

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.

July-August 2017

Take Care of You

Take Care of Your Body

It's the Only Place You Have To Live

You have probably spent a good portion of your life taking care of others but now, more than ever, is the time for you to focus on taking care of yourself. The Ellicott City 50+ Center is pleased to offer several informative and insightful programs over the next few months that focus on some important health issues. All are free and we ask that you sign up in advance to assure we have adequate seating.



The Aging Eye

with Andrew Hammer, M.D.
Wednesday, July 19 at 11 am
(See page 8 for details)

Brain Hearing Seminar

with Dr. Mary Carson
Wednesday, July 26 at 11 am
(See page 8 for details)

Spot Energy Healing

With Sharon Sirkis
Wednesdays between 1-2:30 pm
(See page 6 for details)

Shoulder Health

with Derik L. Davis, M.D.
Wednesday, August 16 at 11 am
(See page 9 for details)

White Elephant Sale

Held in the 50+ Fitness Center
August 23-24 from 9 am-3 pm
August 25 from 9 am-12 noon

Who doesn't love finding a one of a kind item or a great bargain? It's even a sweeter deal when you can do all that right here at the Center.

The Ellicott City 50+ Center Council is sponsoring a White Elephant Sale at the end of August. Donations of unused or gently used items will be accepted Monday and Tuesday, August 21 & 22.

Welcomed items include knick-knacks, household items, small appliances, but please, no books or clothing. Your donation to this fundraiser is greatly appreciated.

Everyone is invited and encouraged to come and shop during the sale. Bring a friend and find a hidden treasure! All Council proceeds benefit programming at the Center.

General Information

Meet the Center Staff

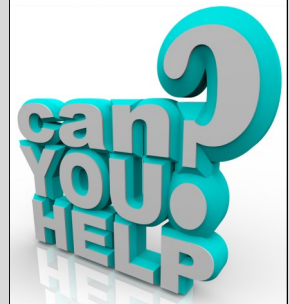
| | |
|-------------------------------|---------------------|
| Director | Cindy Saathoff |
| Assistant Director | Vicki Stahly |
| Admin/Registrar | Jodi Bargamian |
| Admin/Registrar | Dayle Rudel |
| Admin/Registrar | Rodney Payen |
| Fiscal Technician | David Irwin |
| Utility Worker | Dominick Collins |
| 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 enjoyed great success with their Summer Basket Raffle and Book Sale. Their sights are now set on the upcoming White Elephant Sale. Your donations will be graciously accepted August 21 & 22 and can help determine the event's success.

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

Next Council meetings are July 10 and August 14 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 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 if you are not coming.

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.

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

- 7/6** Navigating the Internet
- 7/20** Facebook
- 8/3** Navigating your Email
- 8/17** Facebook
- 8/31** 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 but if your question concerns a different type of electronic device, please bring it with you to your appointment.

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. To schedule an appointment, call **410-313-7392**.

Medicare 101

Wednesday, August 2

10-11:30 am

Held in the 50+ Fitness Center

Did you recently enroll in Medicare or soon will? Do you help someone who has Medicare as their health insurance? This presentation covers how Medicare Parts A, B and D work, what the benefits are, and when you should make decisions related to your coverage. Pre-register at **410-313-7389**.

Medicare 102

Wednesday, August 9

10-11:30 am

Held in the 50+ Fitness Center

Learn about Medicare Part C/Health Plans and Medicare Supplement Policies. Understand how the different Medigap plans work, how they are priced and know when the best time is to enroll. Hear about how to protect yourself and Medicare from health care fraud. Pre-register at **410-313-7389**.

Medicare's Plan Finder

Wednesday, August 16

10-11:30 am

Held in the 50+ Fitness Center

Learn to use the Plan Finder tool on the Medicare website. Compare and review health plans available to you. Learn the basics of using this tool which will help you make sound comparisons. Pre-register at **410-313-7389**.

