



New Elkridge 50+ Center, coming early 2018

**WHAT'S HAPPENING AT  
ELKRIDGE 50+ CENTER IN  
January/February 2017**

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**Staff**

**Jeanne Slater, Director**

(410) 313-5192

**Marcus Hockaday,  
Nutrition Specialist**

(410) 313-4930

**Maryland Access Point (MAP)**

Aging & Disability Resource  
Information Specialists

410-313-1234

**Website**

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

***CLOSINGS for January/February:***

***January 2, 2017***

***January 16, 2017***

***February 20, 2017***

**ELKRIDGE 50+ CENTER**

**5660 Furnace Ave.  
Elkridge, MD 21075**

**Join Us  
Monday through Friday  
8:30 am to 4:30 pm**

**January/February 2017**

Happy New Year !!!

It's always exciting to welcome a new year. It's another year of life that we have been blessed with to learn new things, enjoy the company of friends and share a meal with loved ones.

We are excited to welcome a new member to the Elkridge Team, Mr. Marcus Hockaday, our new Nutrition Specialist.

Marcus comes to us with degrees from UMBC's Management of Aging Services and work experience in academia .

He has a wide range of food service experience and demonstrates a passion for working with the older adult population.

Let's greet Marcus with a warm Elkridge welcome!

# SPECIAL EVENTS FOR JANUARY 2017

## ORIGIN AND HISTORY OF THE BIBLE

*Thursdays in January*  
5, 12, 19 & 26

Free

Bible scholar, Thelma Carter, will take you through the Bible. Get inspired as you study the oldest book in the world.



## HAPPY NEW YEAR PARTY

*Friday, January 6*

10:30-1:00

\$5.00/person

Enjoy a delicious lunch. Listen to the sounds of Larry Scott and play trivia for prizes. A great time for everyone.



## INTRODUCTION TO PASTELS WORKSHOP

*Friday, January 13*

10:30-12:00

We will be painting from still life objects in class.

All materials will be provided.

**FREE WORKSHOP**



## NUTRITION TIPS WITH RONA

*Thursday, January 19*

10:00-11:00

Free

Enjoy an interesting talk with Rona and learn how to make smart food choices in the new year.



## LET'S DISH

*Friday, January 20*

11:00-12:30

"Healthy Bean Salad"

The new year is a time to think about getting healthy! Learn how to make this yummy dish which is low in fat, high in taste and easy to prepare.



## iPHONE/ANDROID CLASS

*Monday, January 23*

Free

It's time to learn what your phone can do! Bring in your smart phones today and get all your questions answered.



**NEW DAY, SAME GREAT CLASS!!**

## INSURANCE "HOTLINE" INFO

*Thursday, January 26*

Free

The Maryland Insurance Administration will be here to give you very important and valuable information on how to save money and be safe from fraud or scams.



<http://dennismike.net>

# SPECIAL EVENTS FOR FEBRUARY 2016

## AARP FREE TAX PREPARATION

*Fridays in February*

3, 10, 17 & 24

10:00-2:00

Free

Volunteer accountants will be available to complete basic tax returns. Appointments are necessary; call today.

(410) 313-5192

## iPHONE/ANDROID CLASS

*February 13*

10:00-11:30

Free

Today's smart phones can do so much! Learn all the great features of your phone and make your life easier.

*New day, same great class!!*



## VALENTINE'S DAY PARTY

*Tuesday, February 14*

10:30-1:00

\$5.00/person

Enjoy a delicious, homemade lunch, games and prizes for everyone.



## PANCAKE BREAKFAST

*Wednesday, February 15*

9:00-10:30

Donations accepted

Enjoy delicious homemade pancakes, eggs, sausage, fruit and danish.



## HEART TRIVIA

*Thursday, February 16*

10:30-11:45

FREE

Play this fun trivia game and win a heart healthy treat. Bring your friends & enjoy a fun time.



## HEART HEALTHY TALK

*Tuesday, February 21*

10:30-11:45

FREE

Our Nutrition Specialist, Marcus, will give you some healthy tips or simply changes to help keep your heart strong and running smoothly.

