

Welcome to Ellicott City 50+ Center

Howard County Office on
HC 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
/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.

November-December 2017

Holiday Craft Boutique

Wednesday, November 29

9 am-4 pm

\$1 Admission

The Craft Boutique continues to add new vendors and grow each year! Mark your calendar to shop over 45 local vendors and crafters at the 5th Holiday Craft Boutique. Shop unique items for those on your holiday list or pick up an item or two for yourself. Your \$1 admission includes a shopping tote from our sponsor, Home Instead of Ellicott City. Admission proceeds benefit Small Miracles Cat & Dog Rescue!



Tis' The Season To join us for holiday festivities

Holiday Party
Friday, December 15
Doors Open: 11 am
\$15

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

**Center Council
Cookie Sale**
Friday, December 15
11 am

Whether you are a cookie baker or a cookie taster, the Ellicott City 50+ Center Council needs your help for the annual Holiday Cookie Sale.

Tasters are needed to purchase a dozen or two cookies to share with friends or family and volunteer bakers are needed to supply those cookies! Donations of **cookies only** will be accepted starting Thursday afternoon, December 14 after 1 pm. The Council thanks you for your support!

General Information

Meet the Center Staff

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

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

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

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

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



Meet the Center Council

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

Ellicott City 50+ Center Council Notes

The Center Council has their sights set on the upcoming annual Cookie Sale which will be held in conjunction with the Center's Holiday Party. Nothing beats delicious cookies around the holidays but your help is needed! Please consider baking a dozen cookies to help out this fundraiser and/or buying a dozen or two! All proceeds benefit programming at the Center.

Interested in serving on Council? Council elections will be held next March to fill available seats. Please see a Council member for more information.

Next Council meetings: November 13 & December 11 at 1 pm - All are welcome.

General Information

Membership Registration

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

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

Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

Coffee Service Monday-Friday 9 am-1 pm

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

Let's Do Lunch Monday-Friday 12 Noon

Lunch is available for persons 60 years and older, and their spouses, regardless of age. Voluntary anonymous contributions are requested from eligible participants. The full cost of a regular meal is \$4.10 and \$5.39 for special meals.



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

Transportation Options

A transportation resource to the Center is available through Regional Transit Agency/RTA Ride. To use this option, riders must be certified. For certification, reservations and cancellations please call the RTA Customer Service Line at **1-800-270-9553** and select option 3 for "mobility and RTA Ride Service". Visit the RTA website at www.transitRTA.com for more information.

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-1400** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

Center Services

Easy Technology Navigation

**Thursdays
10-11:30 am**

- 11/2** Navigating the Internet
- 11/9** Facebook
- 12/7** Downloading Music
- 12/21** Printing Photos to Frame

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

Personalized Easy Technology

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

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

Medicare Counseling (SHIP)

**Wednesday mornings or
Thursday afternoons**

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

Book Club

Wednesday, November 15 at 1 pm - The group will meet for their holiday luncheon and discuss book selections for 2018.

Book Club will not meet in December.

Genealogy

**Wednesdays, November 8 & December 13
10 am**

Held in the 50+ Fitness Center

November 8 - Land Deeds

A land deed simply contains the information necessary to change ownership in real estate from one another. But there are many facets to land deeds that when analyzed correctly can yield invaluable information.

December 13 - Photography

Photographs can be one of the most valuable assets to the genealogist. This session will look at evaluating photos.

Medicare Open Enrollment

Appointments at Ellicott City 50+ Center

**Friday, November 17
10 am-3 pm**

Review the 2018 plans to make sure you are in the one that best fits your needs. Open enrollment begins October 15 and ends December 7. For an appointment, call **410-313-7392**.

Ask the Pharmacist

**Monday, November 27
Not available in December
11 am**

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

Blood Pressure Screenings

**Tuesdays
9 am-12 noon**

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

Center Services

Tasty Tidbits

Tuesday, November 14

Cranberry Craze

Tuesday, December 5 - Healthy Cookies
10-11 am

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

Mission: Nutrition!

Wednesday, November 15

Eating to Boost Energy

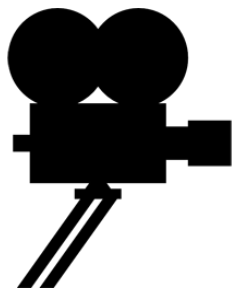
Wednesday, December 20

Are You Getting Enough Protein?

