

Welcome to Ellicott City 50+ Center



**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 - 4:30 pm

Center Email
ellicottcity50@howardcountymd.gov

Newsletters Online
www.howardcountymd.gov
/ellicottcity50

Volunteer Website
www.hocovolunteer.org

Facebook
www.facebook.com/HoCoCommunity

On-Line Resource Guide
[www.custommediaoptions.com/
digital/hocoresourceguide2017](http://www.custommediaoptions.com/digital/hocoresourceguide2017)

Get Our Newsletter Electronically

Stay informed and up to date by getting our program information right from your home computer. Sign up at the Front Desk to be added to the Center Newsletter Email Distribution List.

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance.

September-October 2017

Howard County Garden Club presents Fall Flower Show

Friday, September 8

11 am-3:30 pm

"Mum's" The Word

A Small Standard Flower Show

Join us as the Howard County Garden Club presents their small standard show at the Ellicott City 50+ Center. The show is open to the public, free of charge and Garden Club members will be on hand to sell fall plants.

Why not make a day of it and join us for our ticketed luncheon that afternoon? Enjoy mini stuffed sandwiches sided by potato chips, watermelon salad and dessert. Seating for the luncheon is limited and advanced purchase of \$7.00 is required at the time of sign-up. A perfect way to enhance a special day!



Open House Week

September 25 through 29

10 am-2 pm

To commemorate **Active Aging Week**, the Center will take part in a week-long Open House to provide potential members an opportunity to see the wonderful programs and services available here at the Ellicott City 50+ Center.

Tell interested friends and neighbors to stop in between 10 am and 2 pm, Monday thru Friday, to get a personal tour of the Center, 50+ Fitness Center and Connections Social Day program. A resource and Center information packet will be available to all tour-goers.

General Information

Meet the Center Staff

Director	Cindy Saathoff
Assistant Director	Vicki Stahly
Registrar	Jodi Bargamian
Registrar	Dayle Rudel
Registrar	Rodney Payen
Fiscal Technician	David Irwin
Utility Worker	Dominick Collins
Fitness Coordinator	Michelle Rosenfeld
Nutrition Specialist	Amy Williams
Connections Director	Felicia Stein
Connections Asst. Dir.	Joyce Nagel-Mortell
Connections Asst	Margaret Fries
Connections Asst	Jill Rose

Connections Social Day Program at Ellicott City Monday-Friday 10 am-2 pm

The Senior Center Plus program has been renamed **Connections Social Day Program at Ellicott City**. Co-located in the Ellicott City 50+ Center, this supervised four-hour licensed program promotes a balance of well-being, self-reliance, socialization and independence of adults who may require some assistance with daily activities.

The program features memory enhancement activities, arts & crafts, educational programs, entertainment, recreational opportunities, lunch, exercise and more. This is a fee-for-service program for eligible individuals. For more information, please call **410-313-1425**.

Volunteers assist the front desk. Are you a "people person" who feels comfortable operating computers? If so, see the front desk for details. Can't commit to a lot of time? Sign up to be called as a front desk substitute.



Meet the Center Council

President:	Nancy Cudmore
Vice President:	Marian O'Byrne
Secretary:	Dorothy Biller
Treasurer:	Gary Pon
Members at Large:	
Leo Bianco	Leo Dodge
Marie Dodge	Denise Giffin
Darlene Grund	Agnes Halsor
Anne Kaiser	Andrew Liro
Susan Malmgren	Gigi Rammling
Member Emeritus:	Velva Howard
Email:	ellicottcity50pluscouncil@gmail.com

Ellicott City 50+ Center Council Notes

The Center Council would like to thank everyone who either donated or supported the White Elephant Sale which was held in late August. All proceeds benefit programming at the Center and is graciously appreciated.

The Center Council is currently planning a Center Ice Cream Social which will be held on Tuesday, September 26 from 1 to 2 pm. Bring a friend or make a new one there!

Interested in serving on Council? See a Council member for information on upcoming elections.

Next Council meetings are September 11 & October 16 at 1 pm - All are welcome.

General Information

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.

Membership must be renewed on an annual basis and may require new forms to be completed. **An expired membership may prohibit you from enrolling in classes through the on-line process.** Check with the front desk to assure your membership is current prior to registering on-line.

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>.

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.

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.

Let's Do 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 \$4.10 and \$5.39 for special meals.



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.

Transportation Options

A transportation resource to the Center 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** and select option 3 for "mobility and RTA Ride Service". Visit the RTA website at www.transitRTA.com for more information.

