexibility, range of motion and muscular strength. Proper technique within your limitations is emphasized so you can better reach your fitness goals. (Formerly Exercise Essentials class)

**Tuesday & Thursday** **1 pm**  
**October 2-December 13** 21 classes for \$89  
No class: 11/22 (A02404.101)

## **T'ai Chi Chih**

Experience a moving meditation which is much easier to learn, remember and practice than other forms of Tai Chi. The soft and gentle separate moves can help reduce stress and regulate blood pressure and improve balance memory and sleep. Can be done seated (Late enrollment not advisable.)

**Wednesday & Friday** **1 pm**  
**October 3-December 14** 20 classes for \$111  
No class: 10/19, 11/23 (A02429.101)

## **Balance "4" All**

Join one of our most sought after offerings. This class combines a perfect blend of 4 components: balance, flexibility, posture and strength, which together add up to safe and active living.

**Monday & Wednesday** **2 pm**  
**October 1-December 12** 20 classes for \$85  
No class: 10/8, 11/12 (A02405.101)

## **Barre & Balance**

This class takes Balance 4 All to the next level. Improve balance, flexibility, posture & strength using a barre, resistance tubing, discs, hand weights and pilates balls. Increase your overall balance and help reduce risk of falling and/or fall-related injuries.

**Tuesday & Thursday** **2 pm**  
**October 2-December 13** 21 classes for \$89  
No class: 11/22 (A02409.101)

## **Active Adult**

It's time to use it, not lose it! Get moving in this COMEBACK class that will start you off with a cardio warm-up and then transition you into strength training. Conclude class by working on core balance and strengthening. No one loses in this class, instead you'll use it all. *Class content requires high level of independent balance ability.*

**Monday & Wednesday** **3 pm**  
**October 1-December 12** 20 classes for \$85  
No class: 10/8, 11/12 (A02407.101)

**Registration for fall classes opened on Friday, September 7, 2018. Registration for winter classes will open Friday, December 7 at 8:30 am in-person & on-line.**

