

Welcome to Ellicott City 50+ Center

 Howard County Office on
Aging and Independence



**9401 Frederick Road
Ellicott City, MD 21042**

Front Desk

410-313-1400

Fitness Center

410-313-0727

Hours

Monday - Friday

8:30 am - 4:30 pm

Center Email

ellicottcity50@howardcountymd.gov

Newsletters Online

[www.howardcountymd.gov/
/ellcottcity50](http://www.howardcountymd.gov/ellcottcity50)

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.

January-February 2017

Couldn't Do it Without You

Before we begin the New Year, we must first reflect on the great people who helped make 2016 a remarkable year at the Center.

Thanks to those members who helped Project Holiday and the Small Miracles Cat & Dog Rescue giving project. To the members who donated their time and talent baking cookies that were sold at the Center Council Cookie Sale. Additional thanks to those who supported this fundraiser and gobbled up the delectable goodies as well as to the many who supported Council fundraising efforts all year long.



A sincere thanks goes to our community contributors:

- ◆ Heartlands Senior Living
- ◆ Home Instead Senior Care
- ◆ The Creig Northrop Team
- ◆ Park View of Ellicott City
- ◆ Harry H. Witzke's Funeral Home

A note of appreciation to the entire Ellicott City 50+ Center staff for their dedication and perseverance throughout the many events of the past year.

Lastly, a huge thank you to the many Center volunteers that help us keep the Center running all year long who include all Center Council members (see page 2), Lois Berry, Barbara Calkins, Claire DeCunzo, Anne Maurer, Diane Messick, Lorraine Norris, Marge Reider, Pat Shifflett, Dottie Vermillion, Pat Weir, Greg Wright and Carole Zink. Your continued service and support makes all things possible. Our deepest thanks!

If You're Waiting for a Sign - Here It Is

If you want to make that resolution happen this year, the **Go50+ Fitness Pass** can help. Howard County residents age 50+

can use fitness equipment at 4 county locations (including one in our 50+ Fitness Center) for an annual fee of \$75.

Do you get motivation from working out with others? Look into our Group Exercise Pass. **See pages 10-11 for details** or inquire at the Front Desk. Resolve to be your best in the New Year!



General Information

Meet the Center Staff

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

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

Ellicott City 50+ Center Council Notes

The Center Council has hustled and bustled and kept quite busy conducting fundraising projects over the last several months.

Many thanks to the 41 vendors who filled the tables of this year's Holiday Craft Boutique and to the over 400 people who attended. The Boutique was a tremendous success despite the soggy conditions Mother Nature dealt that day. All entrance admissions were donated to Small Miracles Dog and Cat Rescue located here in Ellicott City.



A note of thanks to everyone who purchased a chance to win the Basket of Cheer. The basket was valued at \$500 and was raffled off during the December holiday party.

Thanks to the volunteer Holiday Cookie bakers and our coveted buyers. This delicious tradition is anticipated by many and valued by all.

All Center Council fundraising proceeds support programming at the Center. Your continued donation or support of the Council fundraising events benefits everyone and is greatly appreciated.

Next Council meeting is February 13 at 1 pm - All are welcome.

General Information

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

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

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

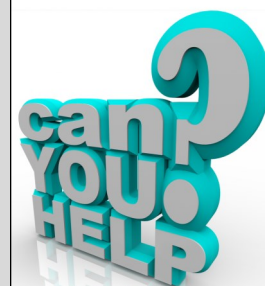
Coffee Service Monday-Friday 9 am-1 pm

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

Transportation Options

One mode of transportation to the Center is 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.

Volunteers are needed to 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 substitute.



Lunch Program Monday-Friday 12 Noon

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 if you are not coming.

Meals are 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.



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.

Services and Programs

AARP Income Tax Preparation

Starting Friday, February 3

Appointments Required

Monday & Fridays 10 am-3 pm

Tuesday evenings: 5-7pm

AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. Appointments will be held in the Classroom of the Ellicott City 50+ Fitness Center on the days and times listed above.

