

Welcome to Ellicott City 50+ Center



**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
/ellicottcity50](http://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.

March-April 2017

New Things for Spring

A stereotypical Senior Center, we are not! Members here are never idle and can always be found sweating in dozens of active exercise offerings, playing table tennis at lightning speed or expanding their knowledge in a variety of continuing education courses offered in cooperation with Howard Community College. There are so many new and exciting things happening at the Ellicott City 50+ Center that our members seem to get younger with each passing day!

Sign up for the Howard County Fire & Rescue sponsored program, **Remember When** happening on March 15 or try a **Spot Healing** session any Wednesday afternoon, by appointment. Enroll in our new personal enrichment workshop entitled **Rising Strong** beginning March 17 or the new **Seated Strength** exercise class that begins on April 4. Participate in a new **Russian History** series starting April 3 or take a **Calligraphy** class starting April 5. **Exploring Life's Mysteries** is a new discussion group starting April 5 or take in the **Memoir Series** that begins April 6. Try the **Aromatherapy** session scheduled to be held on April 20 and stay on the lookout for a small change happening to the **Group Exercise Pass** class schedule starting in April. Lastly be sure to see pages 15-16, **Noteworthy News**, a convenient way to see important notices and all the special things that take place at the Center each month.

Keep yourself as fresh as spring flowers and dive into one of the new activities that is being offered at the Center this season!



Did You Know?

- ◆ March is National Nutrition Month. A great time to investigate good foods to fuel your body.
- ◆ Spring your clock forward an hour, Sunday morning, March 12.

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

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

Ellicott City 50+ Center Council Notes

The Center Council has opened their new year by working on the Council Constitution and By-Laws. They are collaborating their creative ideas on fundraising projects for the upcoming year but still have ID lanyards available for purchase at the Front Desk. The cost for a beaded lanyard is \$5 or \$3 for a crocheted lanyard.



Next Council meetings are March 13 and April 10 at 1 pm - All are welcome.

General Information

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 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 on-line registering.

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.

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>.

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.



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.

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.

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

AARP Income Tax Preparation

Through Friday, April 14

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 your 2015 state and federal tax returns.
- ◆ Bring your 2016 tax records.
- ◆ If you had investment transactions during 2016, be sure to bring the purchase cost for those transactions.

You can schedule an appointment, by calling **443-741-1220**. You must specify that you would like your appointment at the

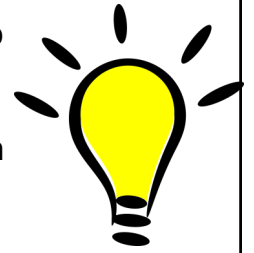
Ellicott City 50+ Center. All Ellicott City 50+ appointments are held in the 50+ Fitness Center. For all other tax questions, call AARP directly at 888-227-7669 until April 15.



TAX APPOINTMENTS ARE NO LONGER SCHEDULED BY CENTER STAFF.

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 Assistant Director Vicki Stahly. She is always on the look-out for new programs and engaging presenters.



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)

Available by Appointment

Jill Kamenetz, MAP Specialist, is available at the Ellicott City 50+ Center, by appointment, 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**.

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. Call **410-313-7392** to schedule an appointment.

Center Services

Blue Plate Specials

Friday, March 24 (Taste of Ireland)

Wednesday, April 12 (Taste of Italy)

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.

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	March 6 & April 3
Brainbusters	March 13 & April 10
Bowling	March 20 & April 17
Bowl or Boggle	March 27 & April 24

Easy Technology Navigation

Thursdays

10-11:30 am

3/2	Navigating your System
3/9	Downloading Apps
3/16	Facebook
3/23	Navigating the Internet
3/30	Navigating your E-mail
4/6	Creating a Document
4/13	Downloading Apps
4/20	Facebook
4/27	Computer Maintenance

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 to get the latest and easiest tips and tricks for navigating your technology! Sign up at the front desk.

Tasty Tidbits

Tuesday, March 14 - Caffeine Awareness

Tuesday, April 11- Incredible Edible Egg

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!