# Monthly Schedule

## Ellicott City 50+ Center Events & Class Start Dates at a Glance

### October

**Oct 1-5** Fall Art, Dance & Pay-by-Session  
Exercise classes begin

**Oct 1** Bunco, 10:30 am

**Oct 2** Positive Thinking, 10 am

**Oct 4** Mah Jongg class begins \$

**Oct 8** Center CLOSED (Columbus Day)

**Oct 9** Tasty Tidbits, 10 am

**Oct 9** Brain Training begins \$

**Oct 9** Smart Drivetek begins \$

**Oct 10** Genealogy, 10 am

**Oct 10** Ho Co Police, 11:30 am

**Oct 11** Real Estate presentation, 1 pm

**Oct 12** War of 1812 presentation, 10:30 am

**Oct 12** Connect with Connections, 12:30 pm \$

**Oct 12** Card Crafting class, 1:30 pm \$

**Oct 15** Brain Busters Trivia, 10:30 am

**Oct 15** HCC Class begins, see page 10 \$

**Oct 15** Center Council meeting, 1 pm

**Oct 16** How to be Wise with Money, 11 am

**Oct 16** Blue Plate Special, Noon Oktoberfest \$

**Oct 16** Olde Gold Music, 12:30 pm

**Oct 17** Art Reception, 5 pm

**Oct 18** HCC Class begins, see page 10 \$

**Oct 19** Main Building CLOSED  
50+ Expo at Wilde Lake High School

**Oct 22** Wii Bowling, 10:30 am

**Oct 22** Ask the Pharmacist, 11 am

**Oct 23** Hearing Screenings 9 am,  
Advanced sign-up required

**Oct 23** Picture This, 11 am

**Oct 24** Final Arrangements, 11 am

**Oct 24** Mission: Nutrition!, 12:15 pm

**Oct 24** Nutrition Counseling, 1:15 pm  
Advanced sign-up required

**Oct 24** Book Club, 1 pm

**Oct 25** Life Story of Hildegard MacLean, 11 am

**Oct 26** Medicare Open Enrollment, 10 am  
Call for 410-313-7389 for appointment

**Oct 26** Bingo, 10:30 am

**Oct 26** Pizza Day, Noon \$

**Oct 26** At the Opera House, 12:30 pm

**Oct 29** Boggle, 10:30 am

**Oct 29** Documentary Day, 1 pm

**Oct 31** Halloween Party, Noon \$

### November

**Nov 1** Balance Screening, 11 am

**Nov 2** Cooking Demo, 11 am

**Nov 3** Turn clocks back one hour tonight!

**Nov 5** Bunco, 10:30 am

**Nov 6** Main Building CLOSED  
(Election Polling Place)

**Nov 6** Advanced Beginner Bridge begins \$

**Nov 7** Ho Co Police, 11 am

**Nov 7** Ronny Smith Duo, 12:30 pm

**Nov 8** Spine Education, 11 am

**Nov 8** Real Estate, 1 pm

**Nov 9** CarFit, 10 am by appointment only

**Nov 9** Connect with Connections, 1 pm \$

**Nov 9** Travel Talks, 1 pm

**Nov 9** Documentary Day, 1 pm

**Nov 12** Center CLOSED, Veteran's Day

**Nov 13** Brain Training begins \$

**Nov 13** Tasty Tidbits, 10 am

**Nov 13** Saving Money Presentation, 11 am

**Nov 13** Trips with Rec & Parks, 12:15 pm

**Nov 14** Genealogy, 10 am

**Nov 14** Ho Co Fire Dept Presentation, 11 am

**Nov 14** Mission: Nutrition!, 12:15 pm

**Nov 14** Nutrition Counseling, 1:15 pm  
Advanced sign-up required

**Nov 14** Book Club, 1 pm

**Nov 15** Thanksgiving Luncheon @ 10 Oaks, \$

**Nov 16** At the Opera House, 12:30 pm

**Nov 16** White House Usher, 1 pm

**Nov 16** Card Crafting Class, 1:30 pm \$

**Nov 19** Holiday Giving Project collection  
begins

**Nov 19** Wii Bowling, 10:30 am

**Nov 19** Cooking Demo, 11 am

**Nov 19** Center Council Meeting, 1 pm

**Nov 20** Blue Plate Special, Noon

**Nov 20** Gobble Till You Wobble \$

**Nov 20** Janice Connolly sings, 12:30 pm

**Nov 22-23** Center CLOSED, Thanksgiving Holiday

**Nov 26** Boggle, 10:30 am

**Nov 26** Ask the Pharmacist, 11 am

**Nov 27** Picture This, 11 am

**Nov 28** HCC Class begins, see page 10 \$

**Nov 30** Main Building CLOSED  
Holiday Craft Boutique 10 am-4 pm

Clip and Save for Reference

**KEY: \$ = Advanced Sign-up and Payment required**



# Monthly Schedule

## Ellicott City 50+ Center Events & Class Start Dates at a Glance

### December

<b>Dec 3</b>	Bunco, 10:30 am	<b>Dec 13</b>	Nutrition Counseling, 1:15 pm
<b>Dec 6</b>	Julie Hall Sings, 12:30 pm		Advanced sign-up required
<b>Dec 7</b>	Happy Hanukkah, 11:30 am \$	<b>Dec 14</b>	Center Council Bake Sale, 11:30 am
<b>Dec 7</b>	Winter Program Registration opens, 8:30 am in-person & on-line	<b>Dec 14</b>	Holiday Party, 11:30 am \$
<b>Dec 8</b>	Showtime Singers, 2 pm Ticket required	<b>Dec 17</b>	Wii Bowling, 10:30 pm
<b>Dec 10</b>	Brain Busters, 10:30 am	<b>Dec 17</b>	Documentary Day, 1 pm
<b>Dec 10</b>	Center Council meeting, 1 pm	<b>Dec 18</b>	Don Koble sings, 12:30 pm
<b>Dec 11</b>	Identity Theft, 11 am	<b>Dec 19</b>	50+ Players perform, 12:30 pm
<b>Dec 11</b>	Student Recital, 12:30 pm	<b>Dec 20</b>	Tim Amann performs, 12:30 pm
<b>Dec 12</b>	Genealogy, 10 am	<b>Dec 20</b>	Holiday Giving Project collection concludes
<b>Dec 12</b>	Santa & Mrs. Claus, 11:30 pm	<b>Dec 21</b>	At the Opera House, 12:30 pm
<b>Dec 13</b>	Mission: Nutrition!, 12:15 pm	<b>Dec 24</b>	Boggle, 10:30 am
		<b>Dec 25</b>	Center CLOSED, Christmas