All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service. Each appointment is for one single or joint return.

- ◆ Bring Social Security cards for anyone listed on your return.
- ◆ Bring you 2015 state and federal tax returns.
- ◆ Bring 2016 tax records with you.
- ◆ If you had investment transactions during 2016, be sure to bring the purchase cost for those transactions.

Beginning January 18, you can schedule an appointment, by calling **443-741-1220**. You must specify that you would like your appointment at the Ellicott City 50+ Center. All Ellicott City 50+ appointments are held in the 50+ Fitness Center. For all other tax questions, call AARP directly at **888-227-7669** from late January to April 15.



TAX APPOINTMENTS ARE NO LONGER SCHEDULED BY CENTER STAFF.

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. *Sponsored by Howard County General Hospital.*

Maryland Access Point (MAP)

Friday, January 13

Friday, February 10

10 am-12 noon

Jill Kamenetz, MAP Specialist, is available at the Center, by appointment, on selected Fridays, to help with homeowners and rental tax credit paperwork. She is also available to help with information, referrals for assessments or general information about Office on Aging and Independence programs. Make an appointment by calling MAP at **410-313-1234**.

State Health Insurance Assistance Program (SHIP)

Appointments

Wednesday 9 am or 10:30 am

Thursday 1 pm or 2:30 pm

Meet with a trained volunteer for confidential assistance with health insurance concerns. This is a free service. For a SHIP appointment at the Ellicott City 50+ Center, please call **410-313-1400**.

Howard County Police Department

Thursday, January 5

Thursday, February 9

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.

Services and Programs

Tasty Tidbits

Tuesday, January 10 - All Hail Kale
Tuesday, February 14 - Sweet Treat
10-11 am

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

Blue Plate Specials

January 17 - Popeye's Chicken

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 month to month. It may be a pay-in-advance meal or lunch by donation (prices will vary). Either way, reservations are required one week in advance. Come for the food, stay for the friends! Lunch is always served at noon.



Easy Technology Navigation

Thursdays
10-11:30 am

- 1/5** Navigating your System
- 1/12** Navigating the Internet
- 1/19** Navigating your E-mail
- 1/26** Creating a Document
- 2/2** Downloading Apps
- 2/9** Facebook
- 2/16** Computer Maintenance
- 2/23** Music and More

Learn to navigate computers, the internet, email, Facebook and more. This free basic instructional class is designed for those who are familiar with their computer. Computers are not provided so bring your own portable device with you and get the latest and easiest tips and tricks for navigating your technology! Sign up at the Front Desk.

Mission: Nutrition!

Wednesday, January 25

Reasonable Resolutions

Thursday, February 23

Heart Health

10:30-11:30 am

Held in the 50+ Fitness Center

Stay on top of your nutrition. Join us on the dates listed above to get an in depth look at the most current topics in Nutrition.

Picture This

Tuesday, January 31 & February 28

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. Learn to take better photos in a "flash"!

Medicare 101

Wednesday, February 8

10-11:30 am

Held in the 50+ Fitness Center

Did you recently enroll in Medicare or do you help someone who has Medicare as their health insurance? This presentation covers how Medicare Parts A, B and D work, what the benefits are, and when you should make decisions related to your coverage. Pre-register at **410-313-7391**.

Medicare 102

Wednesday, February 15

10-11:30 am

Held in the 50+ Fitness Center

Learn about Medicare Part C/Health Plans and Medicare Supplement Policies. Understand how the different Medigap plans work when the best time is to enroll. Hear how to protect yourself and Medicare from health care fraud. Pre-register at **410-313-7391**.

January/February Events

Ask the Pharmacist

Monday, January 23

Monday, February 27

11 am

Don Hamilton, P.D., Consultant Pharmacist, will provide 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.

Genealogy

Wednesday, January 11 & February 8

10 am

Held in the 50+ Fitness Center

January 11 - Back To Basics

Have you wanted to get into genealogy but haven't found out how and where to

start? No matter what your level of experience, your ancestry searches will benefit from this review of the basics. We will walk through the fundamentals, research techniques, and resources available.