Chess Play

Tuesdays

10 am

Instructor and Chess enthusiast, Gene Crawford, will be at the Ellicott City 50+ Center to instruct and play the game. If you would like to learn the basic fundamentals of Chess-playing, we invite you to join this group.

Picture This

Tuesday, April 25

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.

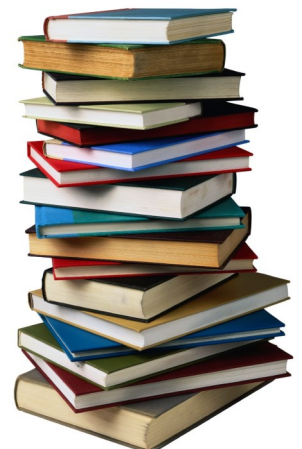
Book Club

Wednesday, March 22

at 1 pm. The group will discuss "*A Man Called Ove*" by Fredrik Backman.

Wednesday, April 26 at

1 pm. The group will discuss "*The Little Paris Bookshop*" by Nina George.



Center Activities

Genealogy

Wednesday, March 8 & April 12

10 am

Held in the 50+ Fitness Center

March 8 - Sourcing

Sourcing is very important in any type of research, but it is very important in genealogical duplicating work, thus saving you time.

April 12 - Write it Up!

Writing about our ancestors is a very important part of genealogy. Whether it is a note, a comment, an abstract, a narrative or a major treatise, you should WRITE IT UP!

Trending Now

with Gary Kavanagh

Friday, March 10 & April 7

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? What used to be called Current Events, social media now calls, "trending".

Remembering When Safety Program

Wednesday, March 15

1 pm

1. Do you know how many smoke alarms you should have in your home?
2. How far away should a space heater be from you and other objects?
3. What two things should you do with your stairways?

***This program provided by Howard County
Fire and Rescue.***

Free Hearing Screening with Clarity Audiology & Hearing Solutions, LLC

Tuesday, March 21

9 am-12 pm

Sign up for your free hearing screening with Dr. Mary Carson. Dr. Carson will do a free 15 minute hearing evaluation.

Causes of hearing loss include: Family history, diabetes, heart & thyroid problems, loud sound exposure. **Signs of hearing loss** might be, frequent repetition, "What did you say?", muffled sounds or TV on high volume. It's smart to get screened early and often!

Irishman's Chorale

Friday, March 24

12:30 pm

Come celebrate the day after St. Patty's Day as we welcome **Amhránaí Na Gaeilge**, the Irishman's Chorale, an authentic Irish Choral Group founded in 1985 by Larry Feely. This group is one of the largest all male Irish choruses in the United States. The Chorale is dedicated to the preservation of Irish culture and its history through music.



Ask the Pharmacist

Monday, March 27 & April 24

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.

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.

Center Activities

Bingo/Pizza Day **Friday, March 31 & April 28** **10:30 am - Bingo \$4**

The Center Council invites you to 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 pizza, please sign up and pay in advance at least one week prior. A suggested donation of \$5.39 covers the pizza lunch!

Russian History **with Gary Kavanagh** **Mondays, April 3-24** **1 pm**

Russia: Friend or Foe

This four week seminar series will examine the History of Modern Russia from the Communist Revolution in 1917 until the current government under Vladimir Putin. With the US relationship with Russia being re-examined during the Trump Administration, the seminar will provide historical insight into Russia's current government, economy and foreign policy.



Exploring Life's Mysteries **with Doris Fountain** **Wednesdays, April 5-26** **1 pm Free**

This interactive program/discussion group, is designed to provide an environment for adults to share life experiences, thoughts, and feelings while getting to know one another socially.

Topics for April: Living in Society

- Week #1 The Role of Solitude in our Lives
- Week #2 The Loss of Friendship
- Week #3 Can Human Interaction Make a Difference?
- Week #4 Table Topics Game

Memoir Series **with Paul Berg** **Thursdays, April 6-27** **1-2:30 pm Free**

We all have a story. What's yours?

Each of us has lived an adventure. Along the way we have had many memorable experiences and learned many life lessons. Now is the time to record these adventures in the form of a memoir. A memoir is a collection of memories of events which took place in a person's life, presented in a chronological sequence, usually with a common theme uniting the stories. Memoir writing is not difficult and can be a lot of fun. No previous writing experience is necessary.