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. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

Center Services

Easy Technology Navigation

Thursdays

10-11:30 am

- 9/14** Navigating the Internet
9/28 Facebook
10/12 Navigating your Email
10/26 Facebook

Learn to navigate computers, the Internet, email, Facebook and more. These free basic instructional classes are designed for those who are familiar with their computer. Bring your own portable device with you to get the latest and easiest tips and tricks for navigating your technology! Sign up at the front desk.

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 concerns a different type of electronic device, please bring it with you to the appointment.

Medicare: Protect Yourself Protect Your Card

Tuesday, September 19

9 am

A State Health Insurance Program counselor will be at the Center to provide information and offer free card lamination. No appointment necessary.

Book Club

Wednesday, September 27 at 1 pm. The group will discuss "*The Gilded Years*" by Karin Tanabe.

Wednesday, October 25 at 1 pm. The group will discuss "*Commonwealth*" by Ann Pathcett.

Medicare Open Enrollment

Appointments at Ellicott City 50+ Center

Fridays from 10 am-3 pm

October 27 & November 17

Mondays from 9 am-2:30 pm

October 30, November 6, 13, 20, 27
December 4

Review the 2018 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**.

Ask the Pharmacist

Monday, September 25

Monday, October 23

11 am

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

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.*

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**.

Center Services

Tasty Tidbits

Tuesday, September 12 - Spuds are Special
Tuesday, October 10 - Safely Eat Salt
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!

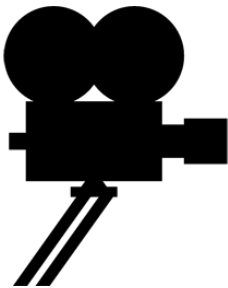
Mission: Nutrition!

Wednesday, September 27
Breakfast Before Work-outs
Wednesday, October 25
Candy: Which is Better?
10-11 am

Held in the 50+ Fitness Center
Learn more about your nutrition from Mary Kuttler, RDN. Join us on these dates to get an in-depth look at the most current topics in nutrition.

Documentary Day

Monday
September 25
American Lighthouses
October 30
The Haunted History of Halloween
1 pm



Held in the 50+ Fitness Center
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!

Howard County Police Department

Thursday, September 7 & October 12
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.

Blue Plate Specials

Thursday, September 28
Chick-Fil-A Day
Tuesday, October 31

Halloween Mangia! Mangia!

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



Picture This

Tuesday

September 26 & October 24
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.

B Games

Mondays
10:30-11:30 am

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

Bunco	October 2
Brainbusters	September 11 & October 16
Bowling	September 18 & October 23
Boggle	September 25 & October 30

Center Classes

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, five 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, Healer.

Howard Community College Continuing Education Classes

Held in the 50+ Fitness Center

Modern Classics: Great Short Novels

Tuesday, September 19-October 24

1 pm-3 pm

Cost: \$89

Instructor: George Clack

Muses, Mistresses and Inspiration

Thursday, September 21-October 26

No class: 10/19

1-3 pm

Cost: \$79

Instructor: Ann Wiker

Cicero, Rome's Most Feared Politician

Wednesday, September 27-October 4

1 pm-3 pm

Cost: \$22

Instructor: Bill McGowan

Famous Art Collaborations

Tuesday, October 24-November 21

9:30 am-11:30 am

Cost: \$79

Instructor: Ann Wiker

Classes are held at Ellicott City 50+ Fitness Center. All registration is done through the college, and online at www.howardcc.edu. For more information, call HCC at **443-518-1000**.

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 Laopus.

Monday

2:30 pm

October 2-December 11 10 classes for \$74
No class: 10/9 (A02426.501)

Fall Card Crafting with Diane

Friday, September 22

Friday, October 27

1:30-3:30 pm

Cost \$9 per class + supply fee

All level paper crafters will enjoy creating handmade all occasion greeting cards. A \$3 supply fee per class is due to the instructor on the day of class. Diane Messick, Instructor.

Watercolor Painting Class

Master the fundamentals of drawing, shapes, values, textures and design. Learn the use of tools and materials as well. Sign up at the front desk. For the supply list, call instructor Anny Steensen at **240-841-4405**.

Wednesday

10 am-12 pm

October 4-November 8

6 classes for \$43
(A02502.500)



Ukulele or Guitar Lessons

with Ray

Tuesdays By Appointment

\$37 per lesson

Sign up to get one-on-one instruction with Ray Forton, in either guitar or ukulele. Beginners, casual and professional players are all welcome. Students are responsible for bringing in their own instrument. Call the front desk at **410-313-1400** to schedule your lesson.

