

# WELCOME TO THE GLENWOOD 50+ CENTER



FEBRUARY – MARCH 2016  
[www.glenwoodseniorcenter.org](http://www.glenwoodseniorcenter.org)



**2400 Route 97**  
**Cooksville, MD 21723**  
**(410) 313 - 5440 Front Desk**  
**Fax: (410) 313 - 4846**  
**Center Email:**  
[glenwoodsc@howardcountymd.gov](mailto:glenwoodsc@howardcountymd.gov)

**Glenwood 50+ at the**  
**Gary J. Arthur Community Center**

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

**GO50+ HOURS**

**Mon-Sat: 7 am - 9 pm**  
**Sun: 9 am - 6 pm**

**Website:**  
[www.howardcountyaging.org](http://www.howardcountyaging.org)  
[www.glenwoodseniorcenter.org](http://www.glenwoodseniorcenter.org)

**Volunteer Website:**  
[www.hocovolunteer.org](http://www.hocovolunteer.org)

Welcome to February, the third month of winter and the shortest. On February 4th, AARP's Tax Aide program begins. Make your appointments at the front desk or call (410) 313-5440. Join us for a Pancake Bar on the 9th, celebrate President's Day on the 12th featuring a presentation on Lincoln, the Friendship Brunch on the 19th and the Lyric performs on the 24th. Have you made it to a TED talk yet? Join us for bagels and conversation the second Tuesday of each month at 9:30 am, facilitated by Torri. In January we had 18 people in attendance. Our first History Discussion group met on the 13th of January and already needs a larger space! Remember, come in the from the cold and warm up at the center.

Regina, Cathy, Chris, Torry and Evan

## SPOTLIGHT ON LYRIC OPERA CARES PROGRAM PRESENTS: THE AMERICAN SONGBOOK

Two vocalists and a pianist will perform favorite songs by the most successful American composers such as Gershwin, Porter, Rodgers, Bacharach and more. The December program was fabulous. Make sure you mark your calendar for this wonderful event.



### WEDNESDAY, FEBRUARY 24, 11 AM

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# 50+CENTER NEWS TO USE

## Center Information and Closings

**Monday, February 15, Presidents Day**

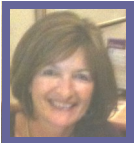
**Friday, March 25, Good Friday**

**Fitness Program: Go 50+, See page 11**

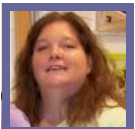
**50+ Programs:** The Glenwood 50+ Center follows the policy of Recreation and Parks and does not pro-rate for classes missed. Interested in trying a class? Try it free for one class.

**Maryland Access Point:** (410) 313-5980. Contact the MAP line for questions, information and referrals to services in Howard County.

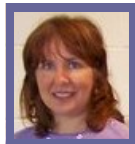
**State Health Insurance Assistance Program** (410) 313-7392. Appointments are held at Glenwood 50+Center on the second Tuesday of each month.



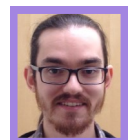
**Regina Jenkins**, Director  
(410) 313-5443  
rjenkins@howardcountymd.gov



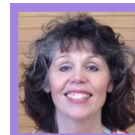
**Cathy Burkett**, Assistant Director  
(410) 313-4832  
cburkett@howardcountymd.gov



**Chris Ferraro**, Registrar  
(410) 313-5440  
cferraro@howardcountymd.gov



**Evan Larkin**, Utility Technician  
(410) 313-4836  
elarkin@howardcountymd.gov



**Torry Brecht**, Nutrition Specialist  
(410) 313-4833  
vbrecht@howardcountymd.gov

**Cooksville Corner Café:** Why not join us for lunch in our café? Check out our menu in advance in the newsletter or in the lunch book located at the Front Desk. Please remember to call 410-313-5440 to reserve or to cancel. Lunch is served Monday through Friday at 12 noon, with a super salad bar on the 2nd Friday of each month.

