

Welcome to Ellicott City 50+ Center

 Howard County Office on
Aging and Independence



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

Fitness Center Front Desk
410-313-0727

Hours

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

May-June 2017

Wellness Matters U

Friday, May 12

9 am-2 pm

Most seniors are thinking about graduating in May, but our seniors are thinking about going back to school!

Don't miss your chance to make the grade with healthy aging! The Ellicott City 50+ Fitness Center is pleased to host a Wellness Event that will consist of screenings, fitness equipment demonstrations and wellness seminars with health education experts on hand to provide information and insight. Center members are encouraged to take this opportunity to improve their Wellness G.P.A. by attending Wellness Matters U.

Visit a certain number of exhibits or vendors and turn in your completed report card for a chance to win a Wellness Basket. Additionally, every visitor will receive a gift for attending. Show your healthy spirit and join us for this beneficial event!

ShowTime Singers Concert

Saturday, May 20

2 pm

The Ellicott City 50+ Center proudly presents the sensational sounds of the ShowTime Singers, dedicated to staging high quality musical performances for the community at large. Singing both a cappella and accompanied singing, they provide a vocal education with Broadway Tunes as well as the Popular Standards. **This performance is supported by grants from the Howard**

County Arts Council and Howard County Government.

Tickets are free and are available at the front desk of the main building.



May is Older Americans Month.

Celebrate by joining us for an activity and embrace this year's theme - "Age Out Loud".

General Information

Meet the Center Staff

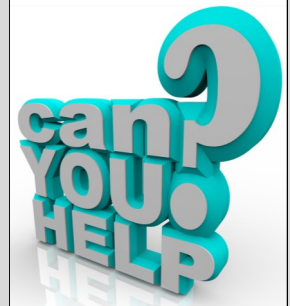
Director	Cindy Saathoff
Assistant Director	Vicki Stahly
Admin/Registrar	Jodi Bargamian
Admin/Registrar	Dayle Rudel
Admin/Registrar	Rodney Payen
Fiscal Technician	David Irwin
Utility Worker	Dominick Collins
Nutrition Specialist	Amy Williams
Fitness Coordinator	Michelle Rosenfeld
Connections Director	Felicia 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 is always busy working on Center fundraisers. They currently are working on both the Summer Raffle basket and the annual Book Sale. Please see the back cover of the newsletter for details.



All proceeds from Center Council fundraising efforts benefit programming at the Center. Your donations and support are greatly appreciated.

Next Council meetings are May 8 and June 12 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. 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 on-line registering.

Transportation Options

A transportation resource 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>.

Let's Do Lunch

Monday-Friday

12 Noon

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.

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.



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

Easy Technology Navigation

Thursdays

10-11:30 am

5/4	Navigating your System
5/11	Downloading Apps
5/18	Facebook
5/25	Navigating the Internet
6/1	Navigating your E-mail
6/8	Creating a Document
6/15	Downloading Apps
6/22	Facebook
6/29	Computer Maintenance

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 but if your question concerns a different type of electronic device, please bring it with you to your appointment.

Needlework Club

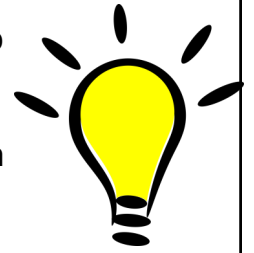
Wednesdays

1-3 pm

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

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

May 31 - Summer Kick-Off Hot Dog Bar

June 29 - All American Cook-Out

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. Either way, reservations are required one week in advance. Lunch is always served at noon.

Mission: Nutrition!

Wednesday, May 24

Changes in Nutrition As We Age

Wednesday, June 28

Memory Boosting Foods

10:30-11:30 am

Held in the 50+ Fitness Center

Stop in to learn more about your nutrition from Mary Kuttler, RDN. 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, May 9 & June 6

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.

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 May 1 & June 5

Brainbusters May 8 & June 12

Bowling May 15 & June 19

Bowl or Boggle May 22 & June 26

Tasty Tidbits

Tuesday, May 9 - Caffeine Awareness

Tuesday, June 13 - Berry, Berry Nice

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!