February 8 - Newspapers

Newspapers provide details and in many cases tell a story about your ancestors that cannot be found in other sources. Learn how and where to access them, and what they can tell you about the life and times of your ancestors. Bill Amos, Facilitator.

Cooking for a Better Weight

Wednesday, January 11

12:30 pm

Cooking meals at home is a great way to save time, money and calories. This healthy option program will explore how to make cooking at home a snap.

Sandra's Hands

Thursday, January 12

1 pm

Book Discussion & Signing with Author, Paul Berg. Personal memoir of events in the life of Paul Berg, a school teacher, between the years 1966 and 1976. The story begins with Berg's service in the Vietnam War and follows his life as he returns to America, becomes a teacher and encounters another war on the Pine Ridge Reservation in South Dakota. In 1973, tensions on the reservation exploded and culminated in the 72 day siege of Wounded Knee. A young Lakota woman named Sandra Woundedfoot changes his life and would forever change the lives of thousands of people on the reservation.

Baltimore Museum of Industry

Tuesday, January 17

1 pm

Baltimore Enters the Industrial Age: From Colonial Town to Manufacturing Center

In this presentation, we survey the very roots of Baltimore as a center for commerce, business and industry. When the 19th century opened, a few villages destined to become Baltimore were modest centers of trade. Immigrants flowed in, village centers merged and Baltimore became an important business and industry center. Always and throughout the 19th Century, the Port of Baltimore was the focal point for nearly all of this growth. Raw materials arrived, finished goods were created and in between, a growing population of workers contributed the labor that made Baltimore an industrial landmark. In this survey of 19th century Baltimore, ranging roughly from 1815 to 1875, we see and sense the changes, watch as the landscape becomes urban, and touch on the thoughts and events shaping the citizens living with the changes around them.

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.

January/February Events

A Healthy Diet Doesn't Come in a Pill

Wednesday, January 18

12:30 pm

When people are pressed for time, too busy to shop, too swamped to prepare healthy meals, pills and or supplements may seem like the perfect solution. Are they really? Check out this interesting program to find out the answer!

Trending Now with Gary Kavanagh

Friday, January 20 - Topic: HealthCare

Friday, February 17 - Topic: TBD

11 am

Join Gary Kavanagh, for this exciting new monthly open discussion forum. Looking to give your point of view? This program is for you! Where do you get your news about what is happening in the world today? Twitter, Facebook, Instagram, YouTube? Do you read a local or national newspaper online or in print? Do you watch or listen to CNN, NPR or MSNBC? Do you enjoy reading Non-Fiction books? It used to be called Current Events. Social Media now calls it, "trending".



Bingo/Pizza Day

Friday, January 27

Friday, February 24

10:30 am - Cost: \$4 Bingo

Join us for an exciting morning of Bingo followed by some great eats! Bingo's grand prize is generously provided by our friends at "***Heartlands Senior Living***". You can take part in either activity but if you plan to stay for lunch, please sign up and pay in advance at least one week prior. A suggested donation of \$5.39 covers the Pizza Lunch!

Valentine's Day Chef Brunch

Tuesday, February 14

12 pm

Let us treat you on Valentine's Day to a special "chef event." A chef will create personalized omelets accompanied by sausage, fruit, pastries, juice and coffee. Brunch will be served at noon. Suggested donation of \$5.39 due at the time of sign-up. Limited seating.

Baltimore Museum of Industry

Tuesday, February 21

1 pm

Shipbuilding In Baltimore: A survey of Baltimore's shipbuilding industry

Learn about the workers who toiled there, their many workplaces, the ships they built, and the lives of a few prominent individuals. Shipbuilding in Baltimore enjoys a long and rich history. From the earliest days of a settlement to the closing of the last yard - at Sparrows Point - in the late 20th century, Baltimoreans toiled in dozens of locations building some of the finest vessels ever constructed. From wood to steel, sail then steam, local yards built thousands of ships- The Baltimore Clipper, the Great White cargo fleet and more Liberty Ships than anywhere else.

