

# Welcome to Ellicott City 50+ Center

 Howard County Office on  
**Aging and Independence**

July-August 2016



**9401 Frederick Road  
Ellicott City, MD 21042**

Front Desk

**410-313-1400**

Fitness Center

**410-313-0727**

**Hours**

**Monday - Friday**

**8:30 am - 4:30 pm**

**Center Email**

[ecsc@howardcountymd.gov](mailto:ecsc@howardcountymd.gov)

**Newsletters Online**

[www.howardcountymd.gov/50pluscenters](http://www.howardcountymd.gov/50pluscenters)

**Volunteer Website**

[www.hocovolunteer.org](http://www.hocovolunteer.org)

**Facebook**

[www.facebook.com/HoCoCitizen](http://www.facebook.com/HoCoCitizen)

**On-Line Resource Guide**

<http://bluetoast.com/publication/?i=276149>

## 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.

## White Elephant Sale

**August 24 & 25 from 9 am-3 pm**

**August 26 from 9 am-12 pm**

Who doesn't love finding a one of a kind item or a great bargain? Now you have a chance to do that right here at the Center.

The Ellicott City 50+ Center Council is sponsoring their first White Elephant Sale. Donations of unused or gently used items will be accepted Monday and Tuesday, August 22 & 23. Welcomed items include knick-knacks, household items, small appliances, but please, no books or clothing. Your



donation 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.

## Bring the Grandkids to the Movies!

**Zootopia**

**July 27 at 1 pm**

In the 50+ Fitness Center Watching the grandchildren or great grandchildren this summer? Why not bring them to the movies? Our feature presentation in July is *Zootopia*, rated PG. See page 5 for movie description and details.



## Summer Cook-Out!

**Friday August 26  
12 noon**

Don't miss out on sharing a nice taste of summer with your friends at the Center. Join us for August's Blue Plate Special; hamburgers, hot dogs and all the fixin's! Advanced sign-up with donation required (suggested Super Special donation \$5.39). See you after Bingo!

# General Information

## Meet the Center Staff

<b>Director</b>	Cindy Saathoff
<b>Assistant Director</b>	Vicki Stahly
<b>Admin/Registrar</b>	Jodi Bargamian
<b>Admin/Registrar</b>	Dayle Rudel
<b>Fiscal Technician</b>	David Irwin
<b>Utility Worker</b>	Dominick Collins
<b>Nutrition Specialist</b>	Amy Williams
<b>Fitness Center Staff</b>	Sam Stahly
<b>Fitness Center Staff</b>	Jeannie DeCray
<b>Plus Program Director</b>	Felicia Stein
<b>Plus Assistant Director</b>	Joyce Nagel-Mortell
<b>Plus Program Asst</b>	Alyson Olmstead
<b>Plus Program Asst</b>	Margaret Fries

## Sign-Up & Payment For Programs & Classes

Membership to a Howard County 50+ Center is required prior to enrolling in any program, pass or class. Membership is free, but a registration packet must be filled out completely. The front desk in the main building is open for transactions between 8:30 am and 4 pm. Payments can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>.

We recognize that there are times when you may need to withdraw from a class. At a minimum, 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.

## Meet the Center Council

<b>President</b>	Nancy Cudmore
<b>Vice President</b>	Marian O'Byrne
<b>Secretary</b>	Dorothy Biller
<b>Treasurer</b>	Gary Pon
<b>Members at Large</b>	Leo Bianco
Leo Dodge	Marie Dodge
Denise Giffin	Darlene Grund
Agnes Halsor	Anne Kaiser
Andrew Liro	Susan Malmgren
Gigi Rammling	Carol Sutton
<b>Member Emeritus</b>	Velva Howard

## Ellicott City 50+ Center Council Notes

The Center Council has been very busy with various fundraising activities. They recently raffled off a fabulous Summer Basket of Cheer which was retailed at \$675!

Other fundraising efforts include coordinating a Bridge-A-Rama afternoon which will be held on Wednesday, July 27. Up to twenty teams of bridge players can participate. Prizes will go out to the top 3 scorers. Center Council is also working feverishly on a White Elephant Sale scheduled for August 24-26. They are looking for donations for this event and those interested can bring their items to the Center between Monday, August 22 and Tuesday, August 23. No clothes or books, please!



All fundraising proceeds help benefit programming at the Center, so your donation is always appreciated!

**Next Council meetings are  
July 11 & August 8 at 1 pm  
All are welcome.**

# General Information

## **Please Note**

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.

### **Senior Center Plus Program** **Monday-Friday** **10 am-2 pm**

The Senior Center Plus program is co-located in the Ellicott City 50+ Center. This is a supervised four-hour licensed program that promotes a balance of well-being, self-reliance, socialization and independence of older adults who may require some assistance with daily activities.