Play Chess

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, May 30

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. *After May 30, Picture This will not take appointments until August.*

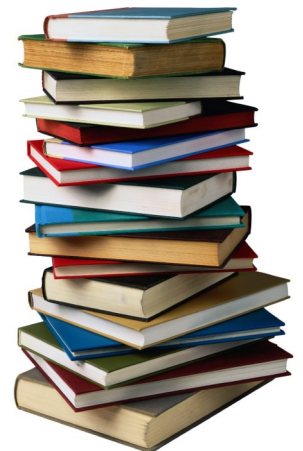
Book Club

Wednesday, May 24 at 1

pm. The group will discuss "*My Grandmother Asked Me to Tell You She's Sorry*" by Fredrik Backman.

Wednesday, June 28 at

1 pm. The group will discuss "*The Whole Town's Talking*" by Fannie Flagg.



Center Classes

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)
Monday **2:30 pm**
July 10-September 25 11 classes for \$82
No class: 9/4 (A02426.401)

Beginner Line Dancing

Take it from the start and learn line dancing at your own pace. This 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)

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 EC 50+ Front Desk at **410-313-1400** to schedule your lesson.



Spot Energy Healings

Wednesdays between 1-2:30 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. All 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. This class theme will be "Spring." A \$3 supply fee is due to the instructor on the day of class. Diane Messick, Instructor.

Friday, May 12 **1-3 pm**
\$9 (plus supply fee)

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**
May 24-June 28 6 classes for \$43

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**.

Center Activities

Genealogy

**Wednesday, May 10 & June 14
10 am**

Held in the 50+ Fitness Center

May 10 - Civil War Records

We will take a comprehensive look at how Civil War records can aid in the research of your ancestors. We will look at how to get the records and what to do with them once you get them. We will focus on Civil War pension records which yield surprisingly detailed and often odd information.

June 14 - Irish Ancestors

Irish was the number two ethnic origin reported on the 2000 U.S. census. Knowing where your Irish ancestors lived—both here and in Ireland is key. We will look at 10 tips for finding your Irish ancestors in the U.S., plus a few more for taking your research to Ireland.

Trending Now

with Gary Kavanagh

Friday, May 5-The Role of Congress

Friday, June 9-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? What used to be called Current Events, social media now calls, "trending".



BYKOTA Players

**Wednesday, May 10
12:30 pm**

"Big Band Bash"

Senior musical theater at its finest. Don't miss this new show performed by the BYKOTA Players, from Bykota Senior Center. The music is packed with old favorites from the day. Travel back in time to poodle skirts, the music of Glenn Miller, 45's, drive-ins, malt shops and more!

News: Is it Real or Fake?

Thursday, May 11 & 18

1:30 pm

No news is good news, or is it? Join us for this brand new discussion group with Kris Juffer. How can you determine if sources and information are credible? Join us for this series to find out.

Kris Juffer, Ph.D. has worked in the media and communications fields in private and governmental organizations and think tanks, serving as a senior manager, consultant, researcher and/or analyst for such organizations as the DoD, US State Department, Arbitron, CBS TV and Radio, ABC Network, the Corporation for Public Broadcasting, Public Broadcasting Service, the Gannett Company, CSIS, Foundation, NASA and other state and federal agencies, universities and educational institutions.

"Footsteps"

Tuesday, May 16

12:30 pm

"Footsteps" is an exciting informative and historic presentation of Civil War facts, with contrasting perspectives, passions and humor. Renowned re-enactor, Eddie Roberts portrays his great-grand fathers for a captivating conversation during Civil War times.

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

2017 MARYLAND LAW DAY

Monday, May 1 • 9:00 AM – 2:00 PM

HOWARD COUNTY LAW DAY:

FREE Medical Decision Document Preparation

Ensure that your preferences for medical treatment are honored should you become incapacitated or unable to express your wishes. Volunteer attorneys will offer free preparation of Maryland medical decision documents at these 50+ Centers.

Call the 50+ Center nearest you for an appointment:

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044
410-313-7213

East Columbia 50+ Center, 6600 Cradlerock Way, Columbia 21045
410-313-7680

Elkridge 50+ Center, 5660 Furnace Avenue, Elkridge 21075
410-313-5192

Ellicott City 50+ Center, 9401 Frederick Road, Ellicott City 21042
410-313-1400

Glenwood 50+ Center, 2400 Route 97, Cooksville 21723
410-313-5440

North Laurel 50+ Center, 9411 Whiskey Bottom Rd., Laurel 20723
410-313-0380

 Howard County Office on
Aging and Independence
www.howardcountymd.gov/aging

If you need this information in an alternate format or need accommodations to attend, call Maryland Access Point (MAP) at 410-313-1234 (voice/relay) at least one week in advance.

