

# Welcome to Ellicott City 50+ Center

 Howard County Office on  
**Aging and Independence**  
Department of Community Resources and Services



9401 Frederick Road  
Ellicott City, MD 21042

**Main Building Front Desk**  
**410-313-1400**

Main Building Hours  
Monday - Friday  
8:30 am - 4:30 pm

**50+ Fitness Center Front Desk**  
**410-313-0727**

50+ Fitness Center Hours  
Monday - Thursday  
8:30 am - 8 pm  
Friday 8:30 am - 4:30 pm  
Saturday 8:30 am - 12 pm

#### Center Email

[ellicottcity50@howardcountymd.gov](mailto:ellicottcity50@howardcountymd.gov)

#### Newsletters Online

[www.howardcountymd.gov/ellcottcity50](http://www.howardcountymd.gov/ellcottcity50)

#### Volunteer Website

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

#### Facebook

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

#### On-Line Resource Guide

[www.custommediaoptions.com/digital/hocoresourceguide2017](http://www.custommediaoptions.com/digital/hocoresourceguide2017)

#### Index

<b>Page 2-3</b>	General Information
<b>Page 4-5</b>	Center Services
<b>Page 6-10</b>	Center Events
<b>Page 11-12</b>	Center Classes
<b>Page 13-14</b>	Pay-By-Session Exercise Classes
<b>Page 15-16</b>	Fitness Center Info
<b>Page 17-18</b>	Month(s) at a Glance
<b>Page 19</b>	Daily Schedule
<b>Page 20</b>	Noteworthy News

October, November & December, 2019

## 7th Annual Holiday Craft Boutique

**Friday, November 15**  
**9 am to 4 pm**

Join us for the Ellicott City 50+ Center Council's 7th Holiday Craft Boutique. An expanded boutique throughout the building will streamline your shopping experience. Explore unique, one-of-a-kind items from 50 crafts people. Get that jump start on your holiday shopping or spoil yourself. Your \$1 admission includes a shopping tote. All proceeds from admissions will benefit our local Small Miracles Cat & Dog Rescue.



## Holiday Party

**Friday, December 13**  
**Doors Open at 11:15 am**  
**\$15**

The busy Center sidewalks will be dressed in holiday style as we gather together to celebrate the holidays.

The celebration will kick off in grand style with a visit from Mr. & Mrs. Claus! Following their stop, enjoy a delicious holiday luncheon (see a Holiday Party flier for complete menu details). Payment is due at the time of registration and seating is limited. After lunch, enjoy some lively holiday entertainment from the 50+ Players as they perform their new show, "Berlin & Bernstein With A Holiday Twist". This celebration is not to be missed. Sign up today!

## Bake Sale

**Friday, December 13**  
**10 am**

The Center Council's annual Holiday Bake Sale is a win-win. Whether you are a baker or a taster, the Ellicott City 50+ Center Council seeks your patronage and generosity.

Volunteer bakers are needed to donate small cakes, bars or cookies and tasters are needed to purchase delectable goodies to share with family and friends. Donations are graciously accepted Thursday afternoon, December 12 and Friday morning. The sale begins at 10 am on December 13 and will remain open while supplies last. Much thanks for your support.

**Master Aging: Engage, Educate, Inspire**

Saturday, October 19 from 10 am-3 pm at Howard Community College  
See a flier for complete details

# General Information

## Meet the Center Staff

<b>Director</b>	Cindy Saathoff
<b>Assistant Director</b>	Vicki Stahly
<b>Fiscal Technician</b>	David Irwin
<b>Fitness Coordinator</b>	Michelle Rosenfeld
<b>Sub. Nutrition Specialist</b>	Kari Weidner
<b>Registrar</b>	Jodi Bargamian
<b>Registrar</b>	Rodney Payen
<b>Registrar</b>	Michelle Resig
<b>Utility Worker</b>	Dominick Collins
<b>Connections Director</b>	Felicia Stein
<b>Connections Asst. Dir.</b>	Joyce Nagel-Mortell
<b>Connections Assistant</b>	Jill Rose

## Connections Social Day Program

**Monday-Friday  
10 am-2 pm**

Connections Social Day Program is located within the main building of the Ellicott City 50+ Center. It is a licensed, supervised four-hour program and promotes a balance of well-being, self-reliance, socialization and independence of adults who may require some support with daily activities.

The program features activities that include seated exercise, music, entertainment, creative arts, trivia, stories, memory enhancement activities, educational programs and more. Members enjoy a morning snack and a nutritionally balanced lunch.

This is a fee-for-service program for eligible individuals. The cost of the day program is determined by the participants income; a sliding scale is available to Howard County residents. Connections Social Day Programs are also offered at Glenwood and North Laurel 50+ Centers. For more information or to schedule a visit, please contact Felicia Stein at **410-313-1425**.

## Howard County 50+ Center Participation Guidelines

Anyone 50 years or older is welcome to join Ellicott City 50+ Center activities. In order to ensure a healthy and safe environment for all participants, there are a few simple guidelines to ensure that all members' rights and needs are respected.



- ◆ Members must be independent and be able to navigate the Center. Those who need assistance must have a qualified companion or aid with them.
- ◆ Members must be able to function in the Center without one-to-one assistance or supervision from staff.
- ◆ May not use language or behavior that is obscene, abusive, loud or insulting.
- ◆ May not harass or discriminate on the basis of race, sex, age, national origin, religion, disability or sexual orientation.
- ◆ Must maintain hygiene standards that do not constitute a health or safety hazard to others, or are offensive to others.

To obtain a full list of guidelines, please request a copy at the front desk.

## Transportation Options

Participants are responsible for their transportation to and from the Center. One transportation resource available 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** or visit the RTA website at [www.transitRTA.com](http://www.transitRTA.com) for more information.

# General Information

## Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current. **Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.**

## Scan In



Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated.

## 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>. Account must be established prior to registering for class.

## 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.

## Newsletter by Email

Stay informed and up to date by getting our program information delivered right to your electronic device inbox. Sign up at the Front Desk to be added to the Center Newsletter Email Constant Contact List.

## Meet the Center Council

<b>President:</b>	Gigi Rammling
<b>Vice President:</b>	Marian O'Byrne
<b>Secretary:</b>	Dorothy Biller
<b>Treasurer:</b>	Joe Strassner
<b>Members at Large:</b>	
Bill Amos	Carla Buehler
John Green	Marilyn Hartsell
Sajda Ilyas	Clark Jones
Nancy Miller	Mark Shimshak

## Center Council Notes

As we enter autumn and approach the end of 2019, each month will feature a big event for you to enjoy.