Lyric Opera House of Baltimore

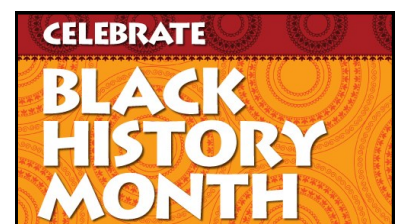
Presents Marian Anderson

"A Legacy of Hope"

Thursday, February 23

12:30 pm

Join us in a Celebration and Tribute to the first African-American singer to perform at the Metropolitan Opera in New York City. This program explores the turbulent history of the Civil Rights Movement while presenting the wide variety of styles in Marian Anderson's repertoire, including spirituals, art songs, and opera excerpts.



Classes, Clubs & Comments

Beginner Line Dancing

Take it from the start and learn line dancing at your own pace. Beginner class takes a moderate approach to learning basic line dance steps. Dance to country, rock and roll, Latin and Broadway music. Both men and women are welcome in this class taught by Ellen Laupus.

Wednesday **2:30 pm**
January 11-March 15 10 classes for \$74
(A02426.202)

Living Meditation Class

Have you ever thought you can't calm your mind enough for meditation? Then this fun and stimulating class is for you! Discover pathways into your own inner peace. Leave with new skills, understanding, and a stronger personal foundation for the challenges of life. This is a seated class led by Betty Caldwell, author and private healer.

Tuesday **11 am**
January 10-January 31 4 classes for \$28
(A02428.201)

Tuesday **11 am**
February 14-March 7 4 classes for \$28
(A02428.202)

Sign-Up & Payment For Programs & Classes

Membership to a Howard County 50+ Center is required prior to enrolling in any program, pass or class. Membership is free, but a registration packet must be filled out completely. Payments 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. At a minimum, 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.

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 **2:30 pm**
January 9-March 13 8 classes for \$60
(No class: 1/16, 2/20) (A02426.201)

Spot Energy Healings Wednesdays, Starting January 11 2-3 pm

Cost: \$10/15 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 just the need to feel more energized, in just 5-15 minutes spot energy healings can make a big difference. Spot Energy Healings are done fully clothed, and seated in a chair, by Sharon Sirkis, Healer.

Landscape Watercolor Painting

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 **10am-12pm**
February 1-March 8 6 classes for \$43

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!

Boggle Feb 6
Brainbusters Jan 9 & Feb 13
Bowling Not Available in Jan or Feb
Bowl or Boggle Jan 23 & Feb 27

Classes, Clubs & Comments

Greeting Card Crafting Class

Beginners and advanced paper crafters alike will enjoy creating handmade greeting cards. Class theme will be Valentine's Day. A \$3 supply fee is due to the instructor on the first day of class. Diane Messick, Instructor.

Friday, January 27 1-3 pm
\$7.50 (plus supply fee)



Book Club

Wednesday, January 25 at 1 pm.

The group will discuss "*Brown Girl Dreaming*" by Jacqueline Woodson.

Wednesday, February 22 at 1 pm.

The group will discuss "*Lady Susan*" and "*Northanger Abbey*" (2 books) by Jane Austen.

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.

Piano or Vocal Lessons with Diane

**By Appointment:
\$37 per lesson**

Looking to improve your pitch or play a tune on the ivories? Private piano and voice lessons are offered at the Center. The student is responsible for purchasing music books and materials. Please direct all questions to the instructor, Diane Waslick at **410-978-9974**.

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. Student is responsible for bringing

in their own instrument. Call the Front Desk at **410-313-1400** to schedule your lesson.



Howard Community College Continuing Education Classes

Held in the 50+ Fitness Center

Art Styles Part II: Which "ism" Is It?