Two for the Show Wednesday, May 17 12:30pm

Stop in to hear the fabulous musical duo "Two for the Show". Paula and Tom will help you stroll down memory lane as you hear songs through the years from past to the present. Come spend the afternoon listening to oldies but goodies with two of our favorite

Ask the Pharmacist Monday, May 22 & June 26 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.

White House Tuesday, May 23 1 pm

Have you seen the movie "THE BUTLER"? Want to know the inside scoop about the real Eugene Allen, on whom the movie is based? Former White House butler **Alan DeValerio** will tell you all about it and give you the inside details about all the preparations involved in White House entertaining. Hear first-hand experiences and view a display of many of the White House artifacts.

Eating Mindfully Wednesday, May 24 1 pm

Karen Basinger, MS, CFCS, LDN from Family Consumer Sciences University of Maryland Extension, Howard County will be on site to discuss the latest tips, trends and reports on healthy eating, where to buy, what to stay away from, what you didn't know and more!

BUILD CONFIDENCE. REDUCE FALLS.

Howard County Office on Aging and Independence

SteppingON

Exercise and Strategies for Fall Prevention

SteppingON is a seven-week, evidence-based program designed to help reduce falls and increase confidence, strength and balance.

Health and community-service professionals provide expertise on balance-related issues. The small group setting encourages active discussion, decision-making and behavior changes.

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City, MD 21042

FRIDAYS • 1:30 to 3:30 p.m.

May 19, 26 • June 2, 9, 16, 23, 30

*\$28 includes 15 hours of workshop and all materials

To achieve the most benefits from this program,
we encourage a commitment to attend all seven sessions.

WEEKLY TOPICS INCLUDE: ▶ Falls/Risks ▶ Safe Footwear ▶ Review of Medications
▶ Home Hazards/Vision ▶ Public/Community Safety ▶ Strength/Balance Exercises

To register or for more information, contact:

JEANNIE DECRAY
jdecray@howardcountymd.gov

410-313-6535 (VOICE/RELAY)

 Howard County Office on
Aging and Independence

If you need accommodations to attend or need this information in an alternate format, contact Maryland Access Point at 410-313-1234.

www.howardcountymd.gov/aging

Center Activities

Bingo/Pizza Day

Friday, May 26 & June 23

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!

Coin Consultant - Drage Vukcevic

Tuesday, June 13

11 am

Specializing in US & Foreign Coins & Currency,
ADVICE & EXPERTISE



**Coin appraiser, Alex
Cooper Auctioneers
Validating and
Liquidating Coin
Collections**

Meet Drage Vukcevic, an avid coin collector since 1965. Learn ways to take stock of your coin collection. During this presentation you will learn how to get a feel for the type of material you have and what the general value is. He will also discuss the items worth keeping and the ones that should be liquidated.

Please R.S.V.P. for this special program or call 410/313-1400 to save your seat!

***PLEASE NOTE:** Do not bring in your coins or collections, this program is strictly for informational purposes!

Fad Diets

Wednesday, June 14

1 pm

Karen Basinger, MS, CFCS, LDN from Family Consumer Sciences University of Maryland Extension, Howard County will be on site to discuss the latest tips, trends and reports on healthy eating, where to buy, what to stay away from, what you didn't know and more!

Remembering When Safety Program

Wednesday, June 21

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 2 things should you do with your stairways?

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

Extreme Couponing

with Gina Brooks

Thursday, June 22

1 pm

Like saving money? Like getting things for free even better? Join coupon queen, Gina Brooks to get all the tips and tricks on how to become a savvy "couponista". What will you do with the money you save?

Howard Community College Continuing Education Classes

Held in the 50+ Fitness Center

King Tutankhamun

& the Valley of the Kings

May 10-May 17

Wednesday 1-3 pm, \$22

Instructor: Bill McGowan

Modern Medical Analysis of Famous Artists III

Thursday, May 11

1-3 pm, \$11

Instructor: Ann Wiker

Drawing for Beginners, Intermediate & Advanced Levels

Tuesday-Friday, May 16-19

10am-12 pm, \$69

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.

GO50+

\$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 get the most 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

**Registration for summer exercise classes will open on Friday June 2, 2017.
In person registration done by lottery draw. Arrivals after 8:30 am receive higher draw.**

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

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.