Center Activities

New History Seminar with Gary Kavanaugh

How WWI Led to the Confrontation of Ideologies Before WWII

**Fridays, September 8-29
11 am**

Held in the 50+ Fitness Center

This four week seminar will explore the causes of the outbreak of World War I.

Week 1- Outbreak of the Great War

Week 2- Stalemate, Attrition and Victory

Week 3- Treaty of Versailles and its Aftermath

Week 4- Ideologies Confrontation Leads to War

The First World War (WWI) was fought from 1914 to 1918 and the Second World War (or WWII) was fought from 1939 to 1945. They were the largest military conflicts in human history. Both wars involved military alliances between different groups of countries.

Travel Talk

**Monday, September 11
1 pm**

Let's Talk Cruising, is there such a thing as a perfect vacation for the 50+ crowd? Join travel counselors Andy Lunt and Debbie Richmond to learn more about all kinds of cruising, including special considerations for 50+ travelers, advantages and disadvantages of various types of cruises and tips to make your cruise the best vacation ever. Meet these travel agents who specialize serving seniors. This program focuses on traveling safely and securely while having a great time and peace of mind!

The Village in Howard County

**Tuesday, September 12
1 pm**

The Village In Howard is a senior community without walls. Hear about the new "Circle of Care" and "Supported Membership" of this non-profit, membership organization that is set up to promote independence and mutual support for those 55+ in Howard County. Their mission is to enable seniors to actively age in place through mutual support, services, and activities while coordinating available resources.

Genealogy

**Wednesdays, September 13 & October 11
10 am**

Held in the 50+ Fitness Center

September 13 - A German Case Study

A case study is a descriptive or explanatory analysis of a person, group or event This one shows how diverse records, tips, hearsay and dumb luck all play a role in putting together a story.

October 11 - Put Your Tree To Work

Is your online tree bearing fruit? Your "family tree" is more than just a metaphor. In fact, your online tree can be one of the most powerful items in your genealogist's tool kit.

The D.A.S.H. Diet

**Wednesday, September 13
1 pm**

Karen Basiger, MS, CFCS, LDN from Family Consumer Sciences University of Maryland Extension Howard County will discuss the DASH diet (Dietary Approaches to Stop Hypertension). Eat more fruits, vegetables, and low-fat dairy foods. Cut back on foods that are high in saturated fat, cholesterol, and trans fats. Eat more whole grain foods, fish, poultry, and nuts.

Olde Golde Music

**Tuesday, September 19
12:30 pm**

Jim Blackwell, keyboards and Larry Stauffer, vocalist will entertain us with their brand new program "Oscar Winning Songs - 1938 thru 1977". This music program is a sampling of twelve wonderful and familiar songs that won best song for the year with the Academy.

Parkinson's Program

**Thursday, September 21
11 am**

Arita McCoy, MSN, CRNP Nurse Practitioner, Johns Hopkins Parkinson's Disease and Movement Disorder Center will present a program on Parkinson's Disease. (PD) is a chronic and progressive movement disorder, meaning that symptoms continue and worsen over time.

Center Activities

Fall Prevention Program with Revive Physical Therapy Wednesday, September 27 10 am-11 am

September is Fall Prevention month! Join Renuka and her crew from Revive Physical Therapy to get tips on how to stay upright on your feet. Learn ways to stay safe and how best to keep your balance.

- Participate in a series of balance tests.
- Learn how exercise can help improve balance.

Frank & Trish Curreri present "The Shadows of Motown" Thursday, September 28 12:30 pm

Join us for an afternoon of music that gave us and touched our soul! This special program highlights the great sounds of the Motown Era. Sing along to the iconic songs of The Four Tops, Marvin Gaye, Frankie Vali, the Four Seasons and the Great Diana Ross & the Supremes!

Recreation & Parks Trip Info Friday, September 29 12:30 pm

Drop in to meet Tracy Adkins, Howard County's Recreation & Parks Trips & Tours Coordinator to learn about some of the exciting trips that are planned for the upcoming fall and holiday season. Could there be a fun trip in your future?

Bunco Party Monday, October 2 10:30 am

It's a simple dice game that will keep you moving and laughing even on a Monday morning! No prior experience necessary. We will teach game basics and luck handles the rest. Prizes awarded and snacks provided. Sign up at the Front Desk. The more players, the more fun!