January 10-February 7

Tuesday 9:30-11:30 am, \$79

Instructor: Ann Wiker

Contemporary American Short Stories

January 24-February 28

Tuesday 1-3 pm, \$89

Instructor: George Clack

Chair Core and More

(class held in Main Building not Fitness Center)

January 27-March 17

Friday 1:30-2:30 pm, \$35

Instructor: Christy Erwin

Drawing Techniques: Portraits

February 2

Thursday 9:30-12:30 pm, \$19

Instructor: Ann Wiker

Drawing Techniques: Landscapes

February 9

Thursday 9:30-12:30 pm, \$19

Instructor: Ann Wiker

The Peloponnesian War

February 9-February 16

Thursday 1-3 pm, \$22

Instructor: Bill McGowan

Crimes of the Art

February 28-March 28

Tuesday 9:30-11:30 am, \$79

Instructor: Ann Wiker

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

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 to your account.

GOSO+

\$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		5:30 - 6:15 pm	6:30 - 7:15 pm
Monday	Power	Zumba Gold Toning	Reserved for Non-Pass Programs	Zumba Gold	Gentle Yoga
Tuesday	Zumba Gold	Gentle Yoga		Floor, Core & More	All in One
Wednesday	All in One	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. Try one, try them all!</i>	
Friday	All in One	Power			

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 16 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 to benefit from these classes.

Join the 17 in '17 Challenge

Participate in 4 different formats for a total of 17 classes between January 3 and February 28 and receive a prize. All completed challenges are entered into a drawing for a free Exercise Quarterly Pass. Are you up for the challenge? Sign up at the 50+ Fitness Center Front Desk.

Group Exercise Class Descriptions

All in One - Get it all in, in one class! Take in all the elements of fitness in one class; a good cardio workout, strength training, balance and flexibility. Bring a mat for floor work.



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 predominantly done on the floor. Mat required.

Gentle Yoga - A perfect class for those looking to build strength through gentle yoga stretches and strengthening exercises. An additional component helps build bone density and range of motion.

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.

50+ Fitness Center

Pay By Session Exercise Classes

Register early! Classes in progress may be full. Inquire at the front desk. Registration for spring exercise classes will open Friday March 3, 2017.

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**
January 13-March 17 10 classes for \$57
(A02406.201)

NEW!

Active Adult

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

Monday & Wednesday **10 am**
January 9-March 15 18 classes for \$76
(No Class: 1/16, 2/20) (A02407.201)

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 and efficiently. Focus on stretching, balance and muscle tone.

Monday **3:30 pm**
January 9-March 13 8 classes for \$35
(No class: 1/16, 2/20) (A02425.202)

Friday **11 am**
January 13-March 17 10 classes for \$43
(A02425.201)

NEW!

Still Kickin'



It's never too late to punch, jab, hook, uppercut, back and front kick. Do it all in this low impact cardio kickboxing class that is done both seated and standing. Class will strengthen shoulders, arms, abs and legs. Improve your stamina while toning upper and lower body muscles and let the world

know you're still kickin'! *Class content requires high level of independent balance ability.*

Tuesday & Thursday **10 am**
January 10-March 16 20 classes for \$85
(A02408.201)

Agewell Aerobics

This program partially funded by Howard County General Hospital

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**
January 9-March 15 18 classes for \$49
(No class: 1/16, 2/20) (A02400.201)

Tuesday & Thursday **11 am**
January 10-March 16 20 classes for \$54
(A02401.201)

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.

Registration for January classes opened on Friday, December 2, 2016 at 8:30 am

Pay by Session Exercise Classes

Most Pay by Session classes are held in the main building of the Center. All classes are scheduled to run between 45 and 55 minutes in duration.

Agewell Seated Aerobics *This program partially funded by Howard County General Hospital*

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**
January 10-March 16 20 classes for \$54
(A02403.201)

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-screen is required before registering. Call Jeannie DeCray at **410-313-6535**.

Monday & Wednesday **12:30 pm**
January 9-March 15 18 classes for \$58
(No class: 1/16, 2/20) (A02413.201)

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.)