Tuesday & Thursday **10 am**
April 4-June 29 26 classes for \$110
(A02408.301)
Monday & Wednesday **12:30 pm**
July 11-September 28 21 classes for \$89
No class: 7/17, 7/19, 9/4 (A02408.401)

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)

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)
Friday **9:30 am**
July 21-September 29 10 classes for \$57
No class: 9/8, 9/15 (A02406.401)

ECity Seated Aerobics

The spring portion of 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)
Tuesday & Thursday **12:30 pm**
July 11-September 28 24 classes for \$101
No class: 8/8, 8/10 (A02403.401)

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**.

Monday & Wednesday **12:30 pm**
April 3-June 28 25 classes for \$79
No class: 5/29 (A02413.301)
Tuesday & Thursday **10 am**
July 11-September 28 22 classes for \$70
No class: 8/8, 8/10 (A02413.401)

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 summer exercise classes opens on Friday June 2, 2017 at 8:30 am

Pay by Session Exercise Classes

Most Pay by Session classes are held in the main building of the Center. Register early! Classes in progress may be full. Inquire at the front desk.

ECity Aerobics

This spring portion of 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)
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

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

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)

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)
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)

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
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)
Monday	3:30 pm
July 10-September 25	10 classes for \$44
No class: 9/4	(A02425.402)
Friday	11 am
July 14-September 29	12 classes for \$51
	(A02425.401)

We accept registration for 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
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
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
Friday		
8:30am-4pm	Fitness Equipment \$	FC
9 & 10 & 11am	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+ Fit Center	

Monthly Schedule

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

May

June

May 1	Law Day 9am-2 pm Advance sign-up required	June 2	Summer Class Registration begins, 8:30 am
May 1 –31	"I'm at the Perfect Age" Composition	June 6	Ho Co Police, 11 am
May 5	Trending Now, 11 am	June 7	Watercolor Class begins (Advance sign-up and payment required)
May 8	Center Council Meeting, 1 pm	June 9	Trending Now, 11 am
May 9	Ho Co Police, 11 am	June 12	Center Council Meeting, 1 pm
May 9	Tasty TidBits, 10 am	June 13	Tasty TidBits, 10 am
May 10	Genealogy, 10 am	June 13	Coin Consultant, Drage Vukceвич presentation, 11 am
May 10	HCC Class begins (see page 9 for registration details)	June 14	Genealogy, 11 am
May 10	BYKOTA Players presents: Big Band Bash, 12:30 pm	June 14	Fad Diets presentation, 1 pm
May 11	News: Is it Real or Fake? Series begins, 1:30 pm	June 19-23	Center Council Book Sale. (see page 16 for event hours & details)
May 11	HCC Class (see page 9 for registration details)	June 21	Remember When-Safety Program, 1 pm
May 12	Wellness Matters U 9 am-2 pm	June 22	Extreme Couponing, 1 pm
May 12	Greeting Card class, 1 pm (Advance sign-up and payment required)	June 23	Bingo, 10:30 am
May 16	Footsteps, 12:30 pm	June 23	Pizza Day, Noon (Advance sign-up and payment required)
May 16	HCC Class begins (see page 9 for registration details)	June 26	Ask the Pharmacist, 11 am
May 17	Two for the Show, 12:30 pm	June 28	Book Club, 1 pm
May 19	Stepping On begins, 1:30 pm	June 28	Mission Nutrition, 10:30 am
May 20	Showtime Singers, 2 pm Ticket required. Available at the Front Desk, first come, first serve	June 29	Blue Plate Special, Noon (Advanced sign-up and payment required)
May 22	Ask the Pharmacist, 11 am		
May 23	White House Presentation, 1pm		
May 24	Book Club, 1 pm		
May 24	Mission Nutrition, 10:30 am		
May 24	Eating Mindfully, 1 pm		
May 26	Bingo, 10:30 am		
May 26	Pizza Day, Noon (Advance sign-up and payment required)		
May 29	Center Closed (Memorial Day)		
May 30	Picture This, 11 am		
May 31	Blue Plate Special, Noon (Advanced sign-up and payment required)		

Clip and Save for Reference



**Mother's &
Father's Day**

Noteworthy News

Center Council Summer Basket Raffle

Be sure to purchase your chance to win a beautiful Summer Basket filled with crab items, gift cards, summertime libations and more. Tickets are \$1 each or 6 chances for \$5. Tickets are on sale now and the winning ticket will be pulled on June 29 at the June Blue Plate Special, the All-American Cook Out.