October 4 will bring Marathon Bingo hosted by the Center Council. The event will run from 1-4 pm. Three hours of bingo for \$20. This is sure to be a fun and popular event. Sign up at the front desk to reserve your seat.

November 15 will be the annual Craft Show. There will be 50 vendors throughout the Center. Be sure to stop by all of them to check out their unique creations.

December 13 will be the annual Holiday Party. Our annual Bake Sale will also be held that morning. We will be looking for your contributions of home baked goods to be sold at the sale.

2020 will be an election year for the new Council. Serving on the Council is a very significant and important way to support the Center. We urge you to consider running for a Council seat and would be happy to talk with you about your interest.

**Email:** [ellicottcity50pluscouncil@gmail.com](mailto:ellicottcity50pluscouncil@gmail.com)

**Upcoming Center Council meetings:  
October 21, November 18 and  
December 16 at 1 pm.**

# Center Services



## **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 **\$4.62** and **\$6.13** for special meals. Members between the age of 50-59 years old are welcome to participate and must pay the full cost of the meal.

The monthly menu is available at the Front Desk. To join us for lunch, please sign up at least **3 days in advance** in the reservation book located at the Front Desk. Please call **410-313-1400** to cancel your lunch reservation.

## **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 your contributions are greatly appreciated.

## **Medicare Open Enrollment** **Between October 15-December 7**

Appointments available at  
Ellicott City 50+ Center

Review the 2020 plans to make sure you are enrolled in the one that best fits your needs. Open enrollment begins October 15 and ends December 7. For an appointment, call **410-313-7392**.

## **Blood Pressure Screenings** **Tuesdays** **9 am-12 noon**

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

## **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**.

## **Personalized Easy Technology** **Thursdays** **Between 1-3 pm** **30 minute appointments**

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

## **Maryland Access Point** **Mondays** **10 am-12 noon**

A MAP Specialist will be on site to help with homeowners and rental tax credit paperwork, referrals and information about Office on Aging and Independence programs. Call **410-313-1234** for further information or to schedule an appointment.

## **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.

# Center Services

## **B Games**

**Monday**

**10:30-11:30 am**

Drop in for an hour of entertaining game action! Engage in team play for Brain Busters to see if your trivia knowledge reigns supreme, test memory recall through pictures or create words from a set of jumbled letters. A guaranteed hour of friendly fun.

<b>Brain Busters</b>	Oct 7	- -	Dec 9
<b>Brain Builders</b>	Oct 21	Nov 18	Dec 16
<b>Boggle</b>	Oct 28	Nov 25	Dec 23

## **Picture This**

**Tuesday, October 29**

**Tuesday, November 19**

**11 am**

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

## **Cribbage Club**

**Mondays**

**11 am**

A new Cribbage Club has formed, so join the fun. The objective of this card game, designed for two to four players, is to play so that the value of the cards played reaches exactly 15 or 31. Play or learn this exciting game!

## **Chess Club**

**Tuesdays & Thursdays**

**10 am**

Like to play or looking to learn? Join instructor and chess enthusiast, Gene Crawford, in the Center's Great Room as he provides basic fundamentals on this strategic game. Come and play a game or two with fellow chess enthusiasts.



## **Book Club**

**Wednesday, October 23 at 1 pm**

The group will discuss "*Beneath a Scarlet Sky*" by Mark Sullivan.

**Wednesday, November 20 at 1 pm**

The group will discuss "*Mile Ten Marker*" by Michael Maloney.

**The Book Club meets privately in December for their annual Holiday Luncheon.**

## **Genealogy**

**with Bill Amos**

**Wednesday from 10 am-12 pm**

Held in the 50+ Fitness Center

### **October 9-Collaboration**

One of the most important things we do as genealogists is share! We share research findings, family stories, trees, heirloom photos and more. These days, sharing online is often the way to go. It's fast, it's relatively organized, it gets things into the hands of those who want them and (often) it's free! We will look at how to do this.

### **November 13-Immigration**

More than 95 percent of Americans descend from individuals who did not live on this continent in the 18th century. Most arrivals can be categorized into three major waves. We will look at these waves and determine how these waves may apply to you.

### **December 11-DNA /Paper Trails/ Powerful Stuff**

Paper trails teamed with DNA evidence provide an exciting and near fool-proof analytical tool. Three real life case studies will be used to demonstrate the power of this combination of evidence.

## **Needlework Club**

**Wednesdays**

**1-3 pm**

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

# Programs & Events

## **Walk Maryland Day**

**Wednesday, October 2**

**1:30 pm-Power Walk**

**3 pm-Slow Paced Stroll**

Join in the festivities and sign up to participate in a walk that best fits your ability. See a flier for details. Advance sign-up required.

## **Real Estate Tips**

**Thursday, October 3**

**1 pm**

### **Senior Housing Options**

Bring your questions to a panel discussion of representatives from Vantage Point, Alta at Regency Crest, Heartlands Senior Living and Lorien Health. Discuss what housing options are available to you, amenities, cost, parking, activities and more.

**Thursday, November 7**

**1 pm**

### **Deciding When to Move**


#### **& Understanding the Home Sales Process**

It's hard to know exactly when you're ready to sell, isn't it? Do you still have your children's stuff in your basement, or boxes and closets full of items you have long forgotten about? Are you thinking about selling your home and don't know where to begin? This presentation is for you!

## **Marathon Bingo**

**Friday, October 4**

**1-4 pm**



Support the Ellicott City 50+ Center Council by enjoying an entire afternoon of your favorite game of chance! \$20 will get you 2 bingo cards for an entire afternoon of play. Center Council members will also be selling 50/50 raffle tickets every hour

with a new winner pulled at the top of each hour. Mark your calendar, tell your friends and wear your lucky Bingo shirt! Light refreshments.

## **Revive' Physical Therapy Presents Progressive Relaxation and Visualization in a Chair**

**Thursday, October 10**

**11 am**

Join Renuka for physical therapy tips to improve relaxation and visualization in our daily living.

## **Ergonomics**

**Tuesday, November 5**

**11 am**

Renuka returns to discuss ergonomics, the study of people's efficiency in their working environment. Ergonomics help enhance employee productivity and work quality. A workplace design with ergonomics in mind, can mitigate bodily stress, make employees more comfortable and ultimately enhance productivity and work quality.

## **Free Hearing Screenings**

**Tuesday, October 15**

**9 am-12 pm**

Dr. Mary Carson will be available to conduct free hearing screenings. Appointments are 15 minutes in length and pre-registration is required. Available time slots fill quickly. Come find out what your ears have been missing.