Wednesday **3:30 pm**
January 11-March 15 10 classes for \$56
(A02429.201)

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**
January 10-March 16 20 classes for \$85
(A02404.201)

Balance "4" All

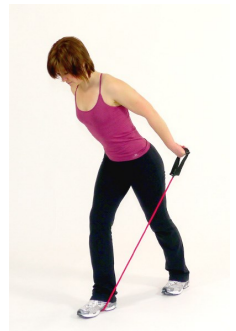
Join one of our most sought after offerings. This class combines a perfect blend of 4 components: balance, flexibility, posture and strength which together add up to safe and active living.

Monday & Wednesday **1:30 pm**
January 9-March 15 18 classes for \$76
(No class: 1/16, 2/20) (A02405.201)

Tuesday & Thursday **2:30 pm**
January 10-March 16 20 classes for \$85

Tighten and Tone

Looking to firm up some key muscles? Join us for a fun, full body toning class. Use lighter weights and resistance bands with higher repetitions to provide a total toning workout. Class is done seated and standing.



Tuesday **3:30 pm**
January 10-March 14 10 classes for \$43
(A02424.201)

You have a choice. You can throw in the towel or you can use it to wipe the sweat off your face.

Daily Schedule

MONDAY

TIME	PROGRAM	ROOM
8:30 am - 12 noon	Billiards (Monday thru Friday)	Game
8:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (Power, Zumba Gold Tone) \$	Fitness Center
10 - 10:45 am	Active Adult (Mon/Wed) \$	Exercise
10 am - 12 noon	Painting Together (Lorraine Norris)	Arts & Crafts
10:30 - 11:30 am	B Games	Activity
11 - 11:45 am	Agewell Aerobics (Mon/Wed) \$	Fitness Center
12:30 - 1:15 pm	Better Balance (Mon/Wed) \$	Exercise
12:30 - 3:30 pm	Open Bridge	Activity Room
12:30 - 4 pm	Pinochle (Monday thru Friday)	Great Room
1 - 4 pm	Table Tennis	Fitness Center
1:30 - 2:15 pm	Balance for All (Mon/Wed) \$	Exercise
2:30 - 3:30 pm	Line Dancing \$	Exercise
3:30 - 4:15 pm	Functional Fitness \$	Exercise
5:30 & 6:30 pm	Exercise Pass Classes (Zumba Gold, Gentle Yoga) \$	Fitness Center

TUESDAY

8:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (Zumba Gold, Gentle Yoga) \$	Fitness Center
9 am - 12 noon	Mah Jongg	Activity
9 am - 12 noon	Blood Pressure Screening	Health
10 - 10:45 am	Still Kickin' (Tues/Thur) \$	Exercise
10 am - 12 noon	Chess Club	Conference
11 - 11:45 am	Agewell Aerobics (Tues/Thur) \$	Fitness Center
11 - 12 noon	Living Meditation \$	Conference/Class
11 am - 1 pm	Picture This (last Tuesday)	Studio
12 noon - 4 pm	Painting Together (Carole Zink)	Arts & Crafts
12:30 - 1:15 pm	Agewell Seated Aerobic Class (Tues/Thur) \$	Exercise
1 - 4 pm	Hand and Foot	Activity
1:30 - 2:15 pm	Exercise Essentials (Tues/Thur) \$	Exercise
2:30 - 3:15 pm	Balance for All (Tues/Thur) \$	Exercise
3:30 - 4:15 pm	Tighten and Tone Class \$	Exercise
4:30 & 5:30 pm	Exercise Pass Classes (Floor, Core & More, All in One) \$	Fitness Center

WEDNESDAY

8:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (All in One, Zumba Gold Tone) \$	Fitness Center
9 am - 12 noon	Kings & Queens Bridge	Activity

(Room assignments may change at times to accommodate the needs of other events/programs.)