Why write a memoir? There are several reasons why memoir writing is important:

1. To process, evaluate, and continue to learn from our life experiences.
2. To document and share our family history with our children and grandchildren.
3. To share our life experience and wisdom with the younger generation.

Most traditional cultures around the world recognize our time of life as having an exalted status—that of Elder. American popular culture is slow to recognize and value this unique stage of life. By writing and sharing our memoirs, we are taking an important step to assert our role as Elders in the community.

Panama Rex Band **Performs** **Wednesday, April 12** **12:30 pm**

Following our famous blue plate special meal we will have entertainment by the Panama Rex Band. Rex and his group play Jimmy Buffett style music, a genre of oldies but goodies, a music program not to be missed. Parrot heads pull out your tropical wear! Sign-up for this program with lunch at the EC 50+ front desk. Suggested donation applies.

Center Activities & Classes

Aromatherapy with Adrienne Hausman Thursday, April 20

1pm

Come sit and smell the roses. Join Adrienne for an afternoon of scents and what makes sense to our bodies!



In this program you will learn about this ancient therapy for mind, body, and spirit. You will be able to learn about the many benefits of essential oils and how to safely use them.

Bio: Adrienne Hausman completed a Masters Apprenticeship Program in Aromatherapy from the East-West School for Herbal & Aromatic Studies. She is the owner/operator of Adrienne's Aromatics, aromatherapy products for every day use.

Topics Covered: Recipes and sample blends (handout) for skin issues, sleep support, relaxation, immune enhancer, aches and pains, varicose veins, headaches/migraines.

Mission: Nutrition!

Wednesday, March 22

New Trends in Nutrition

Wednesday, April 26

Post Workout Protein

10:30-11:30 am

Held in the 50+ Fitness Center

Learn more about your nutrition. Join us on the dates listed above to get an in-depth look at the most current topics in nutrition.

Howard County Police Department Tuesday, March 7 & April 4

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.

Howard Community College Continuing Education Classes

Held in the 50+ Fitness Center

Crimes of the Art

February 28-March 28

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

The Bible as Short Story

March 2-16

Thursday 1-3 pm, \$29

Great Memoirs

March 21, April 4, 18, May 2, 16

This class held in 50+ Main Building

Tuesday 1-3 pm, \$79

The Fortunes of a Renaissance Family

April 3 - This class held in 50+ Main Building

Monday 10 am-12 pm, \$11

Crimes of the Art, Part 2

April 4-May 9

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

Architecture as Enlarged Sculpture (Pt. 1)

April 6

Thursday 9:30-11:30 am, \$11

Modern Medical Analysis of Famous Artists

April 6

Thursday 1-3 pm, \$11

Architecture as Enlarged Sculpture (Pt. 2)

April 20

Thursday 9:30-11:30 am, \$11

Chair Core and More

This class held in the 50+ Center main building

April 21-June 16 (No class 5/12)

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



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**.

Center Classes

Rising Strong

We all have moments of failure and heartbreak. What we tell ourselves in those moments has everything to do with how we recover and regain our momentum. This is an opportunity to explore our narrative and learn practices for the moments we fall and how we rise strong.

Friday 1-3 pm
March 17-May 12 8 classes for \$99
No class: 4/14 (A02900.301)

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
April 5-June 26 13 classes for \$96
(A02426.302)

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
April 3-June 26 12 classes for \$89
No class: 5/29 (A02426.301)

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.

Spot Energy Healings

Wednesdays between 1:30-2:30 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. Spot Energy Healings are done fully clothed, and seated in a chair, by Sharon Sirkis, Healer.

Greeting Card Crafting Class

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

Friday, March 10 1:30-3:30 pm
\$7.50 (plus supply fee)

Calligraphy

Calligraphy means "beautiful writing". In this class you will learn lettering called italics. Using a felt-tip calligraphy pen, students will learn a fun and old-fashioned way to form your ABC's to make greeting cards, write messages and more. (\$3 supply fee, due to instructor on the first day of class.) Jackie Shiffer, Instructor.

Wednesday 10 am-12 pm
April 5-26 4 classes for \$30
(A02504.300)

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**.