## **AARP Presents CARFIT**

**Tuesday, October 15**

**10 am-2 pm**

Held in the ECity50+ Parking Lot  
This program will be conducted by the main building in the rear parking lot. Register for your 15 minute appointment to ensure that you are safe behind the wheel. Time specific appointments are issued to better serve a greater volume. Sign up today.

**To assure adequate seating, please sign up at the Front Desk for all events & activities.**

# Programs & Events

## **Mission: Nutrition!**

**Wednesday, October 16**

Tips for Safe Food Handling

**Wednesday, November 20**

Simple Things You Can Do to Prevent Diabetes

**Wednesday, December 18**

Healthy Holiday Baking

**12:15 pm**

Explore new areas of nutrition with registered dietician, Carmen Roberts. Make this a lunch and learn experience by registering for lunch that day too!



## **Nutrition Consultation**

**Wednesday, October 16 at 1:15 pm**

**Wednesday, November 20 at 1:15 pm**

**Wednesday, December 18 at 1:15 pm**

Carmen Roberts, RD, LDN, is available for individual consultation sessions to answer questions you may have about your diet. Three 20 minute appointments are available each month. Sign-up at the front desk.

## **Next Steps: Creating a New Future After Loss**

**Wednesdays**

**October 16-November 6**

**10-11:30 am**

This new, interactive facilitated group tackles the issues of personal identity and a changed life after a loss. It uses a myriad of approaches, including group exercises, film, story-telling, homework, and other interactive tools.

Register with Karen Hull at **410-313-7466**.

## **Hugo Keesing Presents The Sound Track of our Lives Fridays at 11 am**

### **October 18 - Chapter 1: "You Must Remember These - The 1930s"**

Songs of the Depression, Bing Crosby & Fred Astaire medleys, radio shows, movie theme songs, child stars, Walt Disney, future #1's for baby boomers.

**November 22 - Chapter 2: "The War Years from 1940-45"** The Big Band era, heightened patriotism, the US enters World War II, on the home front, changing roles for women, news from the war front.

## **Travel Talks**

**Friday, October 18**

**Friday, November 22**

**1 pm**

Hear travel ideas and learn about opportunities to travel with a local group. Why travel alone when you can find a travel buddy? Join independent travel consultants, Debbie Richmond and Andy Lunt, as they help you navigate your next excursion.

## **Ho Co Historical Society presents The Floods of Ellicott City**

**Tuesday, October 22**

**11 am**

Shawn Gladden, Executive Director of the Howard County Historical Society, will share his two years of research on the History of Flooding in the Patapsco River Valley. The talk will examine the 30 different flooding "events" that have plagued Ellicott City and the surrounding towns since 1768, using photos and stories from the Historical Society's archives. In addition to being the Director of the Historical Society, Mr. Gladden is also an Adjunct Professor of History at Howard Community College.

**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.

# Programs & Events

## **Bingo/Pizza**

**Friday, October 25**  
**10:30 am**

### **Bingo \$5/Pre-register for pizza by donation**

The Center Council invites you to a morning of Bingo followed by a pizza luncheon. The grand prize is generously provided by the ECity 50+ Council. You can take part in either activity but if you plan to stay for lunch, please sign up one week in advance with your suggested donation for pizza of \$5.95. Bingo is always the last Friday of each month!

## **Monthly Movie**

Held in the 50+ Fitness Center

**Monday, October 28**

*Cult of Chucky*

**Monday, November 25**

*Mary Poppins Returns*

**1 pm**

Mark your calendars and join us for an afternoon movie. We may not have the reclining seats or the calorie rich popcorn, but we've got some great feature films! Join us!

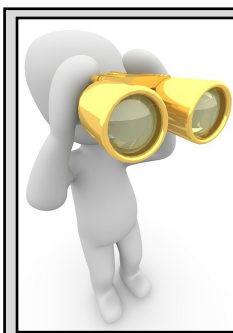
## **Ask the Pharmacist**

**Monday, October 28**

**Monday, November 25**

**11 am**

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



Looking for local authors, historians, story-tellers, history buffs and the like for a new program starting at the Center. If you would like to share your craft or story with the local community, please contact Vicki Stahly for additional information **410-313-1421**.

## **Painting Together Art Reception**

**Friday, November 1**  
**1-3 pm**

View a special exhibition of fine art as we pay tribute to the amazing talents of our Painting Together Group. The artists, along with a fine collection of their works, will be on hand for this annual event. Join us for a wonderful afternoon of ART!



## **Bunco Party**

**Monday, November 4**  
**10:30 am**

It's a simple dice game that will keep you moving and laughing even on a Monday morning! The more players, the more fun. Prizes will be awarded at the end of the hour. Seating is limited, sign-up in advance.

## **Perception and YOU!**

**Wednesday, November 6**  
**1 pm**

Join Jerry Gettleman as he delves into the topic of perceptions. Your perception of something is the way that you think about it or the impression you have of it. Perception is the recognition of things using your senses, especially the sense of sight and hearing. Perception may be defined as a process by which you have the ability to organize and interpret sensory impressions. Quite an intriguing topic and worthy of an hour of your time.

**To assure adequate seating, please sign up at the Front Desk for all events & activities.**

# Programs & Events

## **Fresh Conversations**

**Wednesday, November 6**

Eating Out

**10 am**

Stop in for food, fun and friendly conversation to help you maintain your health and independence. Registered Dietitian Karen Basinger, from the University of MD Extension Service, joins us to conduct a free, interactive presentation on a relevant nutrition topic.

## **AARP Presents Smart Driver Tech**

**Thursday, November 7**

**10:30-12 pm**

Held in the 50+ Fitness Center

Learn how to utilize the latest high-tech safety features in your current car. Learn what technology to look for when shopping for a new car and also the safety benefits of blind spot warning systems, forward collision warnings, lane departure warnings, smart headlights, and more! Advance sign-up required.

## **ShowTime Singers Concert**

**Saturday, November 9**

**2 pm**

**Doors open at 1:45 pm**

The Ellicott City 50+ Center presents the sensational sounds of the ShowTime Singers. Singing both accompanied and a cappella, they provide a vocal education with Broadway tunes as well as the popular standards. This performance is supported by grants from the Howard County Arts Council and Howard County Government. Tickets are free but are

limited to 2 per person and are available at the front desk of the main building starting **Tuesday, October 1.**



## **Koffee & Kibitz Social Hour**

**Monday, November 18**

**Monday, December 9**

**10 am**

Looking to meet other members or find someone with like interests? Join facilitator, Jerry Gettleman, in this newly formed social group and expect each month to bring unique



and engaging experiences. Participants need only bring a smile and a willingness to make new friends. Coffee and tea available.