Healthy food samples will be served.

## POLICE SAFETY TIPS

*Thursday, February 23*

10:00-11:00

Free

PFC Andre Lingham from the Howard County Police Department will join us to share some personal safety tips and update you on crime in the area.



# ONGOING PROGRAMS

## **Mondays:**

8:00am—9:00am: *Walking Club*

10:30am—2:00pm: *Bridge/Card Group*

10:30am—2:00pm: *Bingo with Lunch (reserve one week in advance) (Jan. 30 & Feb. 27)*

## **Tuesdays:**

9:00am—10:00am: *Age Well Exercise*

9:00am—10:00am: *Walking Club*

10:00am—12 Noon: *Knitting Club*

12 Noon—*Lunch (reserve one week in advance)*

12:30pm—1:30pm: *Book Club (Jan. 10 & Feb. 14)*

## **Wednesdays:**

8:00am —9:00am: *Walking Club*

9:00am—11:00am: *Pancake Breakfast (Jan. 18 & Feb. 15)*

10:00am—11:30am: *Wii Fitness/Bowling (Jan. 18 & Feb. 15)*

12 Noon—*Lunch (reserve one week in advance)*

2:00pm—3:30pm: *Line Dance*

*After 11am Free bread and pastries are available.*

## **Thursdays:**

9:00am—10:00am: *Age Well Exercise*

10:00am—3:00pm: *Open card games*

10:00am—11:00 pm: *Nutrition Education & Counseling (Jan. 19 & Feb.16)*

11:00am—1:00pm: *Origin and History of the Bible*

12 Noon—*Lunch (reserve one week in advance)*

1:00pm—4:00pm: *Bridge Club (new members welcome)*

## **Fridays:**

8:00am—9:00am: *Walking Club (meet in front parking lot)*

10:30am—11:30pm: *Chair Yoga*

10:00am—1:00pm: *Legal Aide (second and fourth Fridays); appointments appreciated — call (410) 480-1057; walk-ins welcome*

12 Noon—*Lunch (reserve one week in advance) (Let's Dish, Jan. 20)*

## **Americans with Disabilities Act Accommodations**

**If you need accommodations to attend Elkridge 50+ Center events/programs or if you need this document in an alternate format, please contact the Center at 410-313-5192 or 410-313-4930.**

## *Join Us For Lunch!*

Elkridge 50+ Center offers meals to anyone 60 years and older, as well as their spouses, regardless of age. Voluntary, anonymous contributions are requested from eligible program participants. Persons under age 60 must pay full cost of meal. Reservations must be made one week in advance. People who do not make reservations are not guaranteed a meal.



Participant contributions are used to offset the meal cost, to increase the number of meals served, and to provide supportive services directly related to the nutrition program, such as nutrition screenings and education. The cost of the regular meal is \$4.10 and \$5.39 for special meals. Participants are requested to contribute as generously as they can to ensure the viability of this important program.

## *JANUARY LUNCHESES*

\*milk is provided with every meal

*3rd*– Pork, Mashed Potatoes, Greens, Fresh Fruit

*5th*– Roast Beef, Green Salad, Mashed Potatoes, Brussel Sprouts

*6th*– Pizza, Salad, Fruit Cup, Applesauce, Ice Cream

*10th*– Turkey a-la-King on a Biscuit with Vegetables, Fresh Fruit

*12th*– Pot Roast with Carrots, Potatoes, Corn Bread, Spiced Apples

*17th*– Salisbury Steak, Scalloped Potatoes, Stewed Tomatoes, Salad

*19th*– Split Pea Soup, Lemon Pepper Chicken, Greens, Fresh Fruit

*24th*– Ribeye Steak, Baked Potato, Spinach, Salad, Apple Pie

*26th*– Roast Beef, Mashed Potatoes, Brussel Sprouts, Salad

*30th*– Pork BBQ, Roll, Veggies, Fresh Fruit

*31st*– Bean Soup, Tuna Salad, Cole Slaw, Fresh Fruit