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.

\$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	Power	All in One			

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.

Stay tuned for a small adjustment to the Group Exercise Pass classes starting in April! Try a Sneak Peak of new classes on Tuesday, February 28, and vote through March 8 for the class you would like to see added. See a flier for details!

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 work-out, 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 is 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. Yoga also 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.

Pay by Session Exercise Classes

Most Pay by Session classes are held in the main building of the Center.

NEW!

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 **9 am**
April 3-June 28 25 classes for \$106
(No class: 5/29) (A02421.301)

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**
April 3-June 28 25 classes for \$106
No class: 5/29 (A02407.301)

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**
April 3-June 26 12 classes for \$51
No class: 5/29 (A02425.302)

Friday **11 am**
April 7-June 30 12 classes for \$51
No class: 4/14 (A02425.301)

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**
April 7-June 16 10 classes for \$57
No class: 4/14 (A02406.301)

NEW!

Seated Strength

Explore a variety of strengthening and 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.

Tuesday & Thursday **10 am**
April 4-June 29 26 classes for \$110
(A02408.301)

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**
April 3-June 28 25 classes for \$67
No class: 5/29 (A02400.301)

Tuesday & Thursday **11 am**
April 4-June 29 26 classes for \$69
(A02401.301)

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 spring exercise classes opens on Friday, March 3, 2017 at 8:30 am

Pay by Session Exercise Classes

**Registration for spring exercise classes will open Friday March 3, 2017.
In person registration done by lottery draw. Arrivals after 8:30 am receive higher draw.**

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**
April 4-June 29 26 classes for \$69
(A02403.301)

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**
April 3-June 28 25 classes for \$79
No class: 5/29 (A02413.301)

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.)

Tuesday **9 am**
April 4-May 23 8 classes for \$45
(A02429.302)

Wednesday **3:30 pm**
April 5-June 28 13 classes for \$72
(A02429.301)

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**
April 4-June 29 26 classes for \$110
(A02404.301)

Balance "4" All

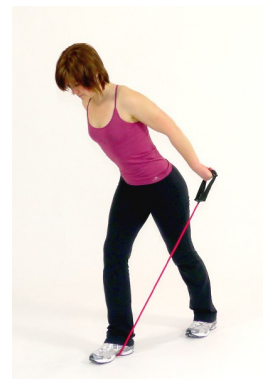
Join one of our most sought after offerings. This class combines a perfect blend of 4 components: balance, flexibility, posture and strength, which together add up to safe and active living.

Monday & Wednesday **1:30 pm**
April 3-June 28 25 classes for \$106
No class: 5/29 (A02405.301)

Tuesday & Thursday **2:30 pm**
April 4-June 29 26 classes for \$110
(A02405.302)

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 & Thursday **3:30 pm**
April 4-June 29 26 classes for \$110
(A02424.301)

**To assure equality in the registration process, you may only register those residing in your household for walk-in or phone-in registration.
All classes are scheduled to run between 45 and 55 minutes in duration.**

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	Chair Yoga \$	MB
10-10:45am	Active Adult \$	MB
10am-12noon	Painting Together	MB
10:30-11:30am	B Games	MB
11-11:45am	Agewell Aerobics \$	FC
12:30-1:15pm	Better Balance \$	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
9-9:45am	T'ai Chi Chih \$	MB
9am-12noon	Mah Jongg	MB
9am-12noon	Blood Pressure	MB
10-10:45am	Seated Strength \$	MB
10am-12noon	Chess Club	MB
11-11:45am	Agewell Aerobics \$	FC
11-12noon	Living Meditation \$	MB
11am-1pm	Picture This (monthly)	MB
12noon-4pm	Painting Together	MB
12:30-1:15pm	Agewell Seat Aerobics \$	MB
1-4pm	Hand and Foot	MB
1:30-2:15pm	Exercise Essentials \$	MB
2:30-3:15pm	Balance for All \$	MB
3:30-4:15pm	Tighten and Tone \$	MB
5:30 & 6:30pm	Exercise Pass Classes \$	FC
Wednesday		
8:30am-7:30pm	Fitness Equipment \$	FC
9 & 10am	Exercise Pass Classes \$	FC