10-11 am

Held in the 50+ Fitness Center

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



Documentary Day

Monday

November 27

The Real Story of Thanksgiving

1 pm

Held in the
50+ Fitness Center

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

Howard County Police Department

Wednesday, November 8 at 11 am

Tuesday, December 5 at 12 pm

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

Blue Plate Specials

Thursday, November 21

Pizza Party

Wednesday, December 13

It's Kosher!

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



Picture This

Tuesday, November 28

Between 11 am-1 pm

30 minute appointments

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

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, roll some dice or create words from a set of jumbled letters. A guaranteed hour of fun & friends.

Bunco	Nov 6 & Dec 4
Brainbusters	Nov 13 & Dec 11
Bowling	Nov 20 & Dec 18
Boggle	Nov 27

Center Classes

Spot Energy Healings

Wednesdays between 1-2:15 pm

Cost: \$10 for 15 minutes

Spot energy healings are specific to each person, focusing on areas of the body which need the most attention. Whether you need pain relief, a calm and quiet mind, a relaxed body, or need to feel more energized, five 15-minute spot energy healings can make a big difference. All Spot Energy Healings are done fully clothed, and seated in a chair by Sharon Sirkis, Healer.

Howard Community College Continuing Education Classes

Held in the 50+ Fitness Center

Famous Art Collaborations

Tuesday, October 24-November 21

9:30 am-11:30 am

Cost: \$79

Instructor: Ann Wiker

The Business Side of Art

Thursday, November 2-December 7

No class: 11/23

1-3 pm

Cost: \$79

Instructor: Ann Wiker

David: The Bible's Most Complex Character

Wednesday, November 29

9:30 am-12 pm

Cost: \$12

Instructor: Jean Sonntag

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

Line Dancing

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

Monday

2:30 pm

January 8-March 12

8 classes for \$60

No class: 1/15 & 2/19

(A02426.601)

Fall Card Crafting with Diane

Friday, November 17

1:30-3:30 pm

Cost \$9 per class + supply fee

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

Piano or Vocal Lessons

with Diane

By Appointment:

\$37 per lesson

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

Ukulele or Guitar Lessons

with Ray

Tuesdays By Appointment

\$37 per lesson

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

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

News: Is it Real or is it Fake?

Thursdays, November 2, 9, 16 & 30

1:30 pm

No news is good news, or is it? Join us for this exciting discussion group with Kris Juffer, Ph.D. How can you determine if sources and information are credible? Get brand new updated information and guest speakers from the media. Dr. 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.



Brain Training
Tuesday, November 7
Brain Games
Tuesday, December 5

11 am

Join Speech Language Pathologist, Julie Rowlett, as she explores improving your brain health. Using fun and engaging games, techniques and strategies, you will learn how to strengthen cognitive processes including memory, attention, reasoning, and organization. Julie will also discuss resources and tools for continued cognitive stimulation at home and in the community. Exercise your brain, and keep yourself

Baltimore Museum of Industry

Wednesday, November 8

1 pm

The Port: 300 years of History

From the early beginnings, before the United States was born, the port of Baltimore was conducting business. The cargo varied with the times, the ships got larger and the operations got more complex and the port grew in size and significance. This session offers the story of the how the port met the competition, moved people and cargo locally, regionally and worldwide, growing into a dominant role in maritime trade.



Wednesday, December 6

1 pm

The Port: Baltimore's Gateway to the World

In the 20th century, the key to survival and then growth in maritime was to adapt to changing times. From wooden piers and warehouses to modern container operations, the port of Baltimore is a complex machine consisting of many interconnected parts. Modernization is the story in this session. The many businesses and interconnected services, why they exist, what they do, how they work – offer a fascinating insight into how Baltimore maintains, and thrives in the 21st century.

The George Garris Band **Country Rock Music**

Tuesday, November 14

12:30 pm

Come welcome this country act to our Center for the first time. Enjoy the sounds of these country, classic/rock artists as they send us down memory lane with oldies but goodies!

Center Activities

Thinking About Selling Your Home?

**Thursday, November 16
11 am**

Realtor, Karen Gatzke, will give you tips on decluttering years of household items, what easy and inexpensive fixes will make your home look its best and why you should take advantage of the hot "sellers market."

Travel Talks

**Friday, November 17
1 pm**

Andy Lunt along with Debbie Richmond, travel experts will be in house to explore new and exciting traveling destinations, safety and more.