## Council Corner

### Members:

Pete Adams	Linda Adams
Gul Behsudi	Laurel Gafke
Carl Hood	Joan Smith
Dave Smith	Harrison Morson
Joann Brown	Barbara Cornell
Doug Hillmuth	Laura Grant
Laura Wilson	Erin Matthews
Linda Deffinbaugh	Linda Behsudi

**Next Meeting: March 11, 1 pm**

Interested in having a voice at the Center and getting more engaged? Think about joining the 50+Center Council. The Council meets the second Tuesday of each month and meetings are open to all.

**Are you on Facebook?**

**Check out the Council's page and "Like" it! Find us at [Facebook.com/Glenwood 50+Senior Council](https://www.facebook.com/Glenwood50+SeniorCouncil)**

HEALTH & SUPPORT SERVICES  
**got map?**  
Howard County  
**MARYLAND ACCESS POINT**  
[www.marylandaccesspoint.info](http://www.marylandaccesspoint.info)  
**410.313.5980 • [map@howardcountymd.gov](mailto:map@howardcountymd.gov)**

**Disclaimer:** "Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County Senior and 50+Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors."

## KINDRED SPIRITS SOCIAL CLUB

If you are struggling with memory loss or know someone who is, look into Kindred Spirits Social Club. This innovative program is a partnership between the Office on Aging and the Alzheimer's Association, Greater Maryland Chapter.

The mission of the Social Club is to provide socialization, companionship, education, support, and a sense of purpose in a safe and nurturing environment for individuals with a medical diagnosis of an early memory disorder. The Social Club includes structured therapeutic support activities such as speakers, music, art, and yoga.

The program operates Mondays, Wednesdays, and Fridays, 9 am -1 pm.

**Judy Miller**, Facilitator Kindred Spirits Director  
jumiller@howardcountymd.gov



**Call to schedule an appointment (410) 313-5441**

## PLUS PROGRAM

Are you a caregiver of a parent or loved one, or do you know someone who is providing care for an aging parent? The Senior Center Plus program offers a safe, affordable, stimulating option. The Plus program has a staff to participant ratio of 1 to 8, and is directed by a Certified Occupational Therapy Assistant. Staff are dedicated to providing a place for your loved one to socialize in a structured and supportive environment. The four hour program provides programming, a well balanced lunchtime meal and snacks. Program is 9 am -1 pm on Tuesdays and Thursdays. **Judy Miller**, Director, Senior Center Plus,  
jumiller@howardcountymd.gov



**Call to schedule an appointment (410)313-5441**

## INCLEMENT WEATHER POLICY

- A reminder of our Inclement Weather Policy. The main number will always have an updated recording. Call (410) 313-5440.
- If **Howard County Schools are Closed, the Glenwood 50+ Center is closed.**
- If Howard County Schools are **2 hours late**, the building will open at **10:30 am**, programs before 10:30 am are cancelled, programs scheduled after 10:30 am go on as planned unless the instructor cancels, **no lunch and no paratransit, no Plus Program or Kindred Spirits.**
- If Howard County Schools are **1 hour late**, the center opens at **9:30 am.**



*If you need this document in an alternative format, please contact Regina Jenkins on (410) 313-5443. Would you like to receive our newsletter on your smart phone or home computer? If so, please call Chris at (410) 313-5440 and she will add you to our email distribution list.*

# EXERCISE AND FITNESS CLASSES

## **Sit & Fit**

Tuesday and Thursday, 11 am  
Cost: \$48 for 16 classes  
Next session begins April 5  
Instructor: Susan Kain

## **Energize H.I.I.T.**

### **High Intensity Interval Training**

Monday and Wednesdays, 8:20 am  
Cost: \$68 for 16 classes  
Next session begins February 29  
Instructor: Sara Schwab

## **Gentle Yoga**

Tuesdays or Thursdays, 10:15 am  
Cost: \$60 for 10 weeks  
Next Tuesday session begins March 29  
Next Thursday session begins March 17  
Instructor: Mary Garratt

## **Gentle Yoga,**

Fridays, 10:15 am  
Cost: \$60 for 10 weeks  
Next session begins May 6  
Instructor: Susan Kain

## **Hatha Yoga 1-2**

Fridays, 9-10 am  
Cost: \$60 for 10 weeks  
Next session begins May 6  
Instructor: Susan Kain