Center Services

Blood Pressure Screenings

Tuesdays

9 am-12 noon

Not available: July 4

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.*

Tasty Tidbits

Tuesday, July 11 - Summer Veggie Feast

Tuesday, August 8 - Just Peachy

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!

Howard County Police Department

Wednesday, July 12

Thursday, August 17

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 July 3 & August 7
Brainbusters July 10 & August 14
Bowling July 17 & August 21
Bowl or Boggle July 24 & August 28

Ask the Pharmacist

Monday, July 24 & August 28

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.

Blue Plate Specials

Tuesday, July 25

QDOBA, Mexican Eats

Wednesday, August 30

Crab Soup & Salad Bar

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, July 26

Healthy Eating on Vacation & at Cook-outs

Wednesday, August 23

Smart Snacking

10-11 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.

Book Club

Wednesday, July 26 at 1 pm. The group will discuss "*Wilde Lake*" by Laura Lippman.

Wednesday, August 23 at 1 pm. The group will discuss "*Hidden Figures: The American Dream and the Untold Story of the Black Women Mathematicians Who Helped Win the Space Race*" by Margot Lee Shetterly.

Center Classes

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.

Howard Community College Continuing Education Classes

Held in the 50+ Fitness Center

Public Art in the Community

July 10-13

M, T, W, Th

9:30 am-11:30 am

Cost: \$65

Instructor: Ann Wiker

Glass Art: Then and Now

July 24-27

M, T, W, Th

1-3 pm

Cost: \$65

Instructor: Ann Wiker

Classes are held at Ellicott City 50+ Fitness Center, but all registration is done through the college, and online at www.howardcc.edu.

For more information, call HCC at

443-518-1000.

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.

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

July 10-September 25

11 classes for \$82

No class: 9/4

(A02426.401)

Greeting Card 101

Friday, July 14

Card Crafting, Quilt Cards

Friday, July 21

1:30-3:30pm

Cost \$9 per class + supply fee

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

7/14 (A02503.400), **7/21** (A02504.400)

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 Any Steensen at **240-841-4405.**

Wednesday

10 am-12 pm

August 9-September 13

6 classes for \$43

(A02502.400)

Beginner Bridge Class

Held in the 50+ Fitness Center



Always wanted to learn how to play Bridge but were too timid to ask? Join us for a Beginners class that will teach rules and the basic concepts of the game. Paul Elstein, Instructor.

Thursday

10 am-12 pm

September 7-28

4 classes for \$43

(A02719.400)

Center Activities

The Winter Palace and the Hermitage Museum

Tuesday, July 11

1 pm

After giving the historical background and showing the first three Winter Palaces, this slide lecture enters the private rooms of the tsars. Anecdotes pertaining to the lives of Catherine the great and other rulers are given as the great edifice is shown in detail. Entering the Hermitage, a history of Catherine II's purchase of great European Art Collections of the Crozat, Walpole and Von Bruhl families is presented while viewing European masterpieces of Flemish, English, Dutch, French, Spanish and German origin.

Biography:

Dr. Thomas Berry, is a retired Professor of Russian Language and Literature. He has lectured for John Hopkins University, the Smithsonian Institution, the Russian Cultural Center and Russian Embassy in Washington DC.

Genealogy

Wednesdays, July 12 & August 9

10 am

Held in the 50+ Fitness Center

July 12 - Occupations

Steelworker, farmer, domestic help, clerk, teacher, miner—however they went about it, our ancestors spent a good chunk of their time putting bread on the table. Records that list occupation can help you pick out your ancestor from others with the same name. Wondering how your ancestors brought home the bacon?

August 9 - Mormons

A Mormon is a member of the Church of Jesus Christ of Latter-Day Saints, a religion founded in the US in 1830 by Joseph Smith, Jr. Genealogy is an active part of their religion.