Daily Schedule

WEDNESDAY (continued)

TIME	PROGRAM	ROOM
9 am - 12 noon	State Health Insurance Program	Health
10 - 10:45 am	Active Adult (Mon/Wed) \$	Exercise
11 - 11:45 am	Agewell Aerobics Class (Mon/Wed) \$	Fitness Center
12:30 - 1:15 pm	Better Balance (Mon/Wed) \$	Exercise
1 - 2 pm	Book Club (4th Wednesday)	Activity
1 - 3 pm	Needlework Club	Conference
1 - 4 pm	Table Tennis	Fitness Center
1 - 4 pm	Painting Together (Anne Maurer)	Arts & Crafts
1:30 - 2:15 pm	Balance 4 All (Mon/Wed) \$	Exercise
2:30 - 3:15 pm	Beginner Line Dancing \$	Exercise
3:30 - 4:30 pm	T'ai Chi Chih \$	Exercise
5:30 & 6:30 pm	Exercise Pass Classes \$ (Zumba Gold, Gentle Yoga)	Fitness Center

THURSDAY

8:30 am - 4 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (Zumba Gold, Gentle Yoga) \$	Fitness Center
9 am - 12 noon	Painting Together (Pat Weir)	Arts & Crafts
10 - 10:45 am	Still Kickin' (Tues/Thur) \$	Exercise
10 - 11:30 am	Easy Technology Navigation (sign up required)	Conference
10 - 12 pm	Seniors Together Men's Forum	Activity
11 - 11:45 am	Agewell Aerobics Class (Tues/Thur) \$	Fitness Center
12:30 - 1:15 pm	Agewell Seated Aerobics Class (Tues/Thur) \$	Exercise
1 - 4 pm	State Health Insurance Program (SHIP)	Health
1 - 4 pm	Canasta	Activity
1:30 - 2:15 pm	Exercise Essentials (Tues/Thur) \$	Exercise
2:30 - 3:15 pm	Balance 4 All (Tues/Thur) \$	Exercise

FRIDAY

8:30 am - 4 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (Power, All in One) \$	Fitness Center
11 - 11:45 am	Functional Fitness Class \$	Exercise
11 am - 12 noon	Trending Now (3rd Friday)	Activity
12:30 - 3:30 pm	Open Bridge	Activity
1 - 4 pm	Table Tennis	Fitness Center

(Room assignments may change at times to accommodate the needs of other events/programs.)

Special Events & Notices

Membership Required

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.

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

Program Suggestions?

If you have a program idea that you think would be well received at the Center or know someone who is a great instructor, please contact our Assistant Director Vicki Stahly. She is always on the look-out for new programs and engaging presenters.

If you are a new resident of **Miller's Grant**, have never been to the Center or haven't been around in awhile, please stop in and allow us to give you a first hand look at all the great things we have to offer. We look forward to touring you through our Center soon!



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** - Call the 50+ Center (410-313-1400) or the Fitness Center (410-313-0727) to see if or when the Center will open. All instructor-led programs are cancelled for the day. Connections Social Day Program at Ellicott City is **CLOSED**. There will be NO lunches served.
- AFTERNOON & EVENING ACTIVITIES CANCELLED** - The Center will not hold any classes, programs or rentals after 4:30 pm.

Adjusted Center Hours




Monday, January 2
Monday, January 16
Monday, February 20

CLOSED (New Year's)
CLOSED (Martin Luther King, Jr. Day)
CLOSED (President's Day)