## **Dr. Theodore R. Gull Astrophysicist**

**Tuesday, November 19**

**1 pm**

**A half century of astronomy**

**From mountain-top to space observatories**

Dr. Ted Gull has helped develop and utilize many of the major observatories in the past 50 years. His major focus has been developing and using instruments, driven by scientific objectives that push the boundaries of exploring space as new technology evolved. Learn of the changes in how astronomy is accomplished and see examples of advances in science that he has shared in his career since graduate school in 1966.

## **Kari Cooks**

**Friday, November 22**

**Friday, December 20**

**10 am**

Join Kari Weidner, Nutrition Specialist, as she whips up a different delicious treat each month. She will share recipes and nutrition ideas on how you can do simple, easy dishes at home. Limited seating, be sure to sign up at the Front Desk.

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# Programs & Events

## ***Life Story of Artist, Mostafa Torabi*** Thursday, December 5 1 pm

Human interest stories are one of the most powerful and richest forms of sharing truth and history known to us. This program with Mostafa Torabi, our very own in-house Art instructor, was born in Shiraz, Iran and later earned his masters degrees in both physics and meteorology from Tehran University. Join us as we listen to his inspiring story.

## ***Ugly Sweater Contest & Holiday Sing-along with Janice Connolly*** Tuesday, December 10 12:30 pm

Are you rocking an award winning ugly sweater? This is the day to don the gaudy holiday apparel and bring home a prize!



Janice Connolly will be in the house leading us in an energy filled holiday sing-along. Celebrate the season with a fun-filled afternoon of holiday cheer. Not to be missed!

## ***Hot Cocoa Bar and Holiday Movie*** Monday, December 16 1 pm

There's no better way to spend an afternoon than watching a wonderful old classic movie, with a delicious cup of hot cocoa. Choose from a nice assortment of treats to make it that much sweeter. The featured movie is Irving Berlin's classic, *Holiday Inn*, featuring Fred Astaire and Bing Crosby. Join us in the Great Room of the main building.

## ***Diane Waslick's Student Recital*** Tuesday, December 17 12:30 pm

Diane Waslick, Master Pianist, Piano/Voice Instructor for the Ellicott City 50+ Center will delight you with the talents of her students at this annual recital. Behold the extraordinary skills of our very own members in this very special music program.

**Friends and family are welcome!**

## ***Maryland Opera*** Wednesday, December 18 12:30 pm

Join us as Maryland Opera presents "Holiday Spirit". Maryland Opera is Maryland's newest arts organization dedicated to opera performance and education. A vocalist and pianist will capture all of your holiday favorites. This uplifting and bright tradition of secular music will be augmented with arrangements in the Christmas tradition. An engaging sing-along will be an uplifting encore to this program.

## ***Hanukkah Celebration*** Thursday, December 19 11 am Cost: \$12

Celebrate the magic of the Menorah, stories of the Torah and the Maccabee's. Join Rabbi Martin Siegel with classically trained vocalist, Pinny the King. A delicious kosher Hanukkah lunch catered by Santoni's Market completes the program.



**To assure adequate seating, please sign up at the Front Desk for all events & activities.**

# Instructional Classes

## **Advanced Beginner Bridge Class**

This class follows the Beginner's Basic Bridge class, offered in September. Covered topics include: opponent's bidding, preemptive bids, doubles, and redoubles, opening leads, some common conventions and more. Mark Shimshak, ACBL Life Master, Instructor.

**Thursday** **1-3 pm**  
**November 7-December 5** 4 classes for \$43  
No class: 11/28 (A02998.501)

## **Intermediate Bridge Class**

Held in the 50+ Fitness Center

This class is intended for people who currently play bridge and are looking to improve. Go beyond the basics such as the Stayman and Blackwood Conventions to more advanced systems. Class includes defensive strategy, like signaling; bidding techniques such as negative doubles, Michael's cue bids, responses to opponents "no trump" bids and tips on how to play your hands in competition based on vulnerability or when trying for masterpoints. There will be opportunities for mentored playing and bidding throughout the course. Paul Elstein, Instructor.

**Fridays** **2-4 pm**  
**October 4-25** 4 classes for \$43  
(A02999.501)

## **Spot Energy Healings**

**Wednesdays**

**Appointments begin at 2:15 pm**  
**\$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, these 15-minute spot energy healings can make a big difference.

All Spot Energy Healings are conducted fully clothed, and seated in a chair by Sharon Sirkis, RN, Certified Energy Healer. To make an appointment call, **410-730-1986** or email **sirkisprice@verizon.net** For medical issues, please consult your personal physician.

## **Beginner Mah Jongg**

Class is designed for beginners who wish to get an overview of how American Mah Jongg is played. Participants will receive instruction about the tiles, play practice hands, and learn how best to play the tiles dealt to them. No Mah Jongg set or cards required. Ellen Laupus, Instructor.

**Thursday** **10:30 am**  
**October 17-November 21** 6 classes for \$69  
(A02900.500)

## **Beyond Beginner Mah Jongg**

Class is designed for those who haven't played the game in awhile, those looking to brush up their game or those who have previously taken the Beginner Mah Jongg instruction. No Mah Jongg set or cards required. Ellen Laupus, Instructor.

**Tuesday** **10:30 am**  
**October 15-November 19** 6 classes for \$69  
(A02900.501)

## **Piano, Voice, Ukulele or Guitar Lessons**

**By Appointment with Diane or Ray**  
**\$37 per lesson**

Receive one-on-one instruction with our fabulous instructors. Sign up at the Front Desk for lessons with Ray on guitar/ukulele or call Diane at **410-978-9974** for piano/voice lessons.



## **Howard Community College Continuing Education Classes**

Held in the 50+ Fitness Center

### **The Greek Myths**

Wednesday, October 16-November 6  
1-3 pm

Classes are held at Ellicott City 50+ Fitness Center. All registration is done through the college, and online at [www.howardcc.edu](http://www.howardcc.edu). For additional information, contact HCC directly at **443-518-1000**.

# Instructional Classes

## ***The Daring Way*** **Presented by Kat Middleton**

Held in the 50+ Fitness Center

Take part in this personal enrichment program that explores vulnerability, courage, shame and worthiness. This workshop is based on the research of Brené Brown, PhD, LMSW. Learn to show up, be seen and live brave.