Topics of discussion

Let's talk escorted tours - Hear information on an escorted tour of Scotland/Ireland in 2018. The Scotland portion will be sure to satisfy any Outlander fans! Additionally get details on a tour being arranged to the Canadian Rockies and Glacier National Park in August of 2018.

Let's talk Alaska cruises - Learn about different cruise lines and types of cruises/tours including an Alaska cruise in 2018.

Let's talk homeport cruising - Get information about a convenient and inexpensive winter getaway from Baltimore.

Columbia at 50

**Monday, November, 20
1 pm**

"Columbia at 50: A Bridge to the Future"

Enjoy a video presentation and facilitated discussion of the film produced by the Howard County Citizens Association with Jo McLaughlin. Columbia didn't get to be one of the best places to live by chance. Columbia's founder, James Rouse, envisioned a city of villages, economically and racially diverse, flourishing in harmony with nature. That vision contributed greatly to Columbia's success over the past 50 years, but what about the future? This film explores Columbia's past, its present, and the many challenges ahead.

Panama Rex Band

**Tuesday, November 21
12:30 pm**

The weather might be cooling down but it's time to break out the Hawaiian shirts and flip flops for this performance. Sit back and enjoy the laid back vibe of Jimmy Buffet style music and sing along to some of your favorite tunes.

Howard Community College Chorus and Santa!

**Wednesday, December 6
11 am**

This lovely chorus joins us to perform and kick off the season with holiday music. Don't miss this fabulous chorale group as they sing holiday favorites and so much more. Stay for the Santa's grand arrival at noon!

50+ Players Presents Every Day's a Holiday Songs from around the World

**Thursday, December 7
12:30 pm**

Senior community singers will perform Holiday classics from around the world. The 50+ Players are a touring group that perform at community and senior centers and are sponsored by the Howard County Center for the Arts.

Revive' Physical Therapy

**Monday, December 11
11 am**

Winter is coming and it's time to prepare physically for the cold season. Simple tasks like snow shoveling, Christmas decorating, and even long hours cooking can all affect your back's health. Don't let low back pain limit the activities that you want and need to perform. Join us as Revive Physical Therapy discusses common causes of back pain, injury prevention, conservative treatments, and how you can return to your favorite winter activities!

Center Activities

The Singing Maintenance Guy

Monday, December 11

12:30 pm

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

Lyric Opera House "LIVE"

Tuesday, December 12

12:30 pm

Holiday Spirit – Two vocalists and a pianist present holiday favorites. The cheerful and bright tradition of secular music is augmented with music from the Christmas tradition. A vibrant sing-a-long concludes this delightful program.

Hanukkah Celebration

**Featuring Desert Echoes
and a Kosher Lunch**

Wednesday, December 13

11 am

Celebrate the tradition of Hanukkah with an extraordinary performance by Seth Kibel and Tom Teasley also known as Desert Echoes. Learn the meaning behind the kosher meal enjoyed during this celebration. A suggested donation of \$5.39 is due at the time of sign-up. Limited seating!

Holiday Movie Marathon

Monday, December 18

9 am-3 pm

Join us for three holiday "must see" movies.

9 am: Step back in time to WWII and see how troops rallied around their General in **White Christmas**.

11 am: Get ready to roll with laughter watching **Christmas Vacation**. The holidays wouldn't be the same without watching the antics of the Griswold family.

1 pm End the day realizing **It's a Wonderful Life**. Follow George and Mary Bailey's story and see if Clarence gets his wings.

ECity 50+ Music Recital

Tuesday, December 19

12:30 pm

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

Giving Projects 2017

November 15 thru December 20

The Ellicott City 50+ Center sponsors several Giving Projects throughout the holidays. These projects help our friends, both two and four-legged in need. If you have the means, why not consider helping others have a joy filled holiday by providing a small donation? An abbreviated wish list follows. For more details, see a flier.

Ronald McDonald House

Amazon, Target, Walmart,
Royal farms & Home Depot
Gift Cards

Dishwashing liquid
Paper towels
Disposable cups/tableware
Single serving snacks
Laundry detergent
Trash bags

Pull Tabs from all cans!



RONALD McDONALD
HOUSE CHARITIES

Small Miracles Cat & Dog Rescue

For Cats

Kitty litter
Donut-style cat beds
Toys

Fancy Feast wet food
Friskies wet food

For the Shelter

Petco, Walmart and Target Gift Cards
Paper towels/dish soap/bleach
Liquid laundry detergent
NO dry food of any kind!