**KEY: \$ = Advanced Sign-up and Payment required**

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The Howard County  
Office on Aging and Independence  
invites you to a

# THANKSGIVING CELEBRATION!

THE *Giving Thanks*  
LUNCHEON and DANCE

**Music by Sly 45**  
A Baltimore-based band rocking the blues, jazz and classic pop scene!

**Thursday, November 15, 2018**

**Ten Oaks Ballroom**  
5000 Signal Bell Lane, Clarksville 21029

Doors Open 10:30 a.m. • Program Begins 11 a.m. • Lunch 12 noon  
Tickets on Sale at all Howard County 50+ Centers \$15/person

PLEASE BRING NON-PERISHABLE FOOD ITEMS  
FOR THE HOWARD COUNTY FOOD BANK

FOR MORE INFORMATION, CALL  
**410-313-5440** (VOICE/RELAY)

Howard County Office on  
**Ag**ing and Independence  
Department of Community Resources and Services  
[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)



## Howard County 50+ Centers

Get the most out of your 50+ Center membership by exploring programs at other Centers located throughout Howard County. View each Center's newsletters on line at: [www.howardcountymd.gov/50pluscenters](http://www.howardcountymd.gov/50pluscenters)

### **Bain 50+ Center**

5470 Ruth Keeton Way, Columbia MD 21044  
410-313-7213

### **East Columbia 50+ Center**

6600 Cradlerock Way, Columbia MD 21045  
410-313-7680

### **Elkridge 50+ Center**

6540 Washington Road, Elkridge MD 21075  
410-313-5192

### **Glenwood 50+ Center**

2400 Route 97, Cooksville MD 21723  
410-313-5440

### **Longwood 50+ Center**

6150 Foreland Garth, Columbia MD 21045  
410-313-7217

### **North Laurel 50+ Center**

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



# Daily Schedule

Monday		
TIME	PROGRAM	BLDG
8:30-12noon	Billiards (Mon thru Fri)	MB
8:30-7:30pm	Fitness Equipment \$	FC
9 & 10am	Exercise Pass Classes \$	FC
10-10:45am	Chair Yoga \$	MB
10am-12noon	Painting Together	MB
10:30-11:30am	B Games	MB
11-11:45am	Agewell Aerobics \$	FC
12-12:45pm	Seated Strength \$	MB
12:30-3:30pm	Open Bridge	MB
12:30-4pm	Pinochle (Mon thru Fri)	MB
1-4pm	Table Tennis	FC
1-1:45pm	Line Dancing \$	MB
2-2:45pm	Balance 4 All \$	MB
3-3:45pm	Active Adult \$	MB
5:30 & 6:30pm	Exercise Pass Classes \$	FC
Tuesday		
8:30-7:30pm	Fitness Equipment \$	FC
9 & 10am	Exercise Pass Classes \$	FC
9am-12noon	Mah Jongg	MB
9am-12noon	Blood Pressure	MB
9-9:45am	Agewell Seat Aerobics \$	MB
10-10:45am	Better Balance \$	MB
10am-12noon	Chess Club	MB
11-11:45am	Agewell Aerobics \$	FC
11am-1pm	Picture This (monthly)	MB
12noon-4pm	Painting Together	MB
12-12:45pm	Flex, Stretch, Mobility \$	MB
1-4pm	Drop-In Games	MB
1-1:45pm	Foundations of Exercise\$	MB
2-2:45pm	Barre & Balance \$	MB
5:30 & 6:30pm	Exercise Pass Classes \$	FC
Wednesday		
8:30-7:30pm	Fitness Equipment \$	FC
9 & 10am	Exercise Pass Classes \$	FC
9am-12noon	Kings & Queens Bridge	MB
9am-12noon	Medicare Counseling	MB
9-9:45am	Silver Warriors \$	MB
10-10:45am	Chair Yoga \$	MB