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

### **Lunch Program** **Monday-Friday** **12 Noon**

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.

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

## Take a **closer** look!

If you are a new resident of **Miller's Grant**, have never been to the Center or haven't been around in awhile, please stop in and allow us to give you a first hand look at all the great things we have to offer. We look forward to touring you through our Center soon!

### **Transportation Options**

Many of our members travel to the Center by their own automobile. If this is not a viable option for you, transportation is available to the Center through Regional Transit/RTA Ride. Riders must be certified. For certification, reservations and cancellations please call the 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](http://www.transitRTA.com).

### **Coffee Service** **Monday-Friday** **9 am-1 pm**

Coffee service is available in the Great Room during the listed times. A donation box is provided and all contributions are greatly appreciated.

### **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.

# Services and Programs

## **Blood Pressure Screenings**

**Tuesdays  
9 am-12 noon**

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

## **State Health Insurance Assistance Program (SHIP)**

**Appointments**

**Wednesday 9 am or 10:30 am**

**Thursday 1 pm or 2:30 pm**

Meet with a trained volunteer for confidential assistance with health insurance concerns.



LOCAL HELP FOR PEOPLE WITH MEDICARE

This is a free service. For a SHIP appointment at the Ellicott City 50+ Center, please call **410-313-1400**.

## **Maryland Access Point (MAP)**

**Friday**

**July 8 & August 12**

**10 am-12 noon**

**Jill Kamenetz**, MAP Specialist, is available at the Center, by appointment, on selected Fridays, 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 programs.

Make an appointment by calling MAP at **410-313-5980**.

## **Blue Plate Specials**

**July 20—Chicken & Waffles**

**August 26— Center Cookout**

Exciting things are happening in our kitchen! Once a month we offer a special lunch menu 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 (prices will vary). Either way, reservations are required one week in advance. Come for the food, stay for the friends! Lunch is always served at noon.



## **Medicare 101**

**Tuesday, August 9**

**1-2:30 pm**

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 **410-313-7391**.

## **Medicare 102**

**Tuesday, August 16**

**1-2:30 pm**

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 **410-313-7391**.



A non-competitive, peer-led, bicycling club for adults of all ages and riding abilities. The 2016 season is now underway. For more information, visit [www.howardcountymd.gov/C2H](http://www.howardcountymd.gov/C2H) or call Jen Lee @ **410-313-5940**

# Services and Programs

## MOVIE OF THE MONTH

Movies are held in the 50+ Fitness Center

### **Zootopia**

**Wednesday, July 27 at 1 pm**



In a city of anthropomorphic animals, a rookie bunny cop and a cynical con artist fox must work together to uncover a conspiracy. This is a PG rated Disney movie that

is great for adults and kids alike. Why not bring the grandchildren with you to this matinee?

### **13 Hours: The Secret Soldiers of Benghazi**

**Wednesday, August 24 at 1 pm**

As an American ambassador is killed during an attack at a U.S. compound in Libya, a security team struggles to make sense out of chaos. The run time is 2 hours 24 minutes for this R rated movie, which includes violence, bloody images and language.

## **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 jumbled grid. A guaranteed hour of fun & friends. FREE!

<b>Boggle</b>	August 1 (Closed July 4)
<b>Brainbusters</b>	July 11 & August 8
<b>Bowling</b>	July 18 & August 15
<b>Bunches Pick</b>	July 25 & August 22

## **Easy Technology Navigation**

**Thursdays**

**10-11:30 am**

<b>7/7</b>	Navigating your System
<b>7/14</b>	Navigating the Internet
<b>7/21</b>	Navigating your E-mail
<b>7/28</b>	Creating a Document
<b>8/4</b>	Downloading Apps
<b>8/11</b>	Facebook
<b>8/18</b>	Navigating your E-mail
<b>8/25</b>	Computer Maintenance

Learn to navigate computers, the internet, email, Facebook and more. This free basic instructional class is designed for those who are familiar with their computer. Computers are not provided so bring your own portable device with you and get the latest and easiest tips and tricks for navigating your technology! Sign up at the Front Desk.

## **Howard County Police Department**

**Wednesday, July 6**

**Wednesday, August 3**

**11:30 am**

**Pfc. Andre Lingham**, Senior Citizen Liaison, will be at the Center to discuss current safety tips and fraud prevention. Find out about local community concerns and scams.



## **Ask the Pharmacist**

**Mondays**

**July 25 & August 22**

**11 am**

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

# Classes, Clubs & Comments

## **Living Meditation Class**

Held in the 50+ Fitness Center

Have you ever thought you can't calm your mind enough for meditation? Then this fun and stimulating class is for you! Discover pathways into your own inner peace. Leave with new skills, understanding, and a stronger personal foundation for the challenges of life. This is a seated class led by Betty Caldwell, author and private healer.