Recipes for Summer's Bounty

Wednesday, July 12

1 pm

Karen Basinger, MS, CFCS, LDN from Family Consumer Sciences University of Maryland Extension, Howard County will be on site to discuss what to do with the leftover produce. Tired of eating fresh peaches? Do you have more tomatoes than you can deal with and no one to give them to? Come to this class and get new ideas on how to use your summer's bounty.

Mary Kay Beauty Day

with Gina Brooks

Thursday, July 13

1 pm

Need a day of pampering? Please join Gina for a class in moisturizing. As we age, our skin needs additional care to look and to feel beautiful. Gina will give you the beauty tips you need to gracefully glow. Free samples will be provided to attendees.



Trending Now

with Gary Kavanagh

Friday, July 14 & August 11

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". Join the discussion.

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

Last of the Annameese **with Author, Tom Glenn** **Tuesday, July 18** **1 pm**

This novel that transcends the limitations of "war fiction". Tom Glenn's *Last of the Annameese* is a book that examines the choices forced upon those who fight wars, those who flee them and those who survive them.

Biography:

Tom Glenn has worked as an intelligence operative, a musician, a linguist (seven languages), a cryptologist, a government executive, a care-giver for the dying, a leadership coach and always, a writer.

The Aging Eye **with Andrew Hammer, M.D.**

Comprehensive Ophthalmologist & Cataract Surgeon at Baltimore Washington Eye Center

Wednesday, July 19
11 am

Since your 40's, you have probably noticed that you needed glasses to see up close. You may have more trouble adjusting to glare or distinguishing some colors, particularly shades of blue and green. These changes are a normal part of aging. They alone cannot stop you from enjoying an active lifestyle. They will not stop you from maintaining your independence. In fact, you can live an active life well into your golden years without ever experiencing severe vision loss. But as you age, you should know you are at higher risk of developing age-related eye diseases and conditions.

What are these diseases?

These conditions affect different parts of the eye. If not caught early and treated, they can lead to poor vision and even blindness. Join us to learn symptoms and health consequences.

- ***Age-related macular degeneration (AMD)***
- ***Cataract***
- ***Diabetic retinopathy***
- ***Glaucoma***

Kangaroo Kids **Thursday, July 20** **12:30 pm**

Kangaroo Kids is a precision jump rope team from Howard County, Maryland. Their rope jumping is choreographed to contemporary and traditional music, where every foot jumps in unison and every rope hits the floor simultaneously. This unique combination of exercise and dance is enjoyable to perform and exciting to watch.

Desert Echoes **Tuesday, July 25** **12:30 pm**

Seth and Tom perform their unique music, as well as discuss their varied instruments, musical backgrounds, and the history of their collaboration!

***Seth Kibel* - clarinet, saxophone, flute, loop pedal.**

***Tom Teasley* - drums, percussion, melodica, electronics.**

Seth Kibel is an award-winning woodwind specialist who has made a name for himself throughout the Mid-Atlantic in the genres of jazz, swing, klezmer, and more. Tom Teasley is a globe-trotting percussionist whose innovative percussion approaches are heralded worldwide. Together, they blend sounds both old and new, traditional and innovative, to create a sound like no other. Jewish klezmer, Arabic rhythms, and American jazz are all a part of this improvisatory blend.

Brain Hearing Seminar **with Dr. Mary Carson**

Understanding the link between Hearing loss and Cognitive Decline

Wednesday, July 26
11 am

Please join audiologist Dr. Mary Carson, Au.D., F-AAA, F-ADA for an informative seminar on the relationship between hearing loss, cognitive decline, & dementia. As we focus on healthy aging, learn what you can do to improve your hearing, better your quality of life, and reduce the risk of dementia.

Center Activities

White House Memories Part II

Thursday, July 27

1 pm

Have you seen the popular 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 continue his discussion about his White House experiences, the dignitaries, celebrities and amazing stories he encountered while serving as a White House butler. Not only will he relate his first-hand experiences with history, but he will pass on the stories he heard from those who have been taking care of our first families ever since the Franklin Roosevelt administration! Alan



will also display many of the White House artifacts (menus, programs, Christmas cards, personal photos, etc.) that he has collected over the years.

