




9401 Frederick Road
 Ellicott City, MD 21042
 410-313-1425

Hours: Monday-Thursday 10:00am – 2:00pm, Friday 10:00am-1:00pm
 Felicia Stein, Senior Center Plus Director; fstein@howardcountymd.gov
 Joyce Nagel-Mortell, Senior Center Plus Assistant Director; jnagel@howardcountymd.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise w/Vickie 12:00 Lunch 12:45 Paws4Comfort 1:15 iPad or Games 1	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise w/Jeannie 12:00 Lunch 12:45 Groundhog Day 1:30 Paws4Comfort 2	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise w/Vickie 12:00 Lunch 12:45 OTA Activity 3	Aquatic Wellness Program, Exercise, Games and Lunch at Roger Carter Center 3000 Milltowne Drive Ellicott City, MD 10:00-2:00 4	Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00-1:00 5
10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise w/Vickie 12:00 Chinese New Year Celebration 12:45 Paws4Comfort 1:15 iPad or Games 8	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise w/Jeannie 12:00 Lunch 12:45 Music w/Ed 1:30 Paws4Comfort 9	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise w/Vickie 12:00 Lunch 12:45 Music w/Tom 10	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise w/Vickie 12:00 Lunch 12:45 Music w/Al 11	Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00-1:00 12
Senior Center Plus Closed Presidents' Day 15	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise w/Jeannie 12:00 Lunch 12:45 Presidents' Day 1:30 Paws4Comfort 16	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise w/Vickie 12:00 Lunch 12:45 Music w/Peter 17	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise w/Vickie 12:00 Lunch 12:45 OTA Activity 18	Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00-1:00 19
10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise w/Vickie 12:00 Lunch 12:45 Paws4Comfort 1:15 iPad or Games 22	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise w/Jeannie 12:00 Lunch 12:45 Who am I? 1:30 Paws4Comfort 23	10:00 Coffee Talk 10:15 HCC/ESL Visit 10:45 Exercise w/Vickie 12:00 Lunch 12:45 Ceramics 12:45 Music w/Peter 12:45 Birthday Party 24	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise w/Vickie 12:00 Lunch 12:45 Music w/Tom 25	Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00-1:00 26
10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise w/Vickie 12:00 Lunch 12:45 Paws4Comfort 1:15 iPad or Games 29				Birthstone – Amethyst (Sincerity) Flower – Violet  Color(s) – Light Blue and Yellow

Let's Celebrate our February Birthdays!



A big thank you to Gary Pon for the delicious cakes he bakes for our monthly birthday celebrations!
This month we will be celebrating birthdays on Wednesday, February 24th.

Please feel free to join us as we wish
a very happy birthday to Julia, Felicia and Alyson!

Thank you to HoneyBaked Ham for their continuous support of our program.

IMPORTANT DATES TO PUT ON YOUR CALENDAR

Silver Dolphins Aquatic Wellness Program @ Roger Carter Center – **Thursday, February 4th**
(Please remember to bring your bathing suit or swim trunks, towel and water shoes)

ECSC+ CLOSED – Monday, February 15th for Presidents' Day

To inquire about resources, respite care needs, and/or caregiver support, contact
Maryland Access Point of Howard County (MAP) at 410-313-5980 or
Email: map@howardcountymd.gov

Inclement Weather Policy:

When Howard County Schools are closed or delayed two hours due to inclement weather,
Ellicott City Senior Center Plus is closed.

If the schools are delayed by one hour, the center is open.

When the schools have a scheduled day off, please tune to WBAL-TV for possible weather related
closures of the center.

Contact the center at 410-313-1425 to hear a recorded message regarding center operations.

RTA Contact Information: 1-800-270-9553...Press 3 and follow prompts