## **Hatha Yoga**

Tuesdays or Thursdays, 9 am  
Cost: \$60 for 10 weeks  
Next Tuesday session begins March 29  
Next Thursday session begins March 17  
Instructor: Mary Garratt

## **Yogalates New!**

Mondays, 3 pm  
Cost: \$60 for 10 classes  
Session begins May 2  
Instructor: Susan Kain

## **Line Dance Basics**

Thursdays, 12:45 pm  
Cost: \$55 for 10 weeks  
Next session begins February 11  
Instructor: Mary McCormick

## **Line Dancing Beyond Beginners**

Thursdays, 1:45 pm  
Cost: \$55 for 10 weeks  
Next session begins March 24  
Instructor: Mary McCormick

## **Pilates**

Mondays, 9:45 am  
Cost: \$46 for 8 classes  
Next session begins April 11  
Instructor: Bob McDowell

## **Pilates**

Wednesdays, 11 am  
Cost: \$46 for 8 classes  
Next session begins March 9  
Instructor: Bob McDowell

## **Prime Time Tone, Balance & Flex**

Monday, Wednesday, 1-2 pm  
Cost: \$48 for 16 classes  
Next session begins February 22  
Instructors: Sara Schwab, Marianne Larkin

## EXERCISE CLASS DESCRIPTIONS

### **Energize I.T. – Interval Training**

This fun choreographed class alternates between floor aerobics, power development, and resistance strength training with the use of Free Weights, Dyna-bands and Exertubes, Medicine Ball, Stability Ball and Flex Ball. Core Development and Balance Training.

### **Gentle Yoga**

Through creativity and modifications, everyone can do yoga with a chair. In this gentle/beginner's level class, yoga poses are done seated in a chair or standing using the chair as a prop for support and stability. Reap the benefits of greater flexibility, increased energy, improved memory and clarity, better concentration, and improved overall health.

### **Hatha Yoga**

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

### **Hatha Yoga 1-2**

Find the benefits of greater flexibility, increased energy, and improved overall health by expanding your yoga practice. Each class ends with deep relaxation and breathing techniques.

### **Line Dancing Basics**

Dancing is great exercise and fun. Come join us for one of these two options: Basics or Beyond Beginners for individuals who have taken a beginner class. Please wear leather soled shoes.

### **Pilates**

Pilates is an exercise program emphasizing core stability, balance, and abdominal strength. It is based on 34 basic movements that are performed on a mat. Pilates supports a healthy back and invigorates overall fitness. This class is open to all fitness levels and modifications are available.

### **Prime Time Tone, Balance & Flex**

A class focusing on functional fitness for everyday living. Have fun getting fit and strong and improve your range of motion and balance. Tone your major muscle groups with both seated and standing exercises. Instructor will show modifications for a seated option.

### **Sit & Fit**

Are you interested in getting stronger? Join our 'Sit and Fit' class. Everyone works at their own pace and ability level, using bands, balls, and hand weights, while also enjoying the social benefits, in a seated position.

### **Yogalates - New**

East meets West in Yogalates, a combination of the best of the disciplines of yoga and Pilates. By fusing yoga, the tradition from India, with Pilates, a system of exercises developed in the 1920's by Joseph Pilates, participants will gain strength, stability, flexibility and stress reducing techniques along with attention given to the core muscles. Participants need to be able to get up and down from the floor.

Registration for exercise classes can be done 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 may also register online using a credit card at <http://apm.activecommunities.com/howardcounty>

## HEALTH & WELLNESS

### Acupuncture

**Fridays, appointments 9 am - 4 pm**

**Cost: \$125 Initial Appointment,  
\$75 session**



Acupuncturist, Dawn Kulak, L.Ac., M.Ac, will be seeing clients on Fridays. Dawn accepts insurance. Please discuss this with her at your consultation.

### Ask the Pharmacist

**Monday, February 8, 9 am**

**Monday, March 14, 9 am**

Bring all of your questions to pharmacist, Don Hamilton, P.D. Meet one on one and get answers to your pressing questions about your medications. Bring your drug lists, or your prescription containers to confidentially discuss any medication concerns.