Bingo/Pizza Day

Friday, July 28 & August 25

10:30 am

Bingo: \$4

The Center Council invites you to an exciting morning of Bingo followed by great eats! Bingo's grand prize is generously gifted by our friends at Ellicott City, "**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. Suggested pizza lunch donation, \$5.39.

Deux Eaux

Wednesday, August 9

12:30 pm

The musical duo Deux Eaux, specializes in the American Song Book standards, with Latin and a wide variety of popular music of the last 50 years. This duo consists of Kelsey Shields (vocal) and James Stivers (guitar).

Shoulder Health

with Derik L. Davis, M.D.

University School of Medicine

Wednesday, August 16

11 am

This discussion and PowerPoint presentation will be led by Derik L. Davis, M.D., board-certified diagnostic radiologist who specializes in musculoskeletal imaging. He is an Assistant Professor at the University of Maryland School of Medicine, in the Department of Diagnostic Radiology & Nuclear Medicine. Dr. Davis is an expert in magnetic resonance imaging (MRI) of the shoulder. Dr. Davis has clinical research interests focusing on shoulder health and rotator cuff dysfunction.

Tech Day

with Ellicott City Health & Rehab

Tuesday, August 29

11 am

Join us for a one day workshop that will give you skills to stay connected with family and friends through technology. Learn how to use social media, Bluetooth, pay your bills on-line, and more. Feel free to bring along your electronic device (smartphone, ipad, tablet or laptop) and get all of your tech questions answered. Advanced sign up at the front desk is required. Light refreshments will be served.

Pet Rock

Wednesday, August 30

12:30 pm

Join us after the Blue Plate Special for favorites from the 50's, 60's & 70's. There's something to tickle everyone's ears. Tim is a member of the Maryland Entertainment Hall of Fame.

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 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

We accept registration for those residing in your household for walk-in & phone-in registration. Register early! Classes in progress may be full. Inquire at the front desk.

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**
July 14-September 29 10 classes for \$57
No class: 9/8, 9/15 (A02406.401)

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

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**.

Tuesday & Thursday **10 am**
July 11-September 28 22 classes for \$70
No class: 8/8, 8/10 (A02413.401)

Summer Showcase

Thursday, July 6

9 am-2 pm

Join us for a FREE Showcase of exercise classes. See page 16 for the class line-up.

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**
July 17-September 25 10 classes for \$57
No class: 9/4 (A02429.402)

Wednesday **3:30 pm**
July 19-September 27 11 classes for \$62
(A02429.401)

ECity 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**
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
(A02401.401)

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.

Pay by Session Exercise Classes

**Most Pay by Session classes are held in the main building of the Center.
All classes are scheduled to run between 45 and 55 minutes in duration.**

ECity 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**
July 11-September 28 22 classes for \$93
No class: 8/8, 8/10 (A02403.401)

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.



Monday & Wednesday **12:30 pm**
July 10-September 27 21 classes for \$89
No class: 7/17, 7/19, 9/4 (A02408.401)

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**
July 11-September 28 22 classes for \$93
No class: 8/8, 8/10 (A02404.401)

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**
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**
July 10-September 25 11 classes for \$44
No class: 9/4 (A02425.402)

Friday **11 am**
July 14-September 29 12 classes for \$51
(A02425.401)

Registration for summer exercise classes opened on Friday June 2, 2017
**Registration for fall classes will open Friday September 1, 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 | 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 |
| 10-10:45am | Chair Yoga \$ | MB |

| Wednesday (continued) | | |
|-----------------------|--------------------------|------|
| TIME | PROGRAM | BLDG |
| 9am-12noon | Kings & Queens Bridge | MB |
| 9am-12noon | Medicare Counseling | 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 |
| 3:30-4:30pm | 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 | Better Balance \$ | 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 |
| 1-3pm | Personalized Easy Tech | MD |
| 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 |
| 9:30-10:15am | Qi Gong | MB |
| 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