History Alive With Mary Ann Jung presenting Rosie the Riveter Thursday, October 12 at 1 pm Cost \$5 includes Show, Dessert and Coffee

During World War II, women joined the U.S. workforce by the millions to replace the men who'd gone off to fight. Learn the fascinating story of



Rosie the Riveter through Rose Leigh Monroe who worked at the largest factory in the world- Willow Run in Michigan. Join in the fun as you meet or maybe even play Charles Lindbergh, Walter Pidgeon, and Franklin and Eleanor Roosevelt, all of whom toured Willow Run. Discover which came first- the Rosie the Riveter posters, song, or the real women who sacrificed and worked in factories to help America win the war. Who was the real Rosie? The answer is riveting! Payment is required at the Front Desk at the time of sign up.

Maria Rose & Danny Elswick Tuesday, October 17 12:30 pm

Country Music at its BEST! Personality, class, and charisma, make Maryland native, Maria Rose, a quality entertainer. She has recorded 10 albums, hosted her own TV show and has appeared on numerous national television and radio shows. Maria and Danny have shared the stage with a countless number of national recording artists.

Center Activities

**Lila Boor Presents
Home Improvement/Door to
Door and other current SCAMS!
Wednesday, October 18
11 am**

Join Lila Boor, Investigator, Howard County Government Office of Consumer Protection with community outreach for a discussion and video on scams in your neighborhood and learn how to prevent someone from scamming you!

**Loris Simcik presents
Smithsonian "United We Stand"
Thursday, October, 19
11 am**

Join us as we commemorate the 75th anniversary of the "United We Stand" Campaign exploring the impact of the magazine industry in World War II and view a collection of magazines from the era. The public will be able to browse through the various magazines after the talk. Loris has a degree in history and has been collecting magazines from the 1920's - 1950's for over 30 years. Magazines address the interests and concerns of the public and are a terrific resource for learning history.

**Howard County Conservancy presents
Owl Outreach
Tuesday, October 24
12:30 pm**

Creature Feature: "Bell" a Screech Owl was adopted by the Conservancy in the spring of 2015 from Owl Moon Raptor. She broke her wing while living in the wild in her second year of life-making her a non-flighted owl. In June of 2017, Belle's vet recommended a partial wing amputation. Screech owls are native to Maryland though are difficult to view in the wild. They are strictly nocturnal, and due to their small size, they typically avoid areas with larger predators and areas heavily trafficked by people. Though they only live about 5 years on average in the wild, captive screech owls can live 10 years plus. Bell is a **grey phase screech owl** and weighs about 1/3 of a pound.

**Bingo/Pizza Day
Friday
September 29 & October 27
10:30 am
Bingo: \$4**

The Center Council invites you to an exciting morning of Bingo followed by great eats! Bingo's grand prize is generously gifted by our friends at "**Heartlands Senior Living at Ellicott City**". You can take part in either activity, but if you plan to stay for pizza, please sign up and pay in advance at least one week prior. Suggested pizza lunch donation, \$5.39.

**Halloween Spooktacular
Tuesday, October 31**

**12 pm Blue Plate Special Lunch - \$10
12:30 pm Entertainment**

Dress up in your favorite Halloween costume for a fun day of tricks and treats as we enjoy a fabulous Blue Plate Special from Trinacria Italian Restaurant in Baltimore. After lunch take part in the Halloween themed trivia contest. Enjoy the sounds of Diane Waslick, Center pianist who will be joined by commentary from emcee, Leo Bianco. Prizes awarded for trivia winners and best costumes.

Lunch payment is required at the time of sign up. Limited seating, sign up soon!

Be there or beware!!

**Halloween
Mangia! Mangia!
Blue Plate
Special Menu**

- Spookghetti and eyeballs
- Tossed spider webs
- Garlic breath
- Treats



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-8 pm
Thursday & Friday
8:30 am-4:30 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.

\$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:

Ellicott City 50+ Fitness Center
9411 Frederick Rd, Ellicott City 21042
Mon-Wed 8:30am-7:30pm
Thur-Fri 8:30am-4pm

Gary J. Arthur Community Center
2400 Rte 97, Cooksville 21723
Mon-Sat 7am-9pm
Sun 9am-6pm

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

Roger Carter Community Center
3000 Milltowne Dr, Ellicott City 21043
Mon-Friday 6am-10pm
Sat 7am-10pm
Sun 7am-9pm

Fitness Equipment Room Schedule

Day	Available Time	Notes
Monday	Open: 8:30 am-7:30 pm	Equipment Orientation, as scheduled
Tuesday	Open: 8:30 am-7:30 pm	Equipment Orientation, as scheduled
Wednesday	Open: 8:30 am-7:30 pm	Equipment Orientation, as scheduled
Thursday	Open: 8:30 am-4 pm	Equipment Orientation, as scheduled
Friday	Open: 8:30 am-4 pm	Equipment Orientation, as scheduled

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			Dance Fitness	Floor, Core & More
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

Dance Fitness - Exercise is more fun when it doesn't feel like exercise! Dance steps done in combinations will provide a great hour of cardio that will get you fit and keep it fun!

