



New Elkridge 50+ Center, coming early 2018

**WHAT'S HAPPENING AT
ELKRIDGE 50+ CENTER IN
May & June 2017**

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Staff

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Maryland Access Point (MAP)
Aging & Disability Resource
Information Specialists
410-313-1234

Website

www.howardcountymd.gov/aging

Closings for May/June
Memorial Day-Monday, May 29th

ELKRIDGE 50+ CENTER

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

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

May/June 2017

The warm weather is finally upon us and it's time to get out and smell the flowers. Come visit us for lunch, a class, a party or just to socialize with your friends.

In May and June, we are honoring mothers and fathers, alive or deceased, as we are grateful to those that were part of bringing us into this world. While relationships may vary, mothers and fathers are at the core of who we are; for that we acknowledge them.

I hope to see you soon.

-Jeanne



SPECIAL EVENTS FOR MAY 2017

CELEBRATE OLDER AMERICANS MONTH

Wednesday, May 3rd

11:00-12:30

Lunch by donation

#AgeOutLoud with Painting & Mocktails.
Joyce Nagel-Mortell, art instructor, will lead you step by step toward creating your very own sunflower masterpiece.

MOTHER'S DAY PARTY

Friday, May 12th

10:00-2:00

\$20.00 per person



Featuring homemade crab cakes & much more!
Before lunch you will hear the Lyric Opera and after lunch enjoy a show by the 50+ players!
Great entertainment, food, fun and a celebration of mothers.

NUTRITION TIPS WITH RONA

Thursday, May 18th

10:00-11:00

No Cost

Enjoy an interesting talk with our dietician and learn how to make smart food choices this summer.



LET'S DISH

Friday, May 19th

11:00-12:30

By donation

"Tasty Quiche"

Watch our chef, Marcus, prepare a yummy dish that's sure to please.

BINGO

Monday, May 22nd

11:00-2:00

\$5.00 for ten games

Enjoy a day of bingo fun and lunch with friends.

RSVP for lunch one week in advance.

Lunch by donation.



MEET THE ARTIST

Wednesday, May 24th

10:00-12:00

No cost

Meet & speak with Sam Barsky, knitter extraordinaire!

Learn how he got started knitting and see some of his wonderful pieces of art.

POLICE SAFETY TIPS

Thursday, May 25th

10:00-11:00

No Cost



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



SPECIAL EVENTS FOR JUNE 2017

LET'S DISH

Friday, June 9th

11:00-12:30

By donation

"Shrimp & Pesto"

Our chef, Marcus, will create a yummy treat for everyone to sample.

Sign up by June 2nd.



JUNE IS NATIONAL APHASIA AWARENESS MONTH

Wednesday, June 14th

11:00-12:30

What do you know about Aphasia, Stroke? June is National Aphasia Awareness Month. Come learn about aphasia and stroke, the No. 5 leading cause of death. Afterward, enjoy a heart-healthy lunch. **Sign up by June 7th.**

FATHER'S DAY COOKOUT

June 16th

10:30-1:00

\$4.00 for Entertainment

Lunch by donation

Join us for delicious cookout featuring hamburgers, dogs and all your favorite side dishes.

Register by June 2nd.



iPHONE/ANDROID CLASS

Monday, June 19th

10:00-11:30

No cost

Today's smart phones can do so much! This hands-on class will help you learn many features of your phone to make your life easier.



DO IT YOURSELF WATERCOLOR MUGS

June 21st

11:30-12:30

\$4.00

Join us today and create your own beautiful mug. Fun for everyone!

Sign up in advance at the center.

AARP SAFE DRIVING CLASS

Friday, June 23rd

10:00-2:30

No cost

Learn about new rules of the road and be safe behind the wheel.

Insurance discounts may be available upon completion of this class.



POLICE SAFETY TIPS

Thursday, June 29th

10:00-11:00

No cost



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



ONGOING PROGRAMS

Mondays:

8:00am—9:00am: *Walking Club*

10:30am—2:00pm: *Bridge/Card Group*

11:00am—2:00pm: *Bingo w/lunch (reserve one week in advance) (May 22 & June 26)*

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)*

Wednesdays:

8:00am —9:00am: *Walking Club*

9:00am—11:00am: *Pancake Breakfast (May 17 & June 21)*

10:00am—11:30am: *Wii Fitness/Bowling*

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

2:00pm—3:30pm: *Line Dance*

After 11am Bread and pastries are available to take home.

Thursdays:

9:00am—10:00am: *Age Well Exercise*

10:00am—3:00pm: *Open card games*

10:00am—11:00 pm: *Nutrition Education & Counseling (May 18 & June 15)*

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

1:00pm—3:00 pm: *Beading/Jewelry Made Easy (First Thursday of the month)*

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, May 19 & June 9)*

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.

MAY LUNCHES:

Milk is served during all meals

2nd- Italian Meatballs, Mixed Greens, Mini Sub Roll, Vegetable Barley Soup, Fresh Fruit

3rd- Turkey & Cheese, Marinated Cucumbers & Tomatoes, Broccoli Salad, Potato Salad, Fiber One Fudge Brownie, Grape Juice

4th- Grilled Herbed Chicken Breast, Creamed Corn, Sautéed Spinach, Green Salad, Fruit Yogurt, Garlic Bread

9th- Chicken Chow Mein, Mixed Greens, Brown Rice, White Wheat Bread, Tropical Fruit

11th- Hot Dog, Baked Beans, Coleslaw, Fruit Cup

*12th- MOTHER'S DAY PARTY- Crab Cakes, Chicken salad, Red Skin Potato Salad, Chickpea Salad & Dessert
(Note: This is a special meal and is not by donation, cost is \$20.00/person)*

16th- Knockwurst, Baked Beans, Coleslaw, Hotdog Bun, Vegetable Soup, Fresh Fruit

18th- BBQ Chicken, Oven Brown Potatoes, Carrot Raisin Salad, Wheat Bread, Fresh Fruit

23rd- Chicken Fajitas, Sautéed Peppers & Onions, Spanish Rice, Black Beans, Tortillas, Melon, Apple Juice

24th- Pulled Chicken, Potato Roll, Red Skin Mashed Potatoes, Coleslaw, Pickles, Fresh Melon, Orange Juice

25th- Meatloaf & Gravy, Mashed Potatoes, Spinach, White Wheat Bread, Mixed Fruit Compote

30th- Pepper Steak, Rice, Turnip Greens, White Wheat Bread, Fresh Fruit, Apple Juice