For Dogs

Wet food
Hard chew toys
Slip leads/collars

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.

GOS50+

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

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

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

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

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

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

Fitness Equipment Room Schedule

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

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

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

50+ Fitness Center

Group Exercise Quarterly Pass Class Schedule

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



Group Exercise Quarterly Passes

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

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

Group Exercise Class Descriptions

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

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

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

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

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

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

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

Pay by Session Exercise Classes

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

Qi Gong

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

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

Friday 9:30 am
January 12-March 16 10 classes for \$57
(A02406.601)

Chair Yoga

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

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

Monday & Wednesday 10 am
January 3-March 14 17 classes for \$72
No class: 1/15, 2/14, 2/19 & 2/28 (A02421.601)

Better Balance

This is an effective program for those with chronic conditions impacting their balance or who feel unsteady on their feet. Those participants 60 years of age and older can contribute up to the full cost of the program, to ensure program viability. Those participants under age 60 pay the fee listed below. A pre-screening is required. Call Jeannie DeCray at **410-313-6535**.

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

Tuesday & Thursday 10 am
January 2-March 15 22 classes for \$70
(A02413.601)

T'ai Chi Chih

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

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

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

Monday 9 am
January 8-March 12 8 classes for \$45
No class: 1/15 & 2/19 (A02429.602)

Wednesday 3 pm
January 3-March 14 11 classes for \$62
(A02429.601)

Agewell Aerobics

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



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

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

Tuesday & Thursday 11 am
October 3-December 14 21 classes for \$57
No class: 11/23 (A02401.501)

Monday & Wednesday 11 am
January 3-March 14 19 classes for \$51
No class: 1/15 & 2/19 (A02400.601)

Tuesday & Thursday 11 am
January 2-March 15 22 classes for \$59
(A02401.601)

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

Pay by Session Exercise Classes

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

Agewell Seated Aerobics

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

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

Tuesday & Thursday **12:30 pm**
January 2-March 15 22 classes for \$59
(A02403.601)

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

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

Monday & Wednesday **1:30 pm**
January 3-March 14 19 classes for \$81
No class: 1/15 & 2/19 (A02405.601)

Tuesday & Thursday **2:30 pm**
January 2-March 15 22 classes for \$93
(A02405.602)

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

Monday **3:30 pm**
January 8-March 12 8 classes for \$35
No class: 1/15 & 2/19 (A02425.602)

Friday **11 am**
October 6-December 15 8 classes for \$35
No class: 10/20, 11/10, 11/24 (A02425.501)

Friday **11 am**
January 5-March 16 11 classes for \$47
(A02425.601)

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

Tuesday & Thursday **1:30 pm**
January 2-March 15 22 classes for \$93
(A02404.601)

Seated Strength

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



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

Monday & Wednesday **12:30 pm**
January 3-March 14 19 classes for \$81
No class: 1/15 & 2/19 (A02408.601)

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

Daily Schedule

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

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

Monthly Schedule

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

November

- Nov 2** HCC Class begins (see page 6 for registration details)
- Nov 2** News: Is It Real or Is It Fake? series begins, 1:30 pm
- Nov 7** Brain Training, 11 am
- Nov 8** Ho Co Police, 11 am
- Nov 8** Baltimore Museum of Industry presentation, 1 pm
- Nov 8** Genealogy, 10 am
- Nov 10** Center Closed - Veterans Day
- Nov 13** Center Council meeting, 1 pm
- Nov 14** George Gassic Country Rock entertainment, 12:30 pm
- Nov 14** Tasty Tidbits, 10 am
- Nov 15** Mission Nutrition, 10 am
- Nov 15** Giving Projects begin (see page 9)
- Nov 16** Selling your Home presentation, 11 am
- Nov 17** Travel Talks, 1 pm
- Nov 17** Card Making class, 1:30 pm (Advanced sign-up and payment required)
- Nov 17** Medicare Open Enrollment (Advanced appointments only. For appointments call, 410-313-7392)
- Nov 20** Columbia at 50 presentation, 1 pm
- Nov 21** Blue Plate Special, Noon (Advanced sign-up and payment required)
- Nov 21** Panama Rex performs, 12:30 pm
- Nov 23-24** Center Closed - Thanksgiving
- Nov 27** Ask the Pharmacist, 11 am
- Nov 27** Documentary Day, 1 pm
- Nov 28** Picture This, 11 am
- Nov 29** HCC Class begins (see page 6)
- Nov 29** Holiday Craft Boutique 9 am - 4 pm