**Tuesday**

**September 6 thru September 27 11 am**  
4 classes for \$28 (A02428.101)

## **Needlework Club**

**Wednesdays**  
**1-3 pm**

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

## **Seniors Together Men's Forum**

**Thursdays**  
**10:15-11:45 am**

Stop in and join this great group of gentlemen who meet weekly to engage in lively conversation about current events or other issues in the news.

## **Piano Lessons or Vocal Lessons with Diane**

**By Appointment:**  
**\$30 per half hour session**

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**.



## **Book Club**

**Wednesday, July 27 at 1 pm**

The group will discuss "*The Nightingale*" by Kristen Hannah.

**Wednesday, August 24 at 1 pm**

The group will discuss "*Fifth Business*" by Robertson Davies (Deptford Trilogy Series #1).



## **Beginners 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**

**September 12 thru December 12 2:30 pm**

11 classes for \$82 (A02426.101)  
(No class: 10/10, 10/31, 12/5)

**Wednesday**

**September 7 thru December 7 2:30 pm**

13 classes for \$96 (A02426.102)  
(No class: 11/24)

## **Beyond Beginners Line Dancing**

Join a great group of dancers who will have you up movin' and groovin'! This line dancing class is designed for students who are familiar with basic line dancing. Come get fit the fun way with Mary McCormick!

**Thursday**

**September 8 thru December 8 3:30 pm**

13 classes for \$96 (A02418.101)  
(No class: 11/24)

## **Chess Play**

**Tuesdays**  
**10 am**

Instructor and Chess enthusiast, Gene Crawford will be at the Ellicott City 50+ Center to instruct and play the game. If you would like to learn the basic fundamentals of Chess-playing, we invite you to join this new club.

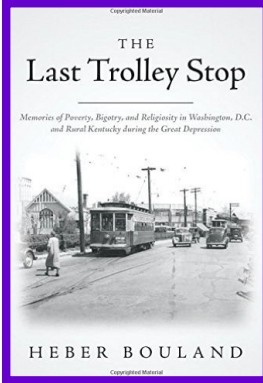
# July/August Events

## **Author Heber Bouland**

**Thursday, July 7**

**1 pm**

***The Last Trolley Stop***, Author, Heber



Bouland's eyewitness account of the Great Depression, gives a candid and honest examination of a pivotal time in American history. His narrative has humor, tragedy and a touch of naughtiness. Much of his career has been in analyzing community, housing, and economic

development programs for the U.S. General Accounting Office. Don't miss his presentation.

## **Genealogy**

**Wednesday, July 13**

**Wednesday, August 10**

**10 am**

Held in the 50+ Fitness Center

### **July Topic: Tax Records**

If your ancestor owned land, owned property of any kind or merely was over 21 and existed, he paid taxes. The taxes were recorded and provide a surprisingly large amount of information.

### **August Topic: Court Records**

Courthouses yield a great amount of unique information. We will look at a variety of court houses to see how they are organized and find out what information they contain.

## **Mary Kay Beauty Day**

**Thursday, July 14**

**1 pm**

Pamper yourself while learning beauty tips & tricks from an expert! Join Gina for a fun filled make-up lesson.

## **Baltimore Museum of Industry**

### **Radio in Baltimore**

**Tuesday, July 19**

**1 pm**

Held in the 50+ Fitness Center  
Radio in Baltimore, a look back at the history of radio broadcasting in Baltimore from the 1920s through the 1960s. The program will cover milestones in the industry, as well as recalling many legendary radio personalities from the past. Mr. Ed Hawkins delivers an intriguing presentation, which will include personal stories from his time at radio station WITH.

### **War on the Home Front**

**Tuesday, August 16**

**1 pm**

Held in the 50+ Fitness Center  
When World War II began, Baltimore, its citizens and the industries that employed them were truly transformed. Our program offers some answers to the questions of what industries led this growth, where did the employees come from, just what did they do and what impact did these efforts have on the city and region?

*Lectures presented by the Baltimore Museum of Industry receive support from the Howard County Arts Council.*

## **Roundhouse Ramblers**

**Thursday, July 21**

**12:30 pm**

This three piece string band plays everything from popular dance standards including oldies but goodies, cha-chas, polkas, waltzes, tangos, classic country and more. Some of their music was made famous by Frank Sinatra, Elvis Presley, The Beatles and Frankie Avalon. This unique group once performed music on the railroad passenger excursion trains over the former Baltimore & Ohio Railroad.