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

**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.**

Qi Gong

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 **9:30 am**
July 14-September 29 10 classes for \$57
No class: 9/8, 9/15 (A02406.401)

Friday **9:30 am**
October 6-December 15 8 classes for \$45
No class: 10/20, 11/10 & 11/24 (A02406.501)

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**
July 10-September 27 22 classes for \$93
No class: 8/23, 9/4 (A02421.401)

Monday & Wednesday **10 am**
October 2-December 13 17 classes for \$72
No class: 10/9, 23, 25, 11/29, 12/4 (A02421.501)

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. Call Jeannie DeCray at **410-313-6535**.

Tuesday & Thursday **10 am**
July 11-September 28 22 classes for \$70
No class: 8/8, 8/10 (A02413.401)

Tuesday & Thursday **10 am**
October 3-December 14 18 classes for \$58
No class: 11/2, 14, 16 & 23 (A02413.501)

T'ai Chi Chih

Experience a moving meditation practice to help enhance your health and peace of mind. Class involves specific stand alone movements that are slow and gentle to help balance "chi" energy in the body. (Late enrollment not advisable.)

Monday **9 am**
July 17-September 25 10 classes for \$57
No class: 9/4 (A02429.402)

Wednesday **3:30 pm**
July 19-September 27 11 classes for \$62
(A02429.401)

Monday **9 am**
October 2-December 11 10 classes for \$57
No class: 10/9 (A02429.502)

Wednesday **3 pm**
October 4-December 13 10 classes for \$57
No class: 11/29 (A02429.501)

Agewell Aerobics

Learn basic cardio combinations, burn calories, increase cardiovascular endurance, 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**
July 10-September 27 23 classes for \$97
No class: 9/4 (A02400.401)

Tuesday & Thursday **11 am**
July 11-September 28 24 classes for \$101
(A02401.401)

Monday & Wednesday **11 am**
October 2-December 13 20 classes for \$53
No class: 10/9 & 11/29 (A02400.501)

Tuesday & Thursday **11 am**
October 3-December 14 21 classes for \$57

Payment for "Pay by Session" classes may be made in the form of cash, credit card, or check, payable to Howard County Director of Finance. You can register on-line using a credit card at <http://apm.activecommunities.com/howardcounty>. Account must be established before registration is accepted.

Pay by Session Exercise Classes

***In person registration by lottery draw. Arrivals after 8:30 am receive higher draw.
For walk-in or phone-in, we accept registration for those residing in your household.***

Agewell Seated Aerobics

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

Tuesday & Thursday **12:30 pm**
July 11-September 28 22 classes for \$93
No class: 8/8, 8/10 (A02403.401)

Tuesday & Thursday **12:30 pm**
October 3-December 14 18 classes for \$48
No class: 11/2, 14, 16 & 23 (A02403.501)

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 **1:30 pm**
July 10-September 27 22 classes for \$93
No class: 8/9, 9/4 (A02405.401)

Tuesday & Thursday **2:30 pm**
July 11-September 28 22 classes for \$93
No class: 8/8, 8/10 (A02405.402)

Monday & Wednesday **1:30 pm**
October 2-December 13 20 classes for \$85
No class: 10/9, 11/29 (A02405.501)

Tuesday & Thursday **2:30 pm**
October 3-December 14 18 classes for \$76
No class: 11/2, 14, 16 & 23 (A02405.502)

Functional Fitness

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

Monday **3:30 pm**
July 10-September 25 11 classes for \$44
No class: 9/4 (A02425.402)

Monday **3:30 pm**
October 2-December 11 10 classes for \$43
No class: 10/9 (A02425.502)

Friday **11 am**
July 14-September 29 12 classes for \$51
(A02425.401)

Friday **11 am**
October 6-December 15 8 classes for \$35
No class: 10/20, 11/10, 11/24 (A02425.401)

Exercise Essentials

Master essential exercises to manage your arthritis. Learn gentle activities, both seated or standing, to increase joint flexibility, range of motion and strength. Proper technique for exercising within your limitations will be taught so you can attain better fitness.