July

- July 6** Summer Showcase 9 am-2 pm
(See page 16 for classes & times)
- July 10** Center Council meeting, 1 pm
- July 10-14** Summer dance & pay-by-session
exercise classes begin
- July 10-13** HCC Class begins (see page 6
for registration details)
- July 11** Tasty Tidbits, 10 am
- July 11** Winter Palace & the Hermitage
Museum presentation, 1 pm
- July 12** Recipe for Summer's Bounty
1 pm
- July 12** Ho Co Police, 11 am
- July 12** Genealogy, 10 am
- July 13** Mary Kay Beauty Day, 1 pm
- July 14** Card Making class, 1:30 pm
(Advanced sign-up and
payment required)
- July 14** Trending Now, 11 am
- July 18** Last of the Annamese
presentation, 1 pm
- July 19** The Aging Eye, 11 am
- July 20** Kangaroo Kids entertain,
12:30 pm
- July 21** Card Making class, 1 pm
(Advance sign-up and
payment required)
- July 24-27** HCC Class begins (see page 6
for registration details)
- July 24** Ask the Pharmacist, 11 am
- July 25** Desert Echoes entertain,
12:30 pm
- July 25** Blue Plate Special, Noon
(Advanced sign-up and
payment required)
- July 26** Mission Nutrition, 10 am
- July 26** Book Club, 1pm
- July 26** Brain Hearing Seminar, 11 am
- July 27** White House Memories, 1 pm
- July 28** Bingo, 10:30 am
- July 28** Pizza Day, Noon
(Advance sign-up and
payment required)

August

- August 2** Medicare 101, 10 am (Advanced
sign-up required, **410-313-7389**)
- August 8** Senior Day at the Howard County
Fair, 10 am-3 pm
- August 8** Tasty Tidbits, 10 am
- August 9** Genealogy, 10 am
- August 9** Medicare 102, 10 am (Advanced
sign-up required, **410-313-7389**)
- August 9** Deux Eaux performs, 12:30 pm
- August 11** Trending Now, 11 am
- August 14** Center Council meeting, 1 pm
- August 16** Medicare Plan Finder, 10 am
(Advanced sign up required,
410-313-7389)
- August 16** Shoulder Health presentation, 11 am
- August 17** Ho Co Police, 11 am
- August 23** Mission Nutrition, 11 am
- August 23** Book Club, 1 pm
- August 25** Bingo, 10:30 am
- August 25** Pizza Day, Noon
(Advance sign-up and
payment required)
- August 28** Ask the Pharmacist, 11 am
- August 30** Blue Plate Special, Noon
(Advanced sign-up and
payment required)
- August 30** Pet Rock performs, 12:30 pm

Clip and Save for Reference



Noteworthy News



A Note of Thanks

A sincere thank you goes out to **Sheila Ressler** and **Stephanie Owens** for the generous donation of **Berks** jumbo hot dogs they provided for our May Blue Plate special. This delicious hot dog bar was a great success!

Center staff would also like to take this opportunity to extend our heartfelt thanks to all of our volunteers who help keep the buildings and programs running smoothly, especially Lois Berry, Leo Bianco, Dorothy Biller, Wanda Booth, Barbara Calkins, Dick Callow, Nancy Cudmore, Claire DeCunzo, Leo Dodge, Marie Dodge, Denise Giffin, Darlene Grund, Agnes Halsor, Andrew Liro, Susan Malmgren, Diane Messick, Lorraine Norris, Marian O'Byrne, Gary Pon, Marge Reider, Dottie Vermillion, Pat Weir and Carol Zink.