ID Lanyards for Sale

Do you get frustrated or fumble through your purse or wallet trying to locate your Center ID card when you enter the building? Why not purchase a lanyard, complete with ID card holder, that will help make locating your ID card a snap! Throw it in your purse or keep it hanging around the car mirror. Beaded lanyards are available for \$5 or crocheted lanyards for \$3.

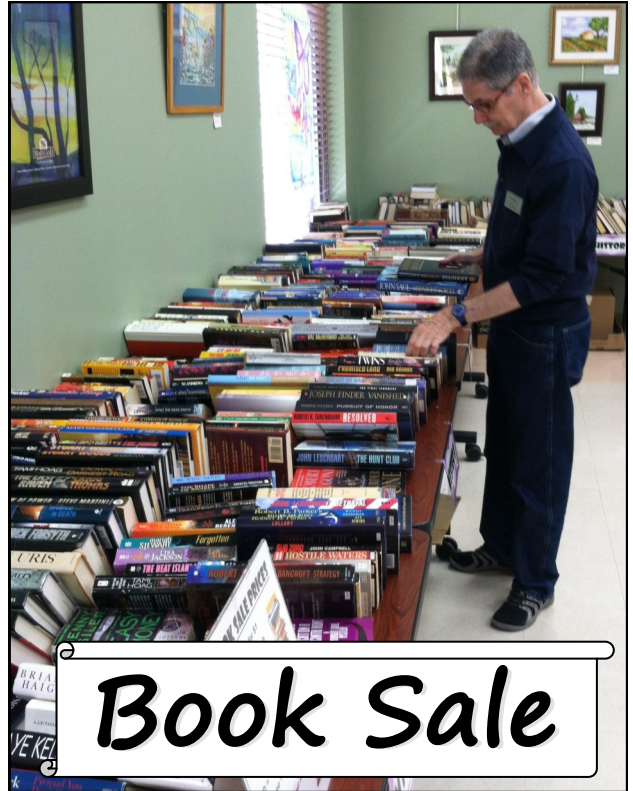
In honor of Older Americans Month, your input is needed!

"Age Out Loud" with us by sharing your thoughts about what it means to you to be the age that you are right now. Stop by the Front Desk in either building anytime during the month of May to document some of the things you enjoy most about being your age. Finish this sentence, **"I'm at the Perfect Age...."**

To get
GREAT
discounts!
\$\$

To learn
new
things!

Because
now I
can
sleep in!



Book Sale

June 19-23

Monday from 12 noon-3 pm

Tuesday - Thursday 9 am-3 pm

Friday 9 am-12 noon

The Ellicott City Center Council will be conducting a Book Sale from June 19 through 23. Be ready to grab some great bargain reads, perfectly timed for your summer enjoyment.

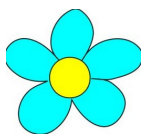
Donations of books, DVD's or puzzles will be accepted Monday and Tuesday, June 19 & 20 between 9 am and 3 pm. Donations of children's books are welcome. Please, no encyclopedias, textbooks or magazines will be accepted.

All proceeds of the Book Sale benefit programming at the Center. Your support is greatly appreciated.

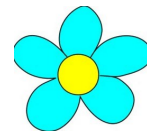
Adjusted Center Hours

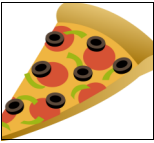

Monday, May 29

Both Buildings **CLOSED** (Memorial Day)