Tuesday & Thursday **1:30 pm**
July 11-September 28 22 classes for \$93
No class: 8/8, 8/10 (A02404.401)

Tuesday & Thursday **1:30 pm**
October 3-December 14 18 classes for \$76
No class: 11/2, 14, 16 & 23 (A02404.501)

Seated Strength

Explore a variety of strengthening and functional stretching exercises designed to increase your 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 from the chair or using the chair for support.

Monday & Wednesday **12:30 pm**
July 10-September 27 21 classes for \$89
No class: 7/17, 7/19, 9/4 (A02408.401)

Monday & Wednesday **12:30 pm**
October 2-December 13 20 classes for \$85
No class: 10/9, 11/29 (A02408.501)

Registration for summer exercise classes opened on Friday June 2, 2017
**Registration for fall classes will open Friday September 1, 2017
at 8:30 am on-line & in-person.**

Daily Schedule

Monday		
TIME	PROGRAM	BLDG
8:30am-12noon	Billiards (Mon thru Fri)	MB
8:30am-7:30pm	Fitness Equipment \$	FC
9 & 10am	Exercise Pass Classes \$	FC
9-9:45am	T'ai Chi Chih \$	MB
10-10:45am	Chair Yoga \$	MB
10am-12noon	Painting Together	MB
10:30-11:30am	B Games	MB
11-11:45am	Agewell Aerobics \$	FC
12:30-1:15pm	Seated Strength \$	MB
12:30-3:30pm	Open Bridge	MB
12:30-4pm	Pinochle (Mon thru Fri)	MB
1-4pm	Table Tennis	FC
1:30-2:15pm	Balance for All \$	MB
2:30-3:30pm	Line Dancing \$	MB
3:30-4:15pm	Functional Fitness \$	MB
5:30 & 6:30pm	Exercise Pass Classes \$	FC
Tuesday		
8:30am-7:30pm	Fitness Equipment \$	FC
9 & 10am	Exercise Pass Classes \$	FC
9am-12noon	Mah Jongg	MB
9am-12noon	Blood Pressure	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
12:30-1:15pm	Agewell Seat Aerobics \$	MB
1-4pm	Drop-In Games	MB
1:30-2:15pm	Exercise Essentials \$	MB
2:30-3:15pm	Balance for All \$	MB
5:30 & 6:30pm	Exercise Pass Classes \$	FC
Wednesday		
8:30am-7:30pm	Fitness Equipment \$	FC
9 & 10am	Exercise Pass Classes \$	FC
9am-12noon	Kings & Queens Bridge	MB

Wednesday (continued)		
TIME	PROGRAM	BLDG
9am-12noon	Medicare Counseling	MB
10-10:45am	Chair Yoga \$	MB
11-11:45am	Agewell Aerobics \$	FC
12:30-1:15pm	Seated Strength \$	MB
1-2pm	Book Club (monthly)	MB
1-3pm	Needlework Club	MB
1-4pm	Table Tennis	FC
1-4pm	Painting Together	MB
1:30-2:15pm	Balance 4 All \$	MB
3-4pm	T'ai Chi Chih \$	MB
5:30 & 6:30pm	Exercise Pass Classes \$	FC
Thursday		
8:30am-4pm	Fitness Equipment \$	FC
9 & 10am	Exercise Pass Classes \$	FC
9am-12noon	Painting Together	MB
10-10:45am	Better Balance \$	MB
10-11:30am	Easy Tech Navigation	MB
10am-12noon	Men's Forum	MB
11-11:45am	Agewell Aerobics \$	FC
12:30-1:15pm	Agewell Seat Aerobics \$	MB
1-3pm	Personalized Easy Tech	MD
1-4pm	Medicare Counseling	MB
1-4pm	Drop-In Games	MB
1:30-2:15pm	Exercise Essentials \$	MB
2:30-3:15pm	Balance 4 All \$	MB
Friday		
8:30am-4pm	Fitness Equipment \$	FC
9 & 10 & 11am	Exercise Pass Classes \$	FC
9:30-10:15am	Qi Gong	MB
11-11:45am	Functional Fitness \$	MB
11am-12noon	Trending (monthly)	MB
12:30-3:30pm	Open Bridge	MB
1-4pm	Table Tennis	FC
Building Key	MB= Main Building	
	FC=50+Fitness Center	