**Saturday**  
**October 5-26**

**9-11 am**  
4 classes for \$199  
(AO2650.501)

## ***Greeting Card*** **Color, Design & Creativity** **Class**

Join Jackie Schiffer for an afternoon of creative coloring. These greeting cards were designed and sold by Jackie to hotels, and she is bringing the same opportunity to our Center. The cards are black and white designs on cardstock and are awaiting your magic with colored pencils. This fun project has limited seating so don't miss out! No experience necessary. Supply fee due to the instructor on the day of class.

**Friday**  
**October 4** **1-3 pm**  
\$2 (+\$3 supply fee) for 3 cards  
(AO2520.500)

## ***Card Crafting with Diane*** **Holiday theme**

All levels of paper crafters will enjoy creating handmade greeting cards. A \$3 supply fee per class is due to the instructor on the day of class. Register one week prior to the start of class to assure supplies. Diane Messick, Instructor.

**Friday** **1:30-3:30 pm**  
**November 8** \$10 (+\$3 supply fee) per class  
(AO2503.500)

## ***Square Dancing***

Join in this modern western square dance class and learn the basics from Bruce Simper, a square dance caller for over 35 years. He has called on the steps of the US Capitol and at 33 national square dance conventions. A most enjoyable way to exercise both your mind and body! No experience or partner needed!

**Tuesday** **3 pm**  
**October 1-December 17** 12 classes for \$89  
(AO2410.501)

## ***Line Dancing***

Stay in shape by learning to dance at a comfortable pace....step by step! Dance to country, rock and roll, Latin and Broadway music. Both men and women welcome. Ellen Laupus, Instructor.

**Monday** **1 pm**  
**September 30-December 9** 9 classes for \$67  
No class: 10/14 & 11/11 (AO2426.501)

## ***Beginner Watercolor Class***

Ever thought about dabbling in watercolor? Try this new class that offers opportunities to learn the basics of watercolor. No previous experience is necessary; you too can paint!

**Thursday** **1-3 pm**  
**October 3-November 21** 8 classes for \$68  
(AO2501.501)

## ***Healthy, Happy Hands***

**Monday, October 28**

**Monday, November 25**

**Monday, December 9 and 23**

Appointments begin at 11 am

**\$20 for a 30 minute appointment**

This is a stress free, hand rejuvenation treatment, designed to help you relax, soften and improve skin tone and texture. Beverly Anderson will demonstrate how to use natural ingredients, along with your selection of your scented or

unscented oils for your hand massage. Hand massage can help relax your senses, increase circulation, alleviate arthritis pain and more.



# Pay by Session Exercise Classes



## **Qi Gong 1**

Rooted in Chinese tradition, Qi Gong is a series of gentle movements synchronized with breathing that promotes energy movement through the body. These movements improve health, well-being and are the foundation of Tai Chi.

**Friday** **10 am**  
**October 4–December 13** 10 classes for \$57  
No class: 11/29 (A02406.501)

## **Qi Gong 2**

Enjoy the quiet stillness found within gentle movement, meditation, & breath work with less instruction as provided in Qi Gong 1. This is a continuing class for those who have previously attended at least 2 full sessions of Qi Gong 1.

**Friday** **9 am**  
**October 4-December 13** 10 classes for \$57  
No class: 11/29 (A02406.502)

## **Better Balance**

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 by calling Malarie Burgess at **410-313-6073**. Internet registration NOT available for this class.

**Tuesday & Thursday** **10 am**  
**October 1-December 12** 21 classes for \$67  
No class: 11/28 (A02413.501)

## **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** **11 am**  
**October 4-December 13** 10 classes for \$43  
No class: 11/29 (A02425.501)

## **ECity Seated Aerobics**

This class covers warm up and stretching exercises and the use of hand weights to improve overall balance. A great choice for those looking for a workout from a seated position.

**Tuesday & Thursday** **9 am**  
**October 1-December 12** 21 classes for \$89  
No class: 11/28 (A02403.501)

## **Chair Yoga**

Experience the benefits of yoga with the security of a chair! Increase strength, flexibility and 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**  
**September 30-December 11** 20 classes for \$85  
No class: 10/14, 11/11 (A02421.501)

## **Foundations of Exercise**

Learn basic functional exercises, seated or standing, to help increase joint flexibility, range of motion and muscular strength. Proper techniques within your limitations are emphasized to best reach your fitness goals.

**Tuesday & Thursday** **12 pm**  
**October 1-December 12** 21 classes for \$89  
No class: 11/28 (A02404.501)

## **Seated Strength**

Explore a variety of strengthening and functional stretching exercises designed to increase 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 sitting or using the chair as support.

**Monday & Wednesday** **12 pm**  
**September 30-December 11** 20 classes for \$85  
No class: 10/14, 11/11 (A02408.501)

**Registration for Fall classes opened on Friday, September 6, 2019.**  
**Registration for Winter classes will open Friday, Dec. 6 at 8:30 am in-person & on-line.**

# Pay by Session Exercise Classes

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

## **Exercising with Arthritis**

Class is designed to help those who have joint and/or muscle problems related to arthritis. Work towards the goal of improved joint mobility, muscle strength and endurance in order to improve performance of daily activities.

**Friday** **12 pm**  
**October 4-December 13** 10 classes for \$43  
No class: 11/29 (A02402.501)

## **Flex, Stretch & Move**

Improve flexibility, coordination, strength and balance. Focus on strengthening muscles and connective tissue, as well as improving joint mobility. Class offers seated and standing option. Bring a mat to place under your chair.

**Tuesday & Thursday** **1 pm**  
**October 1-December 12** 21 classes for \$89  
No class: 11/28 (A02434.501)

## **T'ai Chi Chih**

Experience a moving meditation which is much easier to learn, remember, and practice than other forms of Tai Chi. The soft and gentle separate moves can help reduce stress and regulate blood pressure and improve balance memory and sleep. Can be done seated. Progressive class; late enrollment not advised.

**Wednesday** **1 pm**  
**October 2-December 11** 10 classes for \$57  
No class: 11/13 (A02429.501)

## **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** **2 pm**  
**September 30-December 12** 19 classes for \$81  
No class: 10/14, 11/11, 11/13 (A02405.501)

## **Active Adult**

Use it, don't lose it! Get moving in this great class that starts you off with a cardio warm-up and transition into strength training. Conclude class by working on core balance and strengthening. *Class content requires high level of independent balance ability.*



**Monday & Wednesday** **3 pm**  
**September 30-December 11** 19 classes for \$81  
No class: 10/14, 11/11, 11/13 (A02407.501)

## **Barre & Balance**

This class takes Balance 4 All to the next level. Improve balance, flexibility, posture and strength using a barre, resistance tubing, discs, hand weights and pilates balls. Increase your overall balance and help reduce risk of falling and/or fall-related injuries.