### Blood Pressure Screenings

**Tuesdays, February 9, 23, 9 - 11 am**

**Tuesdays, March 8, 22, 9 - 11 am**

Sponsored by Howard County General Hospital. Keep on top of your blood pressure to avoid serious health concerns. Let the nurse help you keep track of your readings. First come first served.

### Nutrition Counseling

**Wednesday, February 10, 9:30 am**

Schedule an individual appointment with Ashli Greenwald, MS, RD, LDN. Ashli helps adults improve on their quality of life through nutrition counseling and education. Sign up for a 30 minute session or 1 hour for diabetics.

### Silver Sneakers Walking Group

**Monday - Friday, 8 am**

The walking group meets five days a week. Come join us any day for a brisk walk indoors. Walk at your own pace and enjoy the camaraderie of a group. This is a safe and weatherproof way to exercise!



### SHIP Counseling

**Tuesday, February 9, 9 am - 12 noon**

**Tuesday, March 8, 9 am - 12 noon**

State Health Insurance Program counselors will be available to help individuals with health insurance issues. The service is open to Medicare beneficiaries of any age, others age 50 and up, their families and caregivers. Sign up in advance for an individual appointment.

### Basketball - Drop in

**Monday, Wednesdays, Fridays**

**9 - 11 am**

Players must be 50+ years of age to participate in this program. Join this group for a fun and competitive workout. Players age 62 and better can enjoy playing with members in their age group beginning at 11 am.



# JANUARY AND FEBRUARY PROGRAMS AND EVENTS

## **Open Studio: Craft & Painting**

**Wednesdays, 9am - noon**

Do you enjoy doing a craft or painting? Are you working on a project or knitting? The art room will be open for you. Bring your own supplies.

## **Billiards-Table Tennis**

**Monday-Fridays, 8 am - 4:30 pm**

Stop by the front desk and grab a key to the game room. Enjoy a game of table tennis or pool!

## **Pickleball**

**Tuesdays, Thursdays, 11 am - 2 pm**

Come join the fun! Pickleball combines elements of tennis, badminton and ping-pong. Give it a try!

## **Chinese Mahjong**

**Tuesdays 1 - 3 pm**

Come and learn how to play and enjoy the friendships that are created. Sign up to stay for lunch.

## **Pinochle**

**Mondays, Fridays, 10 am - 4:30 pm**

Looking for new players! Beginners are welcome.

## **Duplicate Bridge**

**Mondays, Wednesdays, 12:45 - 4:00 pm**

Come for an afternoon of bridge. Cost is \$1 per day which includes coffee and tea.

## **History of Broadway Series**

**Monday, February 1, 11 am**

**Thursday, February 4, 11 am**

**Thursday, March 10, 11 am**

**Monday, March 21, 11am**

Steve Freidman continues his very popular series. Topics are, February 1: More Great Musicals that have Faded Away, February 4: Tin Pan Alley to Broadway, musicals of the 1930's. March 10: In the 1940's Musicals became Adult, March 21: Great Musicals that lost the Tony.

## **Medically Curious**

**Friday, February 5, 10 am - 12 noon**

**Friday, March 11, 10 am - 12 noon**

Dr. Larry Romaine continues his Medically Curious series. February's topic covers psychiatry, learn a basic understanding of depression, schizophrenia, bipolar etc. Includes diagnosis and treatments. March's topic is guidelines for screenings.

## **New Member & Volunteer Coffee**

**Tuesday, February 9, 9 am**

**Tuesday, March 8, 9 am**

Join the staff for coffee and an introduction to the center. Learn about center programs and ways you can get involved. Pick up your binder of information on the center, receive a tour and get your questions answered. Please sign up in advance at the front desk.

# FEBRUARY & MARCH PROGRAMS AND EVENTS

## AARP Tax Aide

**February 4, Thursdays, 9:15 - 11:15 am**



This program, for Howard County residents, is cosponsored by AARP and the IRS. Electronic filing is provided at no charge. The tax service is available to all middle and low income taxpayers, with special emphasis on individuals ages 60 and older.

## Bagels with TED