Monthly Schedule

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

September

October

Sept 1	Fall Program Registration opens 8:30 am	Oct 2-6	Fall dance and pay-by-session exercise classes begin
Sept 4	Labor Day-Center CLOSED	Oct 2	Bunco Party, 10:30 am
Sept 8	Flower Show, 11-3:30 pm	Oct 9	Columbus Day-Center CLOSED
Sept 8	History Series begins, 11 am	Oct 10	Tasty Tidbits, 10 am
Sept 11	Center Council meeting, 1 pm	Oct 11	Genealogy, 10 am
Sept 11	Travel Talk, 1 pm	Oct 12	History Alive, 1 pm (Advanced sign-up and payment required)
Sept 12	Tasty Tidbits, 10 am	Oct 16	Center Council meeting, 1 pm
Sept 12	The Village of Ho Co, 1 pm	Oct 17	Maria Rose & Danny Elswick perform, 12:30 pm
Sept 13	Genealogy, 10 am	Oct 18	Presentation on SCAMS, 11 am
Sept 13	The D.A.S.H Diet, 1 pm	Oct 19	Smithsonian "United We Stand" presentation, 11 am
Sept 19	Medicare Protect your Card, 9 am	Oct 20	50+ Expo at Wild Lake HS. Center main building CLOSED
Sept 19	HCC Class begins (see page 6 for registration details)	Oct 23	Ask the Pharmacist, 11 am
Sept 19	Olde Golde entertains, 12:30 pm	Oct 24	HCC Class begins (see page 6 for registration details)
Sept 21	Parkinson's Program, 11 am	Oct 24	Picture This, 11 am
Sept 21	HCC Class begins (see page 6 for registration details)	Oct 24	Owl Outreach program, 12:30
Sept 22	Card Making class, 1:30 pm (Advanced sign-up and payment required)	Oct 25	Book Club, 1 pm
Sept 25	Documentary: American Lighthouses, 1 pm	Oct 25	Mission Nutrition, 10 am
Sept 25-29	Open House Week, 10 am-2 pm	Oct 25	Art Reception, 5 pm
Sept 25	Ask the Pharmacist, 11 am	Oct 27	Bingo, 10:30 am
Sept 26	Picture This, 11 am	Oct 27	Pizza Day, Noon (Advance sign-up and payment required)
Sept 26	Ice Cream Social, 1 pm	Oct 27	Card Making class, 1:30 pm (Advanced sign-up and payment required)
Sept 27	Mission Nutrition, 10 am	Oct 27	Documentary: Haunted History of Halloween, 1 pm
Sept 27	HCC Class begins (see page 6 for registration details)	Oct 30	Blue Plate Special, Noon (Advanced sign-up and payment required)
Sept 27	Fall Prevention program, 10 am	Oct 31	Halloween Spooktacular, 12:30
Sept 27	Book Club, 1pm		
Sept 28	Blue Plate Special, Noon (Advanced sign-up and payment required)		
Sept 28	Motown entertainment, 12:30 pm		
Sept 29	Bingo, 10:30 am		
Sept 29	Pizza Day, Noon (Advance sign-up and payment required)		
Sept 29	Rec & Parks Trips presentation, 12:30 pm		

Clip and Save for Reference



Noteworthy News

Don't Miss the 50+EXPO 2017!

ONLY \$1 ADMISSION*



Friday, October 20
9 am - 4 pm

Wilde Lake High School
5460 Trumpeter Road
Columbia 21044

 **Preparedness**
 **Information**
 **Education**

- 160+ Exhibitors
- Capitol Steps — ONE SHOW ONLY! (11:00 AM; \$5 suggested donation*)
- AARP's "America's First Foodie" (James Beard Documentary at 1:00 PM)
- NEW! Virtual Dementia Tours
- NEW! Preparedness Seminars
- Flu Shots and Health Screenings

* Proceeds Benefit the Vivian Reid Community Fund for Older Adults

Resources for All Stages and Ages!

410-313-6410 (VOICE/RELAY)

www.howardcountymd.gov/aging



#HoCoEXPO17

facebook.com/HoCoCommunity

Painting Together 14th Annual Art Reception Wednesday, October 25 5-7 pm

Stop in and enjoy art, music and some lite fare! You are invited to view a special exhibition of fine art as we pay tribute to the amazing talents of our Painting Together



Group. The members of the group, along with a fine collection of their works, will be on hand for this annual event.

Craft vendors

Book now for the 5th Holiday Craft Boutique Wednesday, November 29 9 am-4 pm

Few tables remain! Crafters are asked to contact Vicki at **410-313-1421** to secure a table for this popular boutique.