**Tuesday & Thursday** **2 pm**  
**October 1-December 12** 21 classes for \$89  
No class: 11/28 (A02409.501)

## **ECity Aerobics**

Classes held in the 50+ Fitness Center. Learn basic cardio combinations in an easy to do format, burn calories, increase cardiovascular endurance, tone, build lean muscle tone and bone density. End each class with strength exercises and stretches.

**Tuesday & Thursday** **1 pm**  
**October 1-December 12** 21 classes for \$89  
No class: 11/28 (A02400.501)

**Tuesday & Thursday** **2 pm**  
**October 1-December 12** 21 classes for \$89  
No class: 11/28 (A02401.501)

**When registration first opens, in-person registration service is provided by lottery draw.  
Those who arrive after 8:30 am receive higher draw.**

**For walk-in or phone-in, we accept registration for those residing in your household.**

# 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 thru Thursday 8:30 am-8 pm  
 Friday 8:30 am-4:30 pm  
 Saturday 8:30 am-12 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. A \$10 replacement fee is charged for lost fobs.

## Fitness Equipment Room EXPANDED HOURS Schedule

Day	Available Time
<b>Monday</b>	<b>Open: 8:30 am-8 pm</b>
<b>Tuesday</b>	<b>Open: 8:30 am-8 pm</b>
<b>Wednesday</b>	<b>Open: 8:30 am-8 pm</b>
<b>Thursday</b>	<b>Open: 8:30 am-8 pm</b>
<b>Friday</b>	<b>Open: 8:30 am-4 pm</b>
<b>Saturday</b>	<b>Open 8:30 am-12 pm</b>

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

Please exercise gym courtesy so everyone has an opportunity to experience a thorough work-out. At busy times, please limit your time to 20 minutes on cardio equipment. If the equipment you would like to use is occupied, make the current user(s) aware that you are waiting for them to finish. Your cooperation is appreciated.



**\$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:

- Elkridge 50+ Center**  
 6540 Washington Blvd, Elkridge 21075  
 Mon, Wed, Fri 8:30 am-4 pm  
 Tue & Thur 8:30 am-8 pm and Saturday 8:30 am-12 pm
- Ellicott City 50+ Fitness Center**  
 9411 Frederick Rd, Ellicott City 21042  
 Mon-Thur 8:30 am-8 pm  
 Fri 8:30 am-4:30 pm & Sat 8:30 am-12 pm
- Gary J. Arthur Community Center**  
 2400 Rte 97, Cooksville 21723  
 Mon-Sat 7 am-9 pm & Sun 9 am-6 pm
- North Laurel Community Center**  
 9411 Whiskey Bottom Rd, Laurel 20723  
 Mon-Sat 8 am-9 pm & Sun 9 am-6 pm
- Roger Carter Community Center**  
 3000 Milltowne Dr, Ellicott City 21043  
 Mon-Friday 6 am-10 pm  
 Sat 7 am-10 pm & Sun 7 am-9 pm

### Personal Training

Looking for one-on-one inspiration or a work-out tailored to fit your needs? Sign up for Personal Training. A physical assessment will occur during the first session. See a flier for complete details on this service.

**Half hour session = \$45**  
**Package of 4 Half hour sessions = \$160**  
**Package of 8 Half hour sessions = \$299**

# 50+ Fitness Center Group Exercise

## 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	Floor, Core & More	Zumba Gold Toning	Power	Reserved for Non-Pass Programs	Zumba Gold	Gentle Yoga
Tuesday	Active Yoga	Zumba Gold	Gentle Yoga		Kickboxing	Power
Wednesday	Power	Zumba Gold Toning	Power		La Blast Silk	Gentle Yoga
Thursday	Active Yoga	Zumba Gold	Gentle Yoga		Zumba Gold	Power
Friday	Floor, Core & More	Kickboxing	Power		<i>Saturday classes are available to Quarterly Passholders only. All other classes are available to members at the drop-in rate.</i>	
Saturday	Passholder Zumba Gold	Passholder Gentle Yoga	-----			

### Group Exercise Quarterly Passes

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

This package allows you to participate in any or all of the 25 classes on the weekly Pass Class schedule listed above. Instructors show high and low options and teach to mid-level intensity. On-line registration NOT available for the Quarterly Pass. Please sign up at the Center. **Participants should be able to get up and down off the floor and walk without assistance to derive maximum benefit from these classes.**

### Group Exercise Class Descriptions

**Active Yoga** - This yoga class will keep you moving. Flow continuously through sequences of traditional Sun Salutations and standing postures, linking breath with movement and work to build strength and endurance as you improve balance and flexibility. Class is done predominantly on the floor. Mat required.

**Floor, Core & More** - Target the most challenging areas of the body: thighs, abs and backside. Help tighten, tone and strengthen 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 done predominantly on the floor. Mat required.

**Kickboxing** - Start kickin' it with this introductory 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.

**La Blast Silk** - Designed for everyone that loves to dance, but doesn't like to jump. Accessible for all levels, from absolute beginner to experienced dancer. Enjoy a mix of ballroom dances set to great music. Perfect for those who want to tone their body, maintain a healthy lifestyle, learn to dance and have fun.

**Power** - Retain or regain that 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.

# Monthly Schedule

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

### October

- Oct 1-4** Fall Dance & Pay-by-Session  
Exercise classes begin \$
- Oct 2** Walk Maryland Day, 1:30 & 3 pm
- Oct 3** Beginner Watercolor class begins \$
- Oct 3** Real Estate Tips, 1 pm
- Oct 4** Marathon Bingo, 1 pm  
Pay on the day
- Oct 4** Intermediate Bridge begins \$
- Oct 4** Greeting Card Class \$
- Oct 5** Daring Way class begins \$
- Oct 7** Brain Busters, 10:30 am
- Oct 9** Genealogy, 10 am
- Oct 10** Relaxation & Visualization  
presentation, 11 am
- Oct 14** CLOSED (Columbus Day)
- Oct 15** Hearing Screening, 9-12 pm  
Advanced sign-up required
- Oct 15** Car Fit, 10-2 pm  
Advanced sign-up required
- Oct 15** Beyond Beginner Mah Jongg Class  
begins \$
- Oct 16** Next Steps begins, 10 am  
Call **410-313-7466** to register
- Oct 16** Mission Nutrition, 12:15 pm
- Oct 16** HCC class begins (see page 11) \$
- Oct 16** Nutrition Counseling, 1:15 pm  
Advanced sign-up required
- Oct 17** Beginner Mah Jongg class begins \$
- Oct 18** Sound Track of our Lives. 11 am
- Oct 18** Travel Talks, 1 pm
- Oct 21** Brain Builders, 10:30 am
- Oct 21** Center Council Meeting, 1 pm
- Oct 22** Floods of Ellicott City, 11 am
- Oct 23** Book Club, 1 pm
- Oct 25** Bingo, 10:30 am
- Oct 25** Pizza Day, Noon \$
- Oct 28** Boggle, 10:30 am
- Oct 28** Ask the Pharmacist, 11 am
- Oct 28** Healthy, Happy Hands, 11 am \$  
Advanced sign-up required
- Oct 28** Monthly Movie, 1 pm
- Oct 29** Picture This, 11 am  
Advanced sign-up required