Wednesday (continued)		
TIME	PROGRAM	BLDG
11-11:45am	Agewell Aerobics \$	FC
12-12:45pm	Seated Strength \$	MB
1-2pm	Book Club (monthly)	MB
1-3pm	Needlework Club	MB
1-4pm	Table Tennis	FC
1-4pm	Painting Together	MB
1-1:45pm	T'ai Chi Chih \$	MB
2-2:45pm	Balance 4 All \$	MB
3-3:45pm	Active Adult \$	MB
5:30 & 6:30pm	Exercise Pass Classes \$	FC
Thursday		
8:30am-4pm	Fitness Equipment \$	FC
9 & 10am	Exercise Pass Classes \$	FC
9-9:45am	Agewell Seat Aerobics \$	MB
9am-12noon	Painting Together	MB
10-10:45am	Better Balance \$	MB
10am-12noon	Chess Club	MB
10am-12noon	Men's Forum	MB
11-11:45am	Agewell Aerobics \$	FC
12-12:45pm	Flex, Stretch, Mobility \$	MB
1-3pm	Personalized Easy Tech	MD
1-4pm	Medicare Counseling	MB
1-4pm	Drop-In Games	MB
1-1:45pm	Foundations of Exercise \$	MB
2-2:45pm	Barre & Balance \$	MB
Friday		
8:30am-4pm	Fitness Equipment \$	FC
9 & 10 & 11am	Exercise Pass Classes \$	FC
9-9:45am	Qi Gong I \$	MB
10-10:45am	Qi Gong II \$	MB
11-11:45am	Functional Fitness \$	MB
12-12:45am	Exercising with Arthritis \$	MB
12:30-3:30pm	Open Bridge	MB
1-1:45am	T'ai Chi Chih	MB
1-4pm	Table Tennis	FC
<b>Building Key</b>	<b>MB= Main Building</b>	
	<b>FC=50+Fitness Center</b>	

# Noteworthy News

## **Center Council Holiday Bake Sale Friday, December 14 11:30 am**

Help the Council by donating your baking talents or by shopping for some delicious holiday goodies at the Holiday Bake Sale. Donations graciously accepted 12/13 and 12/14.

### **Inclement Weather Policy**

In the event of inclement weather, please watch or listen for school cancellations. If **HOWARD COUNTY SCHOOLS** are:

**1 HOUR DELAY** - Center is open with programming as usual.

**2 HOUR DELAY** - Center opens at 10 am with the exception of Connections Social Day Program at Ellicott City, which is closed. There will be NO lunches served. Only classes and programs scheduled to begin at 10 am or after, will be held.

**CLOSED** - All instructor-led programs are cancelled for the day. There will be NO lunches served. Call the 50+ Center (410-313-1400) or the Fitness Center (410-313-0727) to see if or when the Center will open. Connections Social Day Program at Ellicott City is CLOSED.

### **AFTERNOON & EVENING**

**ACTIVITIES CANCELLED** - The Center will not hold any classes, programs or rentals after 4:30 pm.

## **Giving Projects 2018 November 19 thru December 20**

The Ellicott City 50+ Center sponsors several Giving Projects throughout the holidays. These projects help our friends in need. Donations will be accepted through December 20.