**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.

# July/August Events

## **Bingo with Pizza or a Cookout**

**Friday, July 22 (Pizza)  
Friday, August 26 (Cookout)  
10:30 am - Cost: \$4 Bingo**

Join us for an exciting morning of Bingo followed by some great eats! Bingo's grand prize is generously provided by our friends at "**Heartlands Senior Living**". You can take part in either activity but if you plan to stay for lunch, please sign up and pay in advance at least one week prior. \$5 for the Pizza lunch and a suggested donation of \$5.39 covers the summer Cook-Out lunch.

## **Bridge-O-Rama**

**Sponsored by  
Ellicott City 50+ Center Council  
Wednesday, July 27**

**1-4pm  
Cost \$25 Partners  
\$12.50 Singles**

If you like Bridge, you'll love this event! The Center Council invites you to join in an exciting fundraiser called, Bridge-O-Rama!



Light refreshments will be available and cash prizes will be awarded to 1st, 2nd & 3rd place. Space is limited to 20 partners on a first-come-first-serve basis. See a flier for specific event details. Payment of cash or checks must accompany registration. Make checks payable to the Ellicott City 50+ Council. Register at the Front Desk.

## **Mission: Nutrition!**

**Thursday, July 28-Fad Diets  
Thursday, August 25-Proteins  
10:30-11:30 am**

Held in the 50+ Fitness Center  
Stay on top of your nutrition. Join us on the dates listed above to get an in depth look at the most current topics from our registered dietitian.

## **History with Gary Kavanagh**

**Wednesdays, August 3-24  
1 pm**

This four-week lecture series covers the period from the Presidential election of Kennedy/Nixon in 1960 through the end of the Clinton administration. It focuses on the historical issues and events of the forty year period that have shaped the political environment of today.

**August 3 covers 1960-1968**

**August 10 covers 1968-1980**

**August 17 covers 1980-1992**

**August 24 covers 1992-2000**

Our guest lecturer, Gary Kavanagh, is a retired Federal employee. He holds a Masters Degree in Modern History and Diplomacy from George Washington University. He also previously taught social studies in Prince George's County.

## **Leadership "U"**

**Thursday, August 4  
12-4 pm**

Several high school students will be on hand to get an up close, personal look at the inner workings of a 50+ Center. Help us give the students a nice welcome.

## **Vel & Jim Perform**

**Tuesday, August 9  
12:30 pm**

Nothing beats an afternoon of live entertainment! Stop in and hear the best songs of years gone by.

## **Summer Cook-Out**

**Friday, August 26  
12 pm**

It's hamburgers and hot dogs with all the fixin's. Join us for our August Blue Plate special which is lunch by donation at a Super Special rate of \$5.39. Sign up with your donation at the Front Desk.

# 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.



- ◆ Participants must be 50 years of age and a member of a Howard County 50+ Center.
- ◆ Passes are established from the date of purchase.
- ◆ Refunds are not provided.
- ◆ Room key fobs must be returned to the front desk before you leave the 50+ Fitness Center or a \$10 replacement fee will be charged to your account.

## WORK OUT WITH US—WE'RE NOW OPEN ON TUESDAY NIGHTS!

### Lobby Hours:

Monday, Tuesday & Wednesday  
8:30 am-8 pm

Thursday & Friday  
8:30 am-4:30 pm

**410-313-0727**

**Go50+ Fitness Package**  
**\$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. Includes unlimited use of the fitness equipment rooms Ellicott City 50+ Fitness Center, Roger Carter, North Laurel or Gary J. Arthur at Glenwood Community Centers.

**Group Exercise**  
**Quarterly Passes**  
**\$125 for 3 Month Pass**  
**\$5/class Drop-In Fee**

This package allows you to take part in any of the 16 classes on the weekly pass schedule and as often as you would like. Participants should be able to get up and down off the



Our GO50+ membership packages are designed to enhance the quality of life for the 50+ adult population that lives, works and plays in Howard County. |

Live longer, healthier lives... join today!

- ◆ **Go50+** = Member of a Howard County 50+ Center.
- ◆ **Go50+ Fitness** = Use of Fitness Rooms at Ellicott City 50+ Fitness Center, North Laurel, Roger Carter or Gary J. Arthur at Glenwood Community Centers.
- ◆ **Go50+ Pool** = All benefits of the Go50+ Fitness Program plus pool access at Roger Carter Community Center during open swim hours. (\$175 per year for residents, \$225 per year for non-residents)
- ◆ **Group Exercise Quarterly Pass** = Available only at Ellicott City 50+ Fitness Center.