Ice Cream Social Tuesday, September 26 1 pm

The Center Council cordially invites you to come meet some new members or acquaint yourself with others at an Ice Cream Social. The event is free for members - all you have to do is be social!

Upcoming Adjusted Center Hours

Monday, September 4

Monday, October 9

Friday, October 20

Both Buildings **CLOSED** (Labor Day)

Both Buildings **CLOSED** (Columbus Day)

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

50+ Fitness Center **OPEN** normal hours

Monday	Tuesday	Wednesday	Thursday	Friday
* Milk provided at every meal				1 Beef Burgundy Rice Carrot Raisin Salad White Wheat Bread Melon Very Berry Juice
4 LABOR DAY HOLIDAY Center Closed  Labor Day	5 Pork Chop with Gravy Lima Beans Mixed Greens Salad White Wheat Bread Fresh Fruit Orange Tangerine Juice	6 Minestrone Soup Sloppy Joe Peas Sandwich Bun Orange	7 Beef Stroganoff Rice Three Bean Salad White Wheat Bread Pears Fruit Punch	8 FLOWER SHOW Mini Stuffed Sandwiches Watermelon Salad Chips Dessert Limited Seating Sign up TODAY! \$7.00 Due at Sign Up
11 SUPER BOX Tuna Salad Marinated Cukes & Tomatoes Spiced Beets Kaiser Roll Cheesecake Cup Apple Juice	12 Knockwurst Baked Beans Sunny Slaw Hotdog Roll Fresh Fruit Apple Juice	13 Meatloaf & Gravy Mashed Potatoes Green Beans Carrot & Raisin Salad Dinner Roll Mandarin Oranges	14 Roasted Chicken Macaroni Salad Coleslaw Peas Split Top Roll Fresh Fruit	15 Fresh Tomato Soup Turkey Salad Mixed Greens Salad White Wheat Bread Tropical Fruit
18 Navy Bean Soup Hamburger Coleslaw Sandwich Bun Apple	19 Chicken Georgia Oven Brown Potatoes Mixed Greens Salad Spinach White Wheat Bread Tropical Fruit	20 Vegetable Soup Tuna Salad Dixie Slaw White Wheat Bread Crunchy Snack Fresh Fruit	21 SUPER BOX Smoked Turkey & Swiss Coleslaw Three Bean Salad Croissant Orange Pineapple Juice Fudge Brownie	22 Beef Stew Health Salad Corn Muffin Mandarin Oranges
25	26	27	28	29
EC50+ OPEN HOUSE WEEK — JOIN US FOR LUNCH				
Sweet & Sour Chicken Brown Rice Spinach Pickled Beets White Bread Applesauce	Sliced Turkey Mashed Sweet Potatoes Marinated Green Beans White Wheat Bread Fresh Fruit Apple Juice	Beef Teriyaki Rice Winter Blend Mixed Greens Salad Split Top Roll Pineapple Chunks	BLUE PLATE SPECIAL  \$7.00 Due at Sign Up	PIZZA DAY  Sign Up at Front Desk Suggested Donation \$5.39 Due at Sign Up

For Healthy Bones, Think Outside the Milk Carton

Did you know that your body needs calcium for bones and teeth, muscles and nerves and moving blood? When you think of calcium, you probably think of milk and dairy foods. But what if those are foods that you don't care for, or cannot eat? Do you know other good sources of calcium?

Milk and dairy products are full of calcium as well as other bone-healthy nutrients such as protein, magnesium, Vitamin D and potassium. You may be surprised by some of the other foods where you can get these healthful nutrients as well!

Eating a lot of fruits and vegetables, in general, is great for your bones. But some fruits and vegetable have been shown to be more potent than others when it comes to bone health.

Leafy greens: Spinach, collard greens, kale or turnip greens are good sources. One cup of raw kale has 100 mg of calcium. And it also includes Vitamin A, Vitamin C, Vitamin K and other health benefits.



High fat fish such as salmon, rainbow trout, sardines and perch can also be a great source of calcium! In addition, they provide Vitamin D, which is a key nutrient in the absorption of calcium, and a nutrient that many people are deficient. In fact, one 4 oz. piece of salmon has all the Vitamin D a 70-year-old woman needs for the day! And it also has those heart healthy omega-3s as well.

Prunes: Have you ever thought of prunes as a calcium rich food? Besides fiber and other healthful nutrients, in recent research, prunes have been proven to actually reverse and prevent bone loss. There are 75 mg of calcium in 1 cup — just 5-6 dried prunes!