MAY 2017 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Open-face Turkey Sandwich Mashed Potatoes Mustard Greens White Wheat Bread Tropical Fruit Orange Tangerine Juice</p>	<p>2</p> <p>Vegetable Barley Soup Italian Meatballs Sub Roll Mixed Greens Salad Fresh Fruit</p>	<p>3</p> <p><u>DELI LUNCH</u> Cold Cuts Pepper Cabbage Kaiser Roll Sliced Pears Grape Juice</p>	<p>4</p> <p>Southwest Chicken Macaroni Salad Carrot & Raisin Salad Corn Muffin Tropical Fruit Very Berry Juice</p>	<p>5</p> <p><u>SUPER SPECIAL</u> Chicken Fajitas Sautéed Peppers & Onions Spanish Rice Black Beans Tortillas Melon Apple Juice</p>
<p>8</p> <p>Pork Ribette Creamed Corn Spiced Beets White Wheat Bread Fresh Fruit Apple Juice</p>	<p>9</p> <p>Chicken Chow Mein Brown Rice Mixed Greens Salad White Wheat Bread Tropical Fruit</p>	<p>10</p> <p>Lima Bean Soup Chicken BBQ Sandwich Carrot Raisin Salad Sandwich Bun Orange</p>	<p>11</p> <p><u>SUPER SPECIAL</u> 1/4 lb. Grilled Cheeseburger Lettuce, Tomato & Onion Potato Salad Italian Veggies Kaiser Roll Peaches</p>	<p>12</p> <p><u>SUPER BOX</u> Corned Beef & Swiss Coleslaw Pickled Beets Marble Rye Cheesecake Cup Apple Juice</p>
<p>15</p> <p>Salisbury Steak and Gravy Mashed Potatoes Spinach Dixie Slaw Split Top Roll Cake with Fruit Sauce</p>	<p>16</p> <p>Vegetable Soup Knockwurst Baked Beans Coleslaw Hotdog Bun Fresh Fruit</p>	<p>17</p> <p>Sweet & Sour Pork Brown Rice Mixed Greens Salad White Wheat Bread Mixed Fruit Compote Paradise Punch</p>	<p>18</p> <p><u>SOUPER DELI LUNCH</u> Split Pea Soup Chicken Salad Gingered Cukes Wheat Bread Mixed Fruit Cup Orange Juice</p>	<p>19</p> <p><u>BOX LUNCH</u> Cold Cuts Marinated Cukes & Tomatoes Seedless Rye Bread Orange Fruit Punch</p>
<p>22</p> <p><u>SUPER BOX</u> Tuna Salad Marinated Cukes & Tomatoes Spiced Beets Kaiser Roll Cheesecake Cup Apple Juice</p>	<p>23</p> <p>Chili Mixed Greens Salad Spring Salad White Wheat Bread Hot Spiced Apples</p>	<p>24</p> <p>Chicken Cassandra Penne Pasta Salad Carrots White Wheat Bread Fresh Fruit Grape Juice</p>	<p>25</p> <p>Meatloaf & Gravy Mashed Potatoes Spinach White Wheat Bread Mixed Fruit Compote Paradise Punch</p>	<p>26</p> <p><u>PIZZA DAY</u></p>  <p>Sign Up at Front Desk Suggested Donation \$5.39 Due at Sign Up</p>
<p>29</p> <p>MEMORIAL DAY ()</p>	<p>30</p> <p>Pepper Steak Rice Turnip Greens White Wheat Bread Fresh Fruit Apple Juice</p>	<p>31</p> <p><u>BLUE PLATE SPECIAL</u> "Summer Kickoff- Hotdog Bar" Jumbo Hotdog with Special Fixins' Potato Salad Bean Salad & Dessert \$6.00 Due at Sign Up</p>	<p>MILK SERVED AT EVERY MEAL</p>	

What's in a Bar? Finding the Better Bars

When checking out the different kinds of bars in the grocery store, the choices are endless and seem to grow by the day. First there were granola bars, then cereal bars, nut bars, energy bars, fiber bars, breakfast bars and more! And not all bars are created equal. Some are just as unhealthy as eating a candy bar.

The most important things to look for are protein, fiber and sugar on the nutrition facts label. The best bars are low in sugar and saturated fat and have some whole foods in them such as nuts, fruit and whole grains. Check out the label and the ingredients, focusing on these items:

- **Highly processed ingredients.** Make sure real foods are high on the list, such as oats, raisins, blueberries, nuts, dates, and dried cranberries. Less processing and more whole foods.
- **Sugars.** In addition to processed sugars like high fructose corn syrup, look out for multiple listings of sugars—including honey or fruit concentrate—and artificial sweeteners, too.
- **Lots of fat.** Much less than half of the total fat in a bar should be the saturated kind. And avoid bars with partially hydrogenated oil. It signals trans-fat, which is linked to heart disease.



Let's break down the different categories of bars a bit further.

Grain or granola bars – there are some good choices in this category but you have to check out the labels. Look for products that contain visible grains so you know that they are not processed. Keep an eye on the sugars in this category too. Overall, when scanning the aisles and trying to make the best choices, look for bars that

Nut bars/Fruit & Nut bars—the helpful part of nut bars is that they are made mostly of nuts with little other ingredients, so they contain lots of heart healthy polyunsaturated fats. Shoot for ones that don't have chocolate or coconut.

have no more than 2 grams of saturated fat and 7 grams of sugar (unless it's from fruit and not added in). Also look for 8 or more grams of protein, whole foods (not processed).