<b>Ellicott City 50+ Fitness Ctr</b>	<b>Gary J. Arthur Community Ctr</b>	<b>North Laurel Community Ctr</b>	<b>Roger Carter Community Ctr</b>
9411 Frederick Rd Ellicott City 21042	2400 Rte 97 Cookeville 21723	9411 Whiskey Bottom Rd Laurel 20723	3000 Milltowne Dr Ellicott City 21043
8:30am-7:30pm Mon-Wed 8:30am-4pm Thur-Fri	7am-9pm Mon-Sat 9am-6pm Sun	8am-9pm Mon-Sat 9am-6pm Sun	6am-10pm Mon-Friday 7am-10pm Sat 7am-9pm Sun

# 50+ Fitness Center

## Group Exercise Quarterly Pass Class Schedule

Day/Time	9 am - 9:45 am	10 am - 10:45 am	4:30 - 5:15 pm	5:30 - 6:15 pm	6:30 - 7:15 pm
Monday	Power	Zumba Gold Toning		Zumba Gold	Gentle Yoga
Tuesday	Zumba Gold	Gentle Yoga	Pilates	All in One	
Wednesday	All in One	Zumba Gold Toning		Zumba Gold	Gentle Yoga
Thursday	Zumba Gold	Gentle Yoga		<i>All classes on this schedule are a part of the Exercise Quarterly Pass = \$125</i>	
Friday	Power	All in One			

The **Group Exercise Quarterly Pass** (\$125 for 3 months of classes) allows you to participate in any or all of the 16 designated exercise classes listed on the table above. A detailed description of each class is provided below. For questions about pass classes or if you need additional information, a staff member at the front desk will be happy to help you.

## Group Exercise Class Descriptions

**All in One** - Get it all in, in one class!

Take in all the elements of fitness in one class; a good cardio work-out, strength training, balance and flexibility. Bring a mat for floor work.

**Gentle Yoga** - A perfect class for those looking to build strength through gentle yoga stretches and strengthening exercises. An additional component helps build bone density and range of motion.

**Pilates** - Class focuses on centering the body and drawing from the "powerhouse" of the core. Using precise movement and specific breathing, you can achieve total body strength and toning. This class is predominantly done on the floor and a mat is required.

**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.



# 50+ Fitness Center

## Fitness Equipment Room Schedule

Day	Available Time	Notes
<b>Monday</b>	<b>Open: 8:30 am-7:30 pm</b>	Equipment Orientation as scheduled.
<b>Tuesday</b>	<b>Open: 8:30 am-7:30 pm</b>	Equipment Orientation as scheduled.
<b>Wednesday</b>	<b>Open: 8:30 am-7:30 pm</b>	Equipment Orientation as scheduled.
<b>Thursday</b>	<b>Open: 8:30 am-4 pm</b>	Equipment Orientation as scheduled.
<b>Friday</b>	<b>Open: 8:30 am-4 pm</b>	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 and prior sign-up at the Fitness Center front desk is required.

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 by all.

## Pay By Session Exercise Classes

**11 am Agewell Aerobics is the only Pay by Session class held in the 50+ Fitness Center.**

### **Agewell Aerobics**

*In partnership with Howard County General Hospital*

Learn basic cardio combinations, burn calories, increase cardiovascular endurance, build lean muscle tone and bone density. End each class with a dedicated portion to strength and stretches. This class is conducted in the 50+ Fitness Center.

#### **Monday & Wednesday**

**June 6 thru July 27**

15 classes for \$64

(No class: 7/4)

#### **Tuesday & Thursday**

**June 7 thru July 28**

15 classes for \$64

(No class: 6/28)

#### **Monday & Wednesday**

**September 7 thru December 7**

25 classes for \$67

(No class: 9/12, 10/10)

#### **Tuesday & Thursday**

**September 6 thru December 8**

26 classes for \$69

(No class: 9/13, 11/24)

**11 am**

(A02400.101)

**11 am**

(A02401.101)

Sign-up for "Pay by Session" classes at the Front Desk. Payment may be made in the form of cash, credit card, or check, payable to Howard County Director of Finance. You may register yourself and one other individual. You can register on-line using a credit card at <http://apm.activecommunities.com/howardcounty>.

**Registration will open on Friday, August 5, 2016  
for the Fall Pay by Session classes listed on pages 11 - 13.**

# 50+ Fitness Center

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

## Walk and Stretch

Try this new exercise offering and get outside to walk through the community (weather permitting), followed by a full body stretch indoors. Students will walk a distance of 1+ mile at a moderate pace. There are not always benches available to stop and rest. Please dress appropriately for the weather, wear outdoor walking shoes and have a watch or other time telling device.