### November

- Nov 1** Painting Together Art Reception, 1 pm
- Nov 4** Bunco Party, 10:30 am
- Nov 5** Ergonomics Presentation, 11 am
- Nov 6** Fresh Conversations, 10 am
- Nov 6** Perception & You, 1 pm
- Nov 7** Smart Driver Tech, 10:30 am
- Nov 7** Real Estate Tips, 1 pm
- Nov 7** Advanced Beginner Bridge begins, \$
- Nov 8** Card Crafting class, 1:30 pm \$
- Nov 9** Showtime Singers, 2 pm  
(Admission by ticket only)
- Nov 11** CLOSED (Veteran's Day)
- Nov 13** Genealogy, 10 am
- Nov 13** Center CLOSING at 1 pm  
(Department meeting)
- Fitness Center RE-OPENS at 4:30 pm
- Nov 14** Thanksgiving Celebration at Ten Oaks  
Ballroom, \$
- Nov 15** Holiday Craft Boutique, 9-4 pm  
All other programming cancelled,  
Exercise classes will meet
- Nov 18** Giving Project begins  
See flier for complete details
- Nov 18** Koffee & Kibitz Social Hour, 10 am
- Nov 18** Brain Builders, 10:30 am
- Nov 18** Center Council Meeting, 1 pm
- Nov 19** Picture This, 11 am  
Advanced sign-up required
- Nov 19** Astrophysicist presentation, 1 pm
- Nov 20** Mission Nutrition, 12:15 pm
- Nov 20** Nutrition Counseling, 1:15 pm  
Advanced sign-up required
- Nov 20** Book Club, 1 pm
- Nov 22** Kari Cooks, 10 am
- Nov 22** Sound Track of our Lives, 11 am
- Nov 22** Travel Talks, 1 pm
- Nov 25** Boggle, 10:30 am
- Nov 25** Ask the Pharmacist, 11 am
- Nov 25** Healthy, Happy Hands, 11 am \$  
Advanced sign-up required
- Nov 25** Monthly Movie, 1 pm
- Nov 27** Fitness Center CLOSING at 4:30 pm
- Nov 28-30** Center CLOSED (Thanksgiving Break)

**KEY: \$ = Advanced Sign-up and Payment required**



# Monthly Schedule

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

### December

- Dec 5** Life Story of Mostafa Torabi, 1 pm
- Dec 6** Winter Pay-by-Session Exercise and Dance class registration opens 8:30 am \$
- Dec 9** Koffee & Kibitz Social Hour, 10 am
- Dec 9** Brain Busters, 10:30 am
- Dec 9** Healthy, Happy Hands, 11 am \$  
Advanced sign-up required
- Dec 10** Ugly Sweater Contest and Holiday Sing-along, 12:30 pm
- Dec 11** Genealogy, 10 am
- Dec 13** Center Council Bake Sale, 10 am
- Dec 13** Holiday Party, 11:15 am \$
- Dec 16** Brain Builders, 10:30 am
- Dec 16** Hot Cocoa Bar and Holiday Movie, 1 pm
- Dec 16** Center Council Meeting, 1 pm
- Dec 17** Student Recital, 12:30
- Dec 18** Maryland Opera, 12:30 pm
- Dec 18** Mission Nutrition, 12:15 pm
- Dec 18** Nutrition Counseling, 1:15 pm  
Advanced sign-up required
- Dec 19** Hanukkah Celebration, 11 am \$
- Dec 20** Kari Cooks, 10 am
- Dec 20** Giving Project concludes
- Dec 23** Boggle, 10:30 am
- Dec 23** Healthy, Happy Hands, 11 am \$  
Advanced sign-up required
- Dec 24** Fitness Center CLOSING at 4:30 pm
- Dec 25** Center CLOSED (Christmas Holiday)
- Dec 31** Fitness Center CLOSING at 4:30 pm

### Howard County 50+ Centers

Get the most out of your 50+ Center membership by exploring programs at other Centers located throughout Howard County. Each Center has a variety of different programs and classes available to members. To view each Center's newsletters on line, visit:

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

#### Bain 50+ Center

5470 Ruth Keeton Way  
Columbia MD 21044  
410-313-7213

#### East Columbia 50+ Center

6600 Cradlerock Way  
Columbia MD 21045  
410-313-7680

#### Elkridge 50+ Center

6540 Washington Road  
Elkridge MD 21075  
410-313-5192

#### Ellicott City 50+ Center

9401 Frederick Road  
Ellicott City MD 21042  
410-313-1400

#### Glenwood 50+ Center

2400 Route 97  
Cooksville MD 21723  
410-313-5440

#### Longwood 50+ Center

6150 Foreland Garth  
Columbia MD 21045  
410-313-7217

#### North Laurel 50+ Center

9411 Whiskey Bottom Road  
Laurel MD 20723  
410-313-0380



Blessed is the season  
which engages the  
whole world in a  
conspiracy of love!