### **RONALD MCDONALD HOUSE OF BALTIMORE**

Gift Cards from: Amazon, Target, Walmart, Royal Farms, Wawa, Costco, Sam's Club, Home Depot

Single serving snacks, condiments (ketchup, mustard, mayonnaise, peanut butter, salad dressing), AA and D batteries, paper towels, liquid handwashing soap

Pull tabs/from soda, beer, canned foods  
**Listed items only, please!**

### **SMALL MIRACLES CAT AND DOG RESCUE**

Making a monetary donation is **the best and most direct way** to help the animals in their care. Monetary donations allow the shelter to use your donation where there is the most need, whether it is for food or supplies our animals, veterinary supplies or operational costs. All checks should be made out to "**SMCDR**" and may be mailed to Small Miracles Cat & Dog Rescue, 10236 Baltimore National Pike, Ellicott City, MD 21042 or brought in-person to the shelter during adoption hours.

Visit their web site: [www.smallmiraclesrescue.org](http://www.smallmiraclesrescue.org) or phone them at 410/461-0516.

***Thank you for supporting our projects!***

## **Upcoming Adjusted Center Hours**

Monday, October 8

Friday, October 19

Tuesday, November 6

Monday, November 12

Thurs & Fri, November 22-23

Friday, November 30

Tuesday, December 25

Both Buildings **CLOSED** (Columbus Day)

**Main Building CLOSED** (50+ Expo Day)

**Main Building CLOSED** (Election Polling Place)

Both Buildings **CLOSED** (Veterans Day)

Both Buildings **CLOSED** (Thanksgiving Holiday)

**Main Building CLOSED** (Holiday Craft Boutique)

Both Buildings **CLOSED** (Christmas)

# Ellicott City 50+



# October 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><b>SUPER SPECIAL</b></p> <p>Stuffed Chicken Breast White &amp; Wild Rice Dilled Carrots Peas &amp; Pearl Onions Butterscotch Pudding Apple Juice</p>	<p>2</p> <p>Roast Turkey with Gravy Mashed Potatoes Mixed Veggies White Wheat Bread Mandarin Oranges Apple Juice <b>Chocolate Milk</b></p>	<p>3</p> <p>Hearty Beef Veggie Stew White Wheat Bread Chilled Pears Pineapple Juice</p>	<p>4</p> <p>Cream of Tomato Soup Old Bay Grilled Chicken Sandwich Lettuce &amp; Tomato Pepper Slaw Sandwich Bun Apples</p>	<p>5</p> <p>Tuna Salad Lettuce &amp; Tomato Potato Salad 3-Bean Salad Sandwich Bun Mandarin Oranges Apple Juice</p>
<p>8</p> <p><b>CENTER CLOSED COLUMBUS DAY</b></p> 	<p>9</p> <p>Hamburger Lettuce, Tomato &amp; Onion Coleslaw Baked Beans Hamburger Bun Diced Pears</p>	<p>10</p> <p>Tomato Soup Grilled Chicken &amp; Pasta Salad on Baby Spinach Corn Muffin Mandarin Oranges</p>	<p>11</p> <p>Hot Ham &amp; Swiss Sandwich Steamed Carrots Greek Style Salad Rye Bread Diced Peaches <b>Chocolate Milk</b></p>	<p>12</p> <p><b>SUPER SPECIAL</b></p> <p>Stuffed Cabbage Red Skin Potatoes Green Beans with Mushrooms White Wheat Bread Cinnamon Apples Cranberry Juice</p>
<p>15</p> <p>Chicken Salad Lettuce &amp; Tomato Potato Salad 3-Bean Salad Sandwich Bun Mandarin Oranges Apple Juice</p>	<p>16</p> <p><b>BLUE PLATE SPECIAL</b></p> <p><b>Oktoberfest!</b></p> <p>Bratwurst with Peppers &amp; Onions Braised Red Cabbage Mashed Potatoes Waldorf Salad Chocolate Cake Fresh Apple Cider</p>	<p>17</p> <p>Cheeseburger Lettuce &amp; Tomato Coleslaw Hamburger Roll Apricot Halves Orange Juice <b>Chocolate Milk</b></p>	<p>18</p> <p>Turkey, Veggie &amp; Potato Stew Baby Spinach Salad Grape Tomatoes Corn Muffin Cinnamon Apples</p>	<p>19</p> <p><b>No Lunch Center Closed</b></p>  <p>Howard County Office on Aging and Independence</p>
<p>22</p> <p>Tuna Salad Lettuce &amp; Tomato Potato Salad 3-Bean Salad Sandwich Bun Mandarin Oranges Apple Juice</p>	<p>23</p> <p>Chicken &amp; Beef Penne Jambalaya Baby Carrots White Wheat Bread Peach Crisp Fruit Juice</p>	<p>24</p> <p>Maple Glazed Ham Green Beans Mac &amp; Cheese Broccoli Slaw White Wheat Bread Pineapple Juice <b>Chocolate Milk</b></p>	<p>25</p> <p>Hot Dog Coleslaw Baked Beans Chips Hot Dog Bun Diced Pears</p>	<p>26</p> <p><b>PIZZA DAY</b></p>  <p>Sign Up at Front Desk See Flyer for Details</p>
<p>29</p> <p>Open-faced Turkey Sandwich Mashed Potatoes Harvard Beets Chilled Carrot Salad White Wheat Bread Fresh Fruit Cup</p>	<p>30</p> <p>Breaded Fish Sandwich Lettuce &amp; Tomato Mixed Veggies Sandwich Bun Fruit Cocktail Orange Juice</p>	<p>31</p> <p><b>Halloween Spooktackular</b></p> <p>Spookghetti &amp; Eyeballs Tossed Spider Webs Garlic Breath Treats <b>\$12.00 Due at Sign Up</b></p>	<p><b>GOOD NEWS!</b></p> <p>Chocolate Milk will be served once per week this month!</p> 	<p><b>MILK SERVED AT EVERY MEAL UNLESS YOGURT IS OFFERED</b></p>