JANUARY MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <u>CENTER CLOSED</u> New Year's Day Holiday</p> 	<p>3 <u>SUPER SPECIAL</u> Pulled Chicken Sandwich Potato Roll Red Skinned Mashed Potatoes Coleslaw & Pickles Juice & Fresh Melon</p>	<p>4 Split Pea Soup Chicken Diablo California Blend Gingered Cukes Corn Muffin Fresh Fruit</p>	<p>5 Baked Fish w/Herb Sauce Carrot Raisin Salad Scalloped Potatoes Kale White Wheat Bread Pears</p>	<p>6 Minestrone Soup Meatloaf w/Gravy Mashed Potatoes Mixed Greens Salad White Wheat Bread Fresh Fruit</p>
<p>9 Corn Chowder Soup BBQ Beef Cubes Creole Beans Dixie Slaw White Wheat Bread Pineapple Chunks</p>	<p>10 <u>SUPER SPECIAL</u> Buttermilk Fried Chicken Red Skin Mashed Potatoes Cornbread Italian Veggies Green Salad Seasonal Fruit</p>	<p>11 Baked Ziti Mixed Greens Salad Winter Blend Veggies White Wheat Bread Peaches</p>	<p>12 Sliced Turkey w/Gravy Vegetable Soup Mashed Sweet Potatoes Pickled Beets Dinner Roll Fresh Fruit</p>	<p>13 <u>SOUPER DELI</u> Minestrone Soup Tuna Salad Kaiser Roll Marinated Cukes & Tomatoes Mandarin Oranges Apple Juice</p>
<p>16 <u>CENTER CLOSED</u> Martin Luther King, Jr. Holiday</p> 	<p>17 <u>BLUE PLATE SPECIAL</u> Popeye's Famous Chicken Coleslaw Biscuit Dessert Suggested Donation \$5.39 Due at Signup</p>	<p>18 Beef Stew Three Bean Salad Biscuit Fresh Fruit</p>	<p>19 <u>SOUPER DELI</u> Corn Chowder Soup Turkey & Swiss Wheat Bread Sliced Apples Pepper Cabbage Grape Juice</p>	<p>20 <u>NO LUNCH</u> Volunteer Appreciation</p> 
<p>23 <u>SUPER BOX LUNCH</u> Smoked Turkey & Swiss on Marble Rye Veggie Orzo Salad Fresh Fruit Salad Brownie Orange Juice</p>	<p>24 Navy Bean Soup Italian Meatballs Mini Sub Roll Kale Orange</p>	<p>25 <u>SUPER SPECIAL</u> Roast Turkey Gravy Cornbread Stuffing Green Beans Green Salad Split Top Roll Apple Pie</p>	<p>26 Chicken Veggie Soup Knockwurst on Hotdog Bun Baked Beans Sunny Slaw Applesauce</p>	<p>27 <u>BOX LUNCH</u> Cold Cuts Seedless Rye Bread Lettuce & Tomato Crunchy Snack Orange Grape Juice</p>
<p>30 Pork BBQ Potato Roll California Blend Fresh Fruit Grape Juice</p>	<p>31 Tuscan Bean Soup Tuna Fish Salad Sandwich Bun Coleslaw Spinach Fresh Fruit</p>			

Nutrition and Your Kidneys

Menu Notes
January 2017

Probably no other organ in the human body works harder than the kidneys. Each of us has two kidneys, each about the size of a fist. Our kidneys do an incredible number of difficult jobs, including:

- Removing waste products, such as urea, from the body
- Eliminating drugs from the body
- Regulating fluid balance in the body
- Making a hormone that regulates blood pressure
- Helping to produce another hormone, vitamin D, to make and keep our bones strong



You can do a number of things to keep your kidneys functioning properly and keep them as healthy as possible.

1.) **Hydrate, but don't overdo it.** It's always a good idea to drink enough water, drinking more than the typical four to six glasses a day probably won't help your kidneys do their job any better.

2.) **Don't overdo it when taking over-the-counter medications.** Common pills like ibuprofen can cause kidney damage if taken too regularly over a long period of time. If you take them for chronic pain or arthritis, talk to your physician about monitoring your kidneys.

3.) **Exercise regularly.** If you're healthy, getting exercise is a good idea because, like healthy eating habits, regular physical activity can stave off weight gain and high blood pressure.

Often, your kidneys simply become affected by other medical conditions. The most important thing you can do to keep your kidneys safe is to take care of your body to reduce your chances of developing diseases that put a strain on your kidneys.

Here are 7 kidney-friendly superfoods that pack a nutritional punch for overall health: Apples, Blueberries, Fish High in Omega-3 Fatty Acids, Kale, Strawberries, Spinach, Sweet Potatoes