Wednesday (continued)		
TIME	PROGRAM	BLDG
9-9:45am	Chair Yoga \$	MB
9am-12noon	Kings & Queens Bridge	MB
9am-12noon	Medicare Counseling	MB
10-10:45am	Active Adult \$	MB
11-11:45am	Agewell Aerobics \$	FC
12:30-1:15pm	Better Balance \$	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
2:30-3:15pm	Beginner Line Dancing \$	MB
3:30-4:30pm	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	Seated Strength \$	MB
10-11:30am	Easy Tech Navigation	MB
10am-12noon	SPRING Men's Forum	MB
11-11:45am	Agewell Aerobics \$	FC
12:30-1:15pm	Agewell Seat Aerobics \$	MB
1-4pm	Medicare Counseling	MB
1-4pm	Canasta	MB
1:30-2:15pm	Exercise Essentials \$	MB
2:30-3:15pm	Balance 4 All \$	MB
3:30-4:15pm	Tighten and Tone \$	MB
Friday		
8:30am-4pm	Fitness Equipment \$	FC
9 & 10am	Exercise Pass Classes \$	FC
11-11:45am	Functional Fitness \$	MB
11am-12noon	Trending Now (monthly)	MB
12:30-3:30pm	Open Bridge	MB
1-4pm	Table Tennis	FC

BUILDING KEY:

MB= Main Building
FC=50+ Fitness Center

Noteworthy News

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

March

April

March 1-8	Group Exercise Quarterly Pass class voting week	April 3	HCC Class begins (see page 8 for registration details)
March 2	HCC Class begins (see page 8 for registration details)	April 3	Russian History series begins, 1 pm
March 3	Spring Program Registration begins, 8:30 am	April 3-7	Spring Exercise & Dance Pay-by-Session classes begin
March 7	Ho Co Police, 11 am	April 4	HCC Class begins (see page 8 for registration details)
March 8	Genealogy, 10 am	April 4	Ho Co Police, 11 am
March 10	Trending Now, 11 am	April 5	Calligraphy class begins 10 am (Advance sign-up and payment required)
March 10	Greeting Card Class, 1:30 pm (Advance sign-up and payment required)	April 5	Exploring Life's Mysteries begins 1 pm
March 12	Spring clocks forward 1 hour	April 6	HCC Class begins (see page 8 for registration details)
March 13	Center Council meeting, 1 pm	April 6	Countywide Council Meeting, 10 am NO LUNCH TODAY
March 14	Tasty Tidbits, 10 am	April 6	Memoir Series begins, 1 pm
March 15	Remember When program, 1 pm	April 6	HCC Class begins (see page 8 for registration details)
March 17	Rising Strong program begins 1 pm (Advance sign-up and payment required)	April 6	HCC Class begins (see page 8 for registration details)
March 21	Hearing Screenings by appointment, 9 am	April 7	Trending Now, 11 am
March 21	HCC Class begins (see page 8 for registration details)	April 10	Center Council meeting, 1 pm
March 22	Mission Nutrition, 10:30 am	April 11	Tasty Tidbits, 10 am
March 22	Book Club, 1 pm	April 12	Blue Plate Special, Noon (Advance sign-up and payment required)
March 24	Blue Plate Special, Noon (Advance sign-up and payment required)	April 12	Panama Rex Band performs 12:30 pm
March 24	Irishman's Chorale performs 12:30 pm	April 12	Genealogy, 10 am
March 26	Ask the Pharmacist, 11 am	April 14	Good Friday Both Buildings of Center CLOSED
March 28	Department Meeting Main Building CLOSED 50+ Fitness Center OPEN	April 20	HCC Class begins (see page 8 for registration details)
March 31	Bingo, 10:30 am	April 20	Aromatherapy, 1 pm
March 31	Pass Perks, 11 am	April 23	Ask the Pharmacist, 11 am
March 31	Pizza Day, Noon (Advance sign-up and payment required)	April 25	Picture This, 11 am
		April 25	Pass Perks, Noon
		April 26	Mission Nutrition, 10:30 am
		April 26	Book Club, 1 pm
		April 28	Bingo, 10:30 am
		April 28	Pizza Day, Noon (Advance sign-up and payment required)

Clip and Save for Reference



Noteworthy News



Pass Perks Pays Off!