December

- Dec 4** Revive Physical Therapy presentation, 11 am
- Dec 5** Brain Games, 11 am
- Dec 5** Ho Co Police, 12 noon
- Dec 5** Tasty Tidbits, 10 am
- Dec 6** Baltimore Museum of Industry presentation, 1 pm
- Dec 6** Howard Community College Chorus sings & Santa, 11 am
- Dec 7** 50+ Players entertain, 12:30 pm
- Dec 8** Winter program registration opens, 8:30 am
- Dec 11** Center Council meeting, 1 pm
- Dec 11** Singing Maintenance Guy entertains, 12:30 pm
- Dec 12** Lyric Opera entertains, 12:30 pm
- Dec 13** Genealogy, 10 am
- Dec 13** Hanukkah Celebration and Blue Plate Special, 11 am (Advanced sign-up and payment required)
- Dec 15** Cookie Sale, 11 am
- Dec 15** Holiday Party, doors open at 11 am. Luncheon at 12 noon. (Advanced sign-up and payment required)
- Dec 18** Holiday Movie Marathon, 9 am, 11 am and 1 pm
- Dec 19** ECity 50+ Music Recital 12:30 pm
- Dec 20** Mission Nutrition, 10 am
- Dec 20** Giving Projects conclude (see page 9)
- Dec 25** Center Closed - Christmas

Clip and Save for Reference



Noteworthy News

To our Members:

On behalf of the Center staff, please know how much we sincerely appreciate your participation here at the Center this past year. We continue to grow in membership and programs, neither of which would be possible without you. Our thanks to each of you for allowing us to serve you and share in your 50+ journey. May your holiday season and your new year be full of good health and abundant happiness.



~Cindy, Vicki,
Dave, Dominick,
Dayle, Jodi, Rodney,
Michelle & Amy

Inclement Weather Policy

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

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

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

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

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

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

THANKSGIVING CELEBRATION!

THE *Giving Thanks*
LUNCHEON and DANCE

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

Wednesday, November 15, 2017
Ten Oaks Ballroom
5000 Signal Bell Lane, Clarksville 21029
Doors Open 10:30 a.m. • Program Begins 11 a.m. • Lunch 12 noon
Tickets on Sale at all Howard County 50+ Centers \$14/person

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

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

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



We All Screamed for Ice Cream!

Center members enjoyed a wonderful sweet treat when the Center Council sponsored an Ice Cream Social in late September.

Much thanks to all council members for making it happen; Dorothy Biller, Leo Bianco, Nancy Cudmore, Marie Dodge, Leo Dodge, Denise Giffin, Darlene Grund, Agnes Halsor, Anne Kaiser, Andrew Liro, Susan Malmgren, Marian O'Byrne, Gary Pon and Gigi Rammling.

Upcoming Adjusted Center Hours

Friday, November 10

Thursday & Friday November 23 & 24

Monday, December 25

Monday, January 1

Both Buildings **CLOSED** (Veterans Day)

Both Buildings **CLOSED** (Thanksgiving)

Both Buildings **CLOSED** (Christmas)

Both Buildings **CLOSED** (New Year's Day)