### Tuesday & Thursday

**June 7 thru July 28**

15 classes for \$41

(No class: 6/28)

**10 am**

(A02423.801)

### Tuesday & Thursday

**September 6 thru December 8**

27 classes for \$72

(No class: 11/24)

**10 am**

(A02423.101)

## 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

**September 9 thru November 18**

10 classes for \$57

(No Class: 11/11)

**9:30 am**

(A02406.101)

**NEW!**

## 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 and efficiently. Focus on stretching, balance and muscle tone.

### Friday

**September 9 thru December 9**

12 classes for \$52

(No Class: 11/11, 11/25)

**11 am**

(A02425.101)

## 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. No prior yoga experience needed. Bring a non-slip mat to place under your chair.

### Monday & Wednesday

**June 6 thru July 27**

15 classes for \$64

(No Class: 7/4 )

**10 am**

(A02421.801)

### Monday & Wednesday

**September 7 thru December 7**

25 classes for \$106

(No Class: 10/10, 10/31)

**10 am**

(A02421.101)

## 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.



### Wednesday

**June 8 thru August 3**

8 classes for \$45

(No class: 7/13)

**3:30 pm**

(A02429.801)

### Wednesday

**September 7 thru December 7**

13 classes for \$72

(No class: 11/23)

**3:30 pm**

(A02429.101)

**All classes are scheduled to run between 45 and 55 minutes in duration. Please check with your physician before starting any exercise program.**

# Pay by Session Exercise Classes

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

## **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**

**June 20 thru August 10** **1:30 pm**

15 classes for \$64 (A02405.801)

(No class: 7/4)

### **Tuesday & Thursday**

**June 21 thru August 11** **2:30 pm**

15 classes for \$64 (A02405.802)

(No class: 6/28)

### **Monday & Wednesday**

**September 7 thru December 7** **1:30 pm**

24 classes for \$102 (A02405.101)

(No class: 10/10, 10/31, 12/5)

### **Tuesday & Thursday**

**September 6 thru December 8** **2:30 pm**

27 classes for \$114 (A02405.102)

(No class: 11/24)

## **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 viability. Those

participants under age 60 pay the fee listed below. A pre-screen is required before registering. Call Jen Lee at **410-313-5940**.

### **Monday & Wednesday**

**June 20 thru August 10** **12:30 pm**

15 classes for \$48 (A02413.801)

(No class: 7/4)

### **Monday & Wednesday**

**September 7 thru December 7** **12:30 pm**

24 classes for \$76 (A02413.101)

(No class: 10/10, 10/31, 12/5)



## **Agewell Seated Aerobics**

*In partnership with*

**Howard County General Hospital**

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

### **Tuesday & Thursday**

**June 21 thru August 11** **12:30 pm**

15 classes for \$64 (A02403.801)

(No class: 6/28)

### **Tuesday & Thursday**

**September 6 thru December 8** **12:30 pm**

27 classes for \$72 (A02403.101)

(No class: 11/24)

## **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 techniques for exercising within your limitations will be taught so you can attain better fitness.

### **Tuesday & Thursday**

**June 21 thru August 11** **1:30 pm**

15 classes for \$64 (A02404.801)

(No class: 6/28)

### **Tuesday & Thursday**

**September 6 thru December 8** **1:30 pm**

27 classes for \$114 (A02404.101)

(No class: 11/24)

**NEW!**

## **Tighten and Tone**

Looking to firm up some key muscles? Join us for a fun, full body toning class. Use lighter weights and resistance bands with higher repetitions to provide a total toning workout. Class is done both seated and standing.

### **Tuesday**

**September 6 thru December 6** **3:30 pm**

13 classes for \$56 (A02424.101)

# Daily Schedule

## MONDAY

TIME	PROGRAM	ROOM
8:30 am - 12 noon	Billiards (Monday thru Friday)	Game
8:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (Power, Zumba Gold Tone) \$	Fitness Center
10 - 10:45 am	Chair Yoga (Mon/Wed) \$	Exercise
10 am - 12 noon	Painting Together (Lorraine Norris)	Arts & Crafts
10:30 - 11:30 am	B Games	Activity
11 - 11:45 am	Agewell Aerobics (Mon/Wed) \$	Fitness Center
12:30 - 1:15 pm	Better Balance (Mon/Wed) \$	Exercise
12:30 - 3:30 pm	Open Bridge	Activity Room
12:30 - 4 pm	Pinochle (Monday thru Friday)	Great Room
1 - 4 pm	Table Tennis ( <b>no Table Tennis September 12</b> )	Fitness Center
1:30 - 2:15 pm	Balance for All (Mon/Wed) \$	Exercise
2:30 - 3:30 pm	Beginner Line Dancing (Mondays) \$	Exercise
5:30 & 6:30 pm	Exercise Pass Classes (Zumba Gold, Gentle Yoga) \$	Fitness Center