Group Exercise Quarterly Pass holders receive an extra class each month with Pass Perks. The class format changes each month and it provides members a chance to try new exercise options. Pictured left is the great group of fitness enthusiasts who enjoyed a Circuit Training session in January. We want *YOU* in our next picture! If not now, when?

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.

Save the Date

for the 9th Annual

WOMENFEST

A Health & Wellness Event for Women

Saturday, April 29 • 10 am - 3 pm

Gary J. Arthur Community Center at Glenwood
2400 Route 97, Cooksville, MD 21723

INFORMATION • INSPIRATION • IDEAS
for living a more balanced, healthier and fulfilled life!

- Free Admission
- On-Site Parking
- 100+ Exhibitors
- Dynamic Seminars
- Engaging Workshops
- Important Health Screenings
- Cooking and Fitness Demos
- All Day Door Prizes

 Howard County Office on
Aging and Independence

410-313-5440 (VOICE/RELAY)

www.howardcountymd.gov/womenfest

If you need accommodations to attend, please call Maryland Access Point (MAP) at 410-313-1234 at least one week prior.

Adjusted Center Hours

Tuesday, March 28

Main Building **CLOSED** for Department Meeting

50+ Fitness Center **OPEN NORMAL HOURS**

Friday, April 14

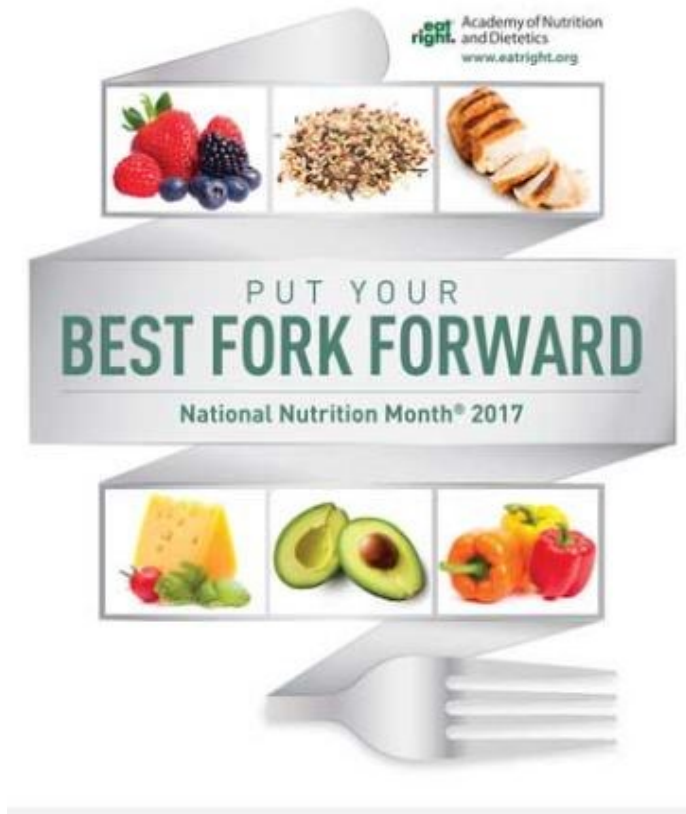
Both Buildings **CLOSED** (Good Friday)