NOVEMBER 2017 MENU

ELLICOTT CITY 50+

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Salisbury Steak with Gravy Mashed Potatoes Peas Wheat Bread Tropical Fruit</p>	<p>2</p> <p><u>SOUPER DELI</u> Split Pea Soup Chicken Salad Gingered Cucumbers Wheat Bread Mixed Fruit Cup Orange Tangerine Juice</p>	<p>3</p> <p><u>SUPER SPECIAL</u> Cheese Lasagna Cuke & Mandarin Salad Mixed Greens Salad Melon Garlic Bread Stick Brownie</p>
<p>6</p> <p><u>SUPER BOX</u> Corned Beef & Swiss Coleslaw Pickled Beets Marble Rye Cheesecake Cup Apple Juice</p>	<p>7</p> <p>Sliced Turkey & Gravy Mashed Sweet Potatoes Mixed Greens Salad Cauliflower White Wheat Bread Cran- applesauce</p>	<p>8</p> <p>Corn Chowder Tuna Salad Marinated Vegetable Salad Sandwich Bun Orange</p>	<p>9</p> <p>Pepper Beef Brown Rice Kale White Wheat Bread Pineapple Chunks Apple Juice</p>	<p>10</p> <p>CENTER CLOSED</p> 
<p>13</p> <p>Pork Ribette Mac & Cheese Mustard Greens White Wheat Bread Tropical Fruit Apple Juice</p>	<p>14</p> <p><u>SUPER SPECIAL</u> Tuscan Bean Soup Stuffed Pepper Whole Baby Carrots Spiced Apples Split Top Roll</p>	<p>15</p> <p><u>NO LUNCH</u></p> <p>THANKSGIVING CELEBRATION!</p> <p><i>THE Giving Thanks</i> LUNCHEON and DANCE SEE FRONT DESK FOR More Information</p>	<p>16</p> <p>Vegetable Barley Soup Chicken BBQ Carrot Raisin Salad Sandwich Roll Fresh Fruit</p>	<p>17</p> <p><u>SOUPER DELI</u> Minestrone Soup Tuna Salad Marinated Cukes & Tomatoes Kaiser Roll Mandarin Oranges Apple Juice</p>
<p>20</p> <p>Turkey Tetrazzini Coleslaw White Wheat Bread Fresh Fruit Fruit Punch</p>	<p>21</p> <p><u>BLUE PLATE SPECIAL PIZZA DAY</u></p>  <p>Sign Up at Front Desk Suggested Donation \$5.39 Due @ Sign Up</p>	<p>22</p> <p>Chicken Breast with Gravy Mashed Sweet Potatoes Pepper Cabbage Corn Bread Fresh Fruit Very Berry Juice</p>	<p>23</p> <p>CENTER CLOSED THANKSGIVING</p> 	<p>24</p> <p>CENTER CLOSED HOLIDAY</p>
<p>27</p> <p>Chicken Chop Suey Rice Three Bean Salad Wheat Bread Tangerine</p>	<p>28</p> <p>Italian Meatballs Spinach Mini Sub Roll Fresh Fruit Orange Tangerine Juice</p>	<p>29</p> <p><u>NO LUNCH</u></p>  <p>9 AM—4 PM</p>	<p>30</p> <p><u>BOX LUNCH</u> Tuna Salad Marinated Bean Salad Crunchy Snack Potato Roll Sliced Peaches Very Berry Juice</p>	<p>MILK SERVED AT EVERY MEAL</p>

Healthy Harvest Foods

Autumn makes us think of the beautiful leaf colors of orange, yellow and red. When you are searching for new food ideas, think of these same colors! It's this time of year when you see pumpkins, squash, and a variety of apples. Many of these colorful foods are also packed with a great nutritional punch. And if you haven't had them before, it's the perfect time to give them a try!



Winter squash and pumpkins

Winter squash and pumpkin come in a wide variety of colors and sizes. Pumpkin is a hot trend right now and easily found in lots of foods! Why are we seeing squash and pumpkin so much? They are easy to use in both sweet and savory recipes, and they are good sources of complex carbohydrates, vitamins, and minerals.

Pumpkins are especially good sources of antioxidants, Vitamin A, Vitamin C, riboflavin, and iron. Cooking pumpkins (also known as sugar pumpkins or pie pumpkins) are delicious in pies, cookies, custards, and soups.

Their seeds are easily toasted for a crunchy high-fiber snack too. You can eat them by the handful or add them to fruit and vegetable salads. Pumpkin and squash seeds are also full of vitamins and minerals.

Bright orange and yellow squash

Bright orange and yellow squash contain significant amounts of carotenes, as well as antioxidants. Butternut squash is good sliced, stewed, boiled, or baked in a pie. It is a particularly good source of calcium, magnesium, and carotenes. Spaghetti squash makes a wonderful casserole or side dish. Try it with tomato sauce in place of traditional spaghetti.

Apples

Apples come in countless varieties, each with its own color, flavor, and texture. While some types of apples such as Golden or Red Delicious are best for eating fresh and crisp, other varieties such as Jonathan apples are best for cooking in pies, cakes, crisps, and chutneys. Look for sauce, butter, pickle, and relish recipes that include apples. Apples are powerhouses of flavonoids, as well as a great source of cholesterol-lowering phytosterols. Apples also are a good source of vitamin C & several types of antioxidants. In addition, apples with skins are one of the best known sources of pectin—a type of soluble fiber shown to help reduce cholesterol.



Don't forget about the Farmers' Market for these foods! Many markets are open through the fall and have lots of just-picked, fresh foods for you to choose from.