~Hamilton Wright Mabie

**KEY: \$ = Advanced Sign-up and Payment required**

Clip and Save for Reference



# Daily Schedule

Monday			Wednesday (continued)		
TIME	PROGRAM	BLDG	TIME	PROGRAM	BLDG
8:30-8pm	Fitness Equipment \$	FC	1-3pm	Needlework Club	MB
9 & 10 & 11am	Exercise Pass Classes \$	FC	1-4pm	Table Tennis	FC
10-10:45am	Chair Yoga \$	MB	1-4pm	Painting Together	MB
10am-12noon	Painting Together	MB	2-2:45pm	Balance 4 All \$	MB
10:30-11:30am	B Games (see dates)	MB	3-3:45pm	Active Adult \$	MB
12-12:45pm	Seated Strength \$	MB	5:30 & 6:30pm	Exercise Pass Classes \$	FC
12:30-3:30pm	Open Bridge	MB	Thursday		
12:30-4pm	Pinochle(As available M-F)	MB	8:30am-8pm	Fitness Equipment \$	FC
1-4pm	Table Tennis	FC	9 & 10 & 11am	Exercise Pass Classes \$	FC
1-1:45pm	Line Dancing \$	MB	9-9:45am	Agewell Seat Aerobics \$	MB
2-2:45pm	Balance 4 All \$	MB	9am-12noon	Painting Together	MB
3-3:45pm	Active Adult \$	MB	10-10:45am	Better Balance \$	MB
5:30 & 6:30pm	Exercise Pass Classes \$	FC	10am-12noon	Chess Club	MB
Tuesday			10am-12noon	Men's Forum	MB
8:30-8pm	Fitness Equipment \$	FC	12-12:45pm	Foundations of Exercise \$	MB
9 & 10 & 11am	Exercise Pass Classes \$	FC	1:30-2:30pm	Grief Connection (monthly)	MB
9am-12noon	Mah Jongg	MB	1-3pm	Personalized Easy Tech	MD
9am-12noon	Blood Pressure	MB	1-4pm	Medicare Counseling	MB
9-9:45am	Agewell Seat Aerobics \$	MB	1-4pm	Drop-In Games	MB
10-10:45am	Better Balance \$	MB	1-1:45pm	Agewell Aerobics \$	FC
10am-12noon	Chess Club	MB	1-1:45pm	Flex, Stretch, Move \$	MB
11am-1pm	Picture This (monthly)	MB	2-2:45pm	Agewell Aerobics \$	FC
12noon-4pm	Painting Together	MB	2-2:45pm	Barre & Balance \$	MB
12-12:45pm	Foundations of Exercise\$	MB	5:30 & 6:30pm	Exercise Pass Classes \$	FC
1-4pm	Drop-In Games	MB	Friday		
1-1:45pm	Agewell Aerobics \$	FC	8:30am-4pm	Fitness Equipment \$	FC
1-1:45pm	Flex, Stretch, Move \$	MB	9 & 10 & 11am	Exercise Pass Classes \$	FC
2-2:45pm	Agewell Aerobics \$	FC	9-9:45am	Qi Gong 2 \$	MB
2-2:45pm	Barre & Balance \$	MB	10-10:45am	Qi Gong 1 \$	MB
3-3:45pm	Square Dance Class \$	MB	11-11:45am	Functional Fitness \$	MB
5:30 & 6:30pm	Exercise Pass Classes \$	FC	12-12:45am	Exercising with Arthritis \$	MB
Wednesday			12:30-3:30pm	Open Bridge	MB
8:30-8pm	Fitness Equipment \$	FC	1-4pm	Table Tennis	FC
9 & 10 & 11am	Exercise Pass Classes \$	FC	Saturday		
9am-12noon	Kings & Queens Bridge	MB	8:30am-12pm	Fitness Equipment \$	FC
9am-12noon	Medicare Counseling	MB	9 & 10am	Exercise Passholders ONLY Classes \$	FC
10-10:45am	Chair Yoga \$	MB	<b>Building Key</b> MB= Main Building FC=50+Fitness Center		
12-12:45pm	Seated Strength \$	MB			
1-1:45pm	T'ai Chi Chih \$	MB			
1-2pm	Book Club (monthly)	MB			

# Noteworthy News

## Giving Project 2019

November 18 thru December 20

Please consider helping our 4-legged friends this holiday season.

### SMALL MIRACLES CAT & DOG RESCUE

Making a monetary donation is the best and most direct way to help the animals in their care. Monetary donations allow the shelter to use it where there is the most need, whether it be for food, supplies for the animals, veterinary supplies or operational costs. All checks should be made out to "SMCDR" and may be mailed to Small Miracles Cat & Dog Rescue, 10236 Baltimore National Pike, Ellicott City, MD 21042 or brought in-person to the shelter during adoption hours. Visit their website: [smallmiraclesrescue.org](http://smallmiraclesrescue.org) or phone them at 410-461-0516.

**Thank you for your support!**

## Future Council Member?

Are you interested in becoming more involved at the Ellicott City 50+ Center? Why not consider running for a seat on the Center Council? Elections for new Center Council members will take place in March, 2020. Pick up an information packet at the front desk. All candidates must declare their intent by Friday, February 28.

All Center members are eligible to run for Council and vote.

## Farewell Amy & Hello Kari!

Amy Williams, Nutrition Specialist, recently accepted a new full time position. We wish her well in her new endeavor. To help with lunches, we have been lucky to have Kari Weidner, Nutrition Specialist on loan to the Center. Be sure to stop by the kitchen and say hello!



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

## Thanksgiving Celebration

Thursday, November 14, 2019

Ten Oaks Ballroom, 5000 Signal Bell Lane, Clarksville 21029

## Giving Thanks Luncheon AND Dance

DOORS OPEN 10:30 AM • LUNCH 12 NOON

Tickets sold at all Howard County 50+ Centers

\$15/person (all ticket sales are final; no refunds)

MUSIC BY *Sly 45*  
featuring blues/jazz/pop

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

For more information, call 410-313-5440 (VOICE/RELAY)

Howard County Office on  
**Aging and Independence**  
Department of Community Resources and Services  
[howardcountymd.gov/aging](http://howardcountymd.gov/aging)



## Upcoming Adjusted Center Hours

Monday, October 14	Both Buildings <b>CLOSED</b> (Columbus Day)
Monday, November 11	Both Buildings <b>CLOSED</b> (Veterans Day)
Wednesday, November 13	Both Buildings <b>CLOSED at 1 pm</b> (Department Mtg) 50+ Fitness Center will <b>re-open at 4:30 pm</b>
Wednesday, November 27	50+ Fitness Center <b>CLOSED</b> at 4:30 pm
Thursday-Saturday, November 28-30	Both Buildings <b>CLOSED</b> (Thanksgiving Break)
Tuesday, December 24	50+ Fitness Center <b>CLOSED</b> at 4:30 pm
Wednesday, December 25	Both Buildings <b>CLOSED</b> (Christmas)
Tuesday, December 31	50+ Fitness Center <b>CLOSED</b> at 4:30 pm
Wednesday, January 1	Both Buildings <b>CLOSED</b> (New Year's Day)