

North Laurel Senior Center Plus

February, 2016



9411 Whiskey Bottom Road
Laurel, MD 20723
410-313-7218

Hours: Monday through Friday 9:30am - 1:30pm
Nancy Riley, Director; nriley@howardcountymd.gov
Rachel McCracken, Asst. Director; rmccracken@howardcountymd.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Ed 12:00 Lunch 12:45 Good Old Days <p style="text-align: right;">1</p>	9:30 Coffee Talk 10:00 Birthday Recognitions 11:00 Music w/Al 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">2</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Travel to Switzerland/Fondue 12:00 Lunch 12:45 Tai Chi w/Dave <p style="text-align: right;">3</p>	9:30 Coffee Talk 10:00 Good Old Days 10:30 Sing-a-long w/Kay 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">4</p>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Chinese New Year Celebration 12:00 Lunch 12:45 Bingo <p style="text-align: right;">5</p>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Al 12:00 Lunch 12:45 Good Old Days <p style="text-align: right;">8</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Mardi Gras 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">9</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Valentine card and Cookie making 12:00 Lunch 12:45 Tai Chi w/Dave <p style="text-align: right;">10</p>	9:30 Coffee Talk 10:00 Good Old Days 10:30 Polymer Clay Hearts 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">11</p>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Charlie E. 12:00 Lunch 12:45 ♥ Bingo ♥ <p style="text-align: right;">12</p>
Closed President's Day Holiday <p style="text-align: right;">15</p>	9:30 Coffee Talk 10:00 Good Old Days 10:30 Healthy Tasting 11:00 Baking w/Matt 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">16</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Painting 12:00 Lunch 12:45 Tai Chi w/Dave <p style="text-align: right;">17</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Cultural COTA 12:00 Lunch 12:4 Exercise w/Liz <p style="text-align: right;">18</p>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 African American Program 12:00 Lunch 12:45 Bingo <p style="text-align: right;">19</p>
Bob Evans Restaurant 9:30am – 1:30pm (410) 290-0004 <p style="text-align: right;">22</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Drumming w/James 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">23</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Journaling 12:00 Lunch 12:45 Tai Chi w/Dave <p style="text-align: right;">24</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Ceramics w/Charlene 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">25</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Exercise w/Liz 12:00 Lunch 12:45 Bingo <p style="text-align: right;">26</p>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Sadie Hawkins Day 12:00 Lunch 12:45 Good Old Days <p style="text-align: right;">29</p>				

♥February♥

Calendar Notes and News

Important Dates and Reminders

Happy Birthday: Edna

Closings:

February 15th the Center will be closed for Presidents' Day.

Outings:

Monday, February 22nd Bob Evans Restaurant 9:30am-1:30pm.

It is often cool in our rooms, so please dress appropriately and bring/wear a lightweight jacket or sweater.

Resource and Referral Information

Maryland Access Point, (MAP): Provides free information, assistance, and future planning for older adults and persons with disabilities. Contact them at 410-313-5980, 1-800-506-5806 or map@howardcountymd.gov.

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Senior Center Plus Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV or contact the center at 410-313-7218 to hear a recorded message regarding center operations.

If you need this publication in an alternate format, call 410-313-7218.