## TUESDAY

8:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (Zumba Gold, Gentle Yoga) \$	Fitness Center
9 am - 12 noon	Mah Jongg	Activity
9 am - 12 noon	Blood Pressure Screening	Health
10 am - 12 noon	Chess Club	Conference
10 - 10:45 am	Walk & Stretch (Tues/Thur) \$	Exercise
11 - 11:45 am	Agewell Aerobics (Tues/Thur) \$	Fitness Center
12 noon - 4 pm	Painting Together (Carole Zink)	Arts & Crafts
12:30 - 1:15 pm	Agewell Seated Aerobic Class (Tues/Thur) \$	Exercise
1 - 4 pm	Hand and Foot	Activity
1:30 - 2:15 pm	Exercise Essentials (Tues/Thur) \$	Exercise
2:30 - 3:15 pm	Balance for All (Tues/Thur) \$	Exercise
3:30 - 4:15 pm	Tighten and Tone Class \$	Exercise
4:30 & 5:30 pm	Exercise Pass Classes (Pilates, All in One) \$	Fitness Center

## WEDNESDAY

8:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (All in One, Zumba Gold Tone) \$	Fitness Center
9 am - 12 noon	Kings & Queens Bridge	Activity

***(Room assignments may change at times to accommodate the needs of other events/programs.)***

# Daily Schedule

## WEDNESDAY (continued)

TIME	PROGRAM	ROOM
9 am - 12 noon	State Health Insurance Program	Health
10 - 10:45 am	Chair Yoga (Mon/Wed) \$	Exercise
11 - 11:45 am	Agewell Aerobics Class (Mon/Wed) \$	Fitness Center
12:30 - 1:15 pm	Better Balance (Mon/Wed) \$	Exercise
1 - 2 pm	Book Club (4th Wednesday)	Activity
1 - 3 pm	Needlework Club	Conference
1 - 4 pm	Table Tennis	Fitness Center
1 - 4 pm	Painting Together (Anne Maurer)	Arts & Crafts
1:30 - 2:15 pm	Balance 4 All (Mon/Wed) \$	Exercise
3:30 - 4:30 pm	T'ai Chi Chih \$	Exercise
5:30 & 6:30 pm	Exercise Pass Classes \$ (Zumba Gold, Gentle Yoga)	Fitness Center

## THURSDAY

8:30 am - 4 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (Zumba Gold, Gentle Yoga) \$	Fitness Center
9 am - 12 noon	Painting Together (Pat Weir)	Arts & Crafts
10 - 10:45 am	Walk & Stretch (Tues/Thur) \$	Exercise
10 - 11:30 am	Easy Technology Navigation (sign up required)	Conference
10:15 - 11:45 am	Seniors Together Men's Forum	Activity
11 - 11:45 am	Agewell Aerobics Class (Tues/Thur) \$	Fitness Center
12:30 - 1:15 pm	Agewell Seated Aerobics Class (Tues/Thur) \$	Exercise
1 - 4 pm	State Health Insurance Program (SHIP)	Health
1 - 4 pm	Canasta	Activity
1:30 - 2:15 pm	Exercise Essentials for Arthritis (Tues/Thur) \$	Exercise
2:30 - 3:15 pm	Balance 4 All (Tues/Thur) \$	Exercise

## FRIDAY

8:30 am - 4 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (Power, All in One) \$	Fitness Center
11 - 11:45 am	Functional Fitness Class \$	Exercise
12:30 - 3:30 pm	Open Bridge	Activity
1 - 4 pm	Table Tennis	Fitness Center

*(Room assignments may change at times to accommodate the needs of other events/programs.)*

# Special Events & Notices

## Save the Date September Showcase

September 12 & 13

(Fitness Center Group Exercise Pass classes only)

Want to try some Group Exercise classes but have been hesitant because you aren't familiar with the format? Be on the lookout for the special line up of classes offered on Monday September 12 and Tuesday September 13. Drop-in fees for those



days (only) will be waived as we celebrate our September Showcase event. Invite friends who might be interested to come and try a class without commitment. Watch for fliers with additional details and give a new class a try!

Calling all vendors...book now for the



## 4th Holiday Craft Boutique

Wednesday,  
November 30  
10 am to 5 pm

To secure a table at this popular Boutique, call Vicki at **410-313-1421**.

## Welcome our New Nutrition Specialist, Amy!



Center Staff is pleased to welcome **Amy Williams** as our new Nutrition Specialist. Amy comes to us from Howard County's Recreation and Parks Department. She looks forward to getting acquainted with our kitchen and is excited to join our team at Ellicott City 50+ Center. Please stop by the Great Room and introduce yourself. She is eager to meet our members and serve up some great new ideas for our nutrition program!

## Senior Day at the Howard County Fair Tuesday, August 9

Join your friends and neighbors at the Howard County Fairgrounds for a full day of events, exhibits and fair food! Free admission for those age 62 and over (10am-3pm). See you at the Fair!