Mark Your Calendar for:

Thursday, July 6 Summer Showcase

9 am-2 pm

It's a day of FREE exercise classes for those 50+. Always wanted to try a class but haven't gotten around to it? Here's the perfect chance to give one of these a try.

9 am - Zumba Gold

10 am - Gentle Yoga

11 am - Tai Chi Chih

12 pm - Seated Strength

1 pm - Chair Yoga

Friday, September 8 Garden Club Flower Show

9 am-3 pm

SENIOR DAY AT THE FAIR

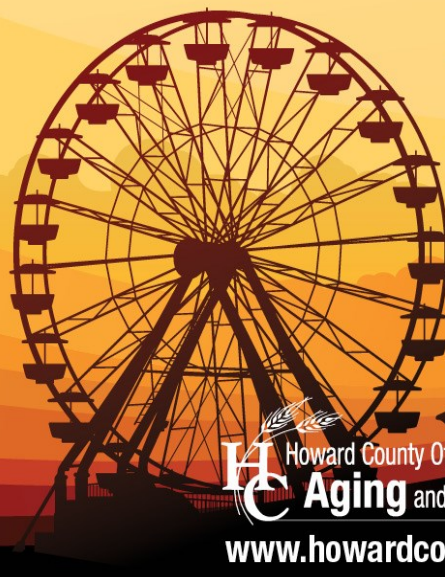
Howard County Fair 2017

FREE ADMISSION for **ADULTS 62+**
Tuesday, August 8 • 10 am to 3 pm

VISIT the ACTIVITIES BUILDING
for FUN THINGS to DO... RAIN OR SHINE!

- Healthy Aging Programs
- County Services Information
- Demos and Entertainment
- Bingo, Games and Prizes

**JOIN US FOR
SOME FUN
AT THE FAIR!**



www.howardcountymd.gov/aging

Craft vendors-Book now for the

5th Holiday Craft Boutique

**Wednesday,
November 29
9 am to 4 pm**

Crafters are asked to contact Vicki at **410-313-1421** to secure a table for this popular boutique.



Upcoming Adjusted Center Hours

Monday, September 4

Both Buildings **CLOSED** (Labor Day)