## 4 Simple Ways to Prevent and Control Diabetes



Over 29 million people (or greater than 9% of the U.S. population) have diabetes. What is surprising is that one in four people do not know that they have it.

The complications from diabetes can be serious, and include damage to the eyes, kidneys, and nerves. People living with diabetes are also at a greater risk for developing cardiovascular disease. While there are things you cannot control to reduce your risk, such as a family history of diabetes or your race/ethnicity, there are simple things you can do to reduce your risk for diabetes and its complications.

**#1: Lose weight:** If you are overweight, you are at a greater risk for developing diabetes. Even a small weight loss can make a big difference in blood sugar control. The American Diabetes Association (ADA) states that you can lower your risk for type 2 diabetes by over 50% by losing just 7% of your excess body weight. If you weigh 250 pounds, this would mean losing only 18 pounds to reduce your risk.

**#2: Exercise:** The ADA also emphasizes that moderate exercise (such as brisk walking) just 30 minutes a day, five days a week, can reduce your risk. Not only will exercise assist with lowering blood sugar, it can also help with controlling blood pressure.

**#3 Increase fiber intake:** Limit the amount of processed foods and added sugars in your diet, and replace them with foods such as whole grains and vegetables. A diet high in fiber can help to prevent diabetes. Fiber slows down the rise in blood sugar and can help with weight control by helping you to feel full longer. A high fiber diet can help you reduce your intake of sweets and processed foods. Aim for 25-30 grams of fiber daily.

**#4: Adopt a healthy lifestyle:** If you are at risk for developing diabetes, you are also at risk for developing cardiovascular disease. Lower your blood pressure, quit smoking, and manage your cholesterol levels. This can help to further reduce your risk for disease.

If you have been diagnosed with diabetes, managing your disease is crucial to decrease your risk of disease-related complications. Research shows that simple changes such as modest weight loss, increased physical activity, and dietary changes reduce the risk of developing diabetes. If you are at increased risk for diabetes, or have been diagnosed with prediabetes, it's not too late. For some people with prediabetes, early treatment can actually return blood sugar levels to the normal range.

***Talk to your health care provider about how you can decrease your risk for diabetes.***