## Adjusted Center Hours

Monday, July 4

**CLOSED** (Independence Day)



# JULY



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
* Milk provided at every meal				<b>1</b> Chicken Diablo Roasted Potatoes Mixed Vegetables Wheat Bread Fresh Fruit
<b>4</b> <b>HOLIDAY</b> Center Closed	<b>5</b> <b><u>SUPER BOX LUNCH</u></b> Chunky Chicken Salad on Kaiser Roll Mediterranean Salad Coleslaw English Trifle	<b>6</b> <b><u>SUPER SPECIAL</u></b> Sausage Lasagna Tossed Salad Italian Green Beans Garlic Bread Oranges Honey Almond Cheesecake	<b>7</b> <b><u>DELI LUNCH</u></b> Turkey & Swiss Pepper Cabbage Wheat Bread Salty Snack Sliced Apples Grape Juice	<b>8</b> Baked Fish w/Dill Sauce Scalloped Potatoes Mixed Veggies Sunny Slaw Wheat Bread Fresh Fruit
<b>11</b> <b><u>SUPER BOX LUNCH</u></b> Corned Beef & Swiss Coleslaw Pickled Beets Marble Rye Apple Juice Cheesecake Cup	<b>12</b> Split Pea Soup Chicken Cassandra Macaroni Salad Mixed Greens Salad Split Top Roll Orange	<b>13</b> Turkey Salad Vegetable Soup Spring Salad Wheat Bread Fruit Jello	<b>14</b> Pulled Pork Sandwich Roll Carrots Fresh Fruit Apple Juice	<b>15</b> Italian Meatballs Coleslaw Italian Veggies Mini Sub Roll Pineapple Chunks
<b>18</b> Turkey with Gravy Rissole Potatoes Spinach Wheat Bread Cran-applesauce Orange pineapple Juice	<b>19</b> Braised Beef Mashed Potatoes Mixed Greens Salad Wheat Bread Grape Juice Tropical Fruit	<b>20</b> <b><u>BLUE PLATE SPECIAL</u></b> <b>Chef Event</b> Chicken & Waffles Cheesy Scrambled Eggs Mixed Fruit Syrup & whipped topping Sign Up at Front Desk	<b>21</b> Baked Ham Slice Gingered Cukes Oven Brown Potatoes Green Beans Wheat Bread Fresh Fruit	<b>22</b> <b><u>PIZZA DAY</u></b>  Sign Up at Front Desk \$5
<b>25</b> <b><u>DELI LUNCH</u></b> Cold Cuts w/ American Cheese Marinated Cukes Salty Snack Kaiser Roll Sliced Peaches Orange Juice	<b>26</b> Chicken Southwest Creamed Corn Turnip Greens Wheat Bread Pears Orange Pineapple Juice	<b>27</b> <b><u>BOX LUNCH</u></b> Grilled Chicken Breast Veggie Orzo Salad Wheat Bread Sliced Pears Orange Juice	<b>28</b> Knockwurst Tomato Soup Coleslaw Hot Dog Roll Apple	<b>29</b> <b><u>DELI LUNCH</u></b> Tuna Salad Marinated Cukes Salty Snack Kaiser Roll Mandarin Oranges Apple Juice

## **Farm to Table: What are the Health Benefits for Shopping at your Local Farmers Market?**

There are several reasons why buying food locally is more nutritious!

1. Since it's not shipped long distances, locally grown food is often tasty and healthy. Our fruits and vegetables are shipped across the country, come from other countries and are picked before they are allowed to completely ripen and absorb nutrients so that they can arrive ripe to the store. Locally grown foods sold at places such as farmers' markets, are often picked that very day!
2. Local food is better for the earth. Not only is local food better for your health, it's also better for the environment. Food that travels long distances uses fuel for trucks as well as creating emissions that affect the air.
3. The local economy also benefits when you buy your food locally. Since food travels so far, the local areas where the food was actually grown doesn't always benefit from the sale of the food. On the other hand, buying food locally can improve the economic vitality of small, local farms.
4. Farm-to-table eating offers diners a wide variety of choices when it comes to food. This not only means fresh fruit and vegetables, but also meat, cheese and other dairy products, nuts and even baked items.

The concept of farm-to-table is also being adopted by restaurants, so keep an eye out for those as well!

Eating more fruits and vegetables, as well as other plant based foods can boost your health, decreasing the risk of heart disease, type 2 diabetes and certain cancers and help you stay at a healthful weight.

Make plant foods the star of your plate and let the meat, fish, dairy and eggs play a supporting role. Fill at least half of the plate with produce, grains or beans. Another idea: try a new fruit and vegetable each week.