JULY 2017 MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| <p>3</p> <p>Hamburger Potato Salad Carrot Raisin Salad Sandwich Bun Fresh Fruit Apple Juice</p> | <p>4</p> <p>Independence Day Center Closed</p>  | <p>5</p> <p>Swedish Meatballs Rotini Mixed Greens Salad Green Beans White Wheat Bread Mandarin Oranges</p> | <p>6</p> <p>Chicken Tarragon Brown Rice Peas White Wheat Bread Tropical Fruit Grape Juice</p> | <p>7</p> <p>Provincial Bean Soup Sliced Turkey Lettuce, Tomato, Onion Sandwich Bun Orange</p> |
| <p>10</p> <p>Pepper Steak Brown Rice Carrot Raisin Salad Peas White Wheat Bread Tropical Fruit</p> | <p>11</p> <p>Vegetable Soup Chicken Cassandra Rissolle Potatoes Mixed Greens Salad White Wheat Bread Fresh Fruit</p> | <p>12</p> <p><u>SUPER BOX LUNCH</u> Corned Beef & Swiss Coleslaw Pickled Beets Marble Rye Cheesecake Cup Apple Juice</p> | <p>13</p> <p><u>SOUPER DELI</u> Split Pea Soup Chicken Salad Gingered Cukes Wheat Bread Mixed Fruit Cup Orange Juice</p> | <p>14</p> <p>Chicken Vegetable Soup Italian Meatballs Coleslaw Mini Sub Roll Mixed Fruit Compote</p> |
| <p>17</p> <p>Turkey Tetrazzini Spinach Pickled Beets White Wheat Bread Fresh Fruit</p> | <p>18</p> <p>Braised Beef Mashed Potatoes Mixed Greens Salad White Wheat Bread Peaches Grape Juice</p> | <p>19</p> <p>Lentil Soup Pork Ribette Creamed Corn Carrot Raisin Salad Dinner Roll Orange</p> | <p>20</p> <p>Baked Ham Slice Potato Salad Green Beans White Wheat Bread Mixed Fruit Compote Very Berry Juice</p> | <p>21</p> <p><u>SUPER SPECIAL</u> Tuscan Bean Soup Stuffed Pepper Whole Baby Carrots Spiced Apples Split Top Roll</p> |
| <p>24</p> <p>Split Pea Soup Knockwurst Coleslaw Veggie Pasta Salad Hot Dog Roll Peaches</p> | <p>25</p> <p><u>BLUE PLATE SPECIAL</u></p> <p>Qdoba Mexican Eats</p>  <p>\$10.00 Due at Sign Up</p> | <p>26</p> <p>Chicken Georgia Macaroni Salad Mixed Greens Salad White Wheat Bread Pineapple Chunks Apple Juice</p> | <p>27</p> <p>Cold Cuts Dixie Slaw Three Bean Salad Mini Sub Roll Fresh Fruit</p> | <p>28</p> <p><u>PIZZA DAY</u></p>  <p>Sign Up at Front Desk Suggested Donation \$5.39 Due at Sign Up</p> |
| <p>31</p> <p>Salisbury Steak with Gravy Mashed Potatoes Dill Carrots White Wheat Bread Fresh Fruit Fruit Punch</p> | <p>JULY NUTRITION HIGHLIGHTS:</p> <ul style="list-style-type: none"> ◆ Tuesday, July 11th: Lobby, 9:15AM Tasty Tidbits: Summer Veggie Feast ◆ Wednesday, July 26th: EC50+ Fitness Center, 10AM Healthy Eating on Vacation & at Cook-outs | | | <p>* MILK SERVED AT EVERY MEAL</p> |

Finding Greens at the Farmers' Market

Summer means plenty of green at the Farmers' Market: green & leafy veggies that is! Turnip greens, Swiss chard, collards, broccoli, kale, arugula, romaine, red and green leaf lettuces, spinach and more are abundant at the market! And they are full of great nutrition!

Kale: It's an excellent source of vitamins A,C, and K, has a better than average amount of calcium for a vegetable and also supplies folate and potassium.

Collards: Collard greens are similar in nutrition to kale but they have a chewier texture and a stronger cabbage-like taste.

Turnip Greens: If you buy turnips with the tops on, you get two vegetables in one. More tender than other greens and needing less cooking, this sharp-flavored leaf is low in calories yet loaded with vitamins A,C, and K, as well as calcium.



Swiss Chard: With red stems, stalks and veins on its leaves, Swiss chard has a beet-like taste and soft texture that's perfect for sautéing. Chard is a good source of vitamins A and C.

TIP: Before cooking with kale, collards, turnip greens and chard, swish the greens in a water-filled sink, draining the sink, then repeating this rinse until the leaves are dirt-free.

Spinach: Spinach is packed with vitamins A & C, as well as folate. Spinach leaves can be cooked quickly in the water that remains on them after rinsing, or they can be eaten raw in salads. Bags of frozen chopped spinach are more convenient to use than block kinds, and this mild-flavored veggie can be added to soups, pasta dishes and casseroles.

Broccoli: Broccoli is rich in vitamin C and is also a good source of vitamin A, potassium and folate. Its stalks and florets both add crunch and color to stir-fries.



Red & Green Leaf and Romaine Lettuce: These lettuces are high in vitamin A and offer some folate. Leaf lettuces have a softer texture than romaine.

Cabbage: Although paler in color than other leafy greens, this cruciferous vegetable is a great source of cancer-fighting compounds and vitamin C. Available in red and green varieties, cabbage can be cooked, added raw to salads or stir-fries, shredded into a slaw or made into sauerkraut.