MARCH 2017 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>HAPPY Saint Patrick's Day</p> <p>MILK SERVED AT EVERY MEAL</p>		<p>1</p> <p>Tuscan Bean Soup Baked Ziti Spinach White Wheat Bread Pears Apple Juice</p>	<p>2</p> <p>Baked Ham Au Jus Calcutta Rice Collard Greens White Bread Fresh Fruit Pineapple Juice</p>	<p>3</p> <p>Beef Tips & Gravy Mashed Potatoes Italian Vegetables Carrot Raisin Salad White Wheat Bread Pineapple Chunks</p>
<p>6</p> <p><u>SOUPER DELI</u> Cream of Potato Soup Cold Cuts & American Cheese Marinated Cukes & Tomatoes Kaiser Roll Sliced Peaches Orange Juice</p>	<p>7</p> <p>Chicken Vegetable Soup Pork BBQ Coleslaw Potato Roll Pineapple Chunks</p>	<p>8</p> <p>Chili Summer Squash Pepper Cabbage Corn Muffin Clementine</p>	<p>9</p> <p><u>BOX LUNCH</u> Turkey Salad Asian Vegetable Salad Crunchy Snack Wheat Bread Sliced Pears Grape Juice</p>	<p>10</p> <p><u>SUPER BOX</u> Chunky Chicken Salad Coleslaw Mediterranean Salad Kaiser Roll Orange Pineapple Juice Choc. Chip Cookies</p>
<p>13</p> <p><u>SUPER SPECIAL</u> Thick Cut Pork Chop Black-eyed Peas & Rice Green Bean Almandine Mixed Greens Salad Spiced Apples</p>	<p>14</p> <p>Tomato Soup Meatloaf and Gravy Mashed Potatoes Carrot Raisin Salad White Wheat Bread Fresh Fruit</p>	<p>15</p> <p><u>SUPER BOX</u> Tuna Salad Marinated Cukes & Tomatoes Spiced Beets Kaiser Roll Apple Juice Cheesecake Cup</p>	<p>16</p> <p><u>DELI LUNCH</u> Turkey & Swiss Crunchy Snack Pepper Cabbage Pickles Wheat Bread Fresh Melon Juice</p>	<p>17</p> <p>Southwest Chicken Mixed Greens Salad Macaroni Salad California Blend White Wheat Bread Fresh Fruit</p>
<p>20</p> <p>Chicken Vegetable Soup Italian Meatballs Three Bean Salad Mini Sub Roll Tangerine</p>	<p>21</p> <p>Georgia Chicken Mashed Potatoes Mixed Vegetables White Wheat Bread Fresh Fruit Apple Juice</p>	<p>22</p> <p>Potato Soup Pork Ribette Mixed Greens Salad Dixie Slaw White Wheat Bread Hot Spiced Apples</p>	<p>23</p> <p>Pepper Steak Parsley Potatoes Carrot Raisin Salad Dinner Roll Fresh Fruit Apple Juice</p>	<p>24</p> <p><u>BLUE PLATE SPECIAL</u> Mile-high Corned Beef on Rye Coleslaw Chips, Pickle Dessert Suggested Donation \$5.39 Due at Sign Up</p>
<p>27</p> <p>Split Pea Soup Hamburger Italian Vegetables Sandwich Bun Apple</p>	<p>28</p> <p>NO LUNCH <i>Sorry, We Are</i> <u>CLOSED</u></p>	<p>29</p> <p>Beef Stew Health Salad Corn Muffin Fresh Fruit</p>	<p>30</p> <p>Chicken Noodle Soup Knockwurst Baked Beans Coleslaw Hotdog Bun Orange</p>	<p>31</p> <p><u>PIZZA DAY</u>  Sign Up at Front Desk Suggested Donation \$5.39 Due at Sign Up</p>

National Nutrition Month 2017 – Put Your Best Fork Forward®

Menu Notes
March 2017



It's March! Time for National Nutrition Month! The American Academy of Nutrition and Dietetics has designated this year's theme to be "Put Your Best Fork Forward."®

This theme is a reminder that each bite counts. Making little changes in your food choices, can add up over time. The *2015-2020 Dietary Guidelines for Americans* suggest starting with small changes in order to make healthier lasting changes you can enjoy - one forkful at a time. So whether you are planning meals to prepare at home or making selections when eating out, *Put Your Best Fork Forward* to help find your healthy eating style.

Here are some tips for getting started:

- 1.) Create an eating style that includes a variety of your favorite, healthful foods. Think of the healthful foods that you like the most from the fruits and vegetables groups and how to make sure you eat them regularly.
- 2.) Practice cooking more at home and experiment with healthier ingredients. Find a new recipe book, magazine, or website. Exchange healthful recipes with a group of friends.
- 3.) Find activities that you enjoy and be physically active most days of the week. Whether it is swimming, walking, tennis or something else, grab a friend and get moving!
- 4.) Manage your weight or lower your health risks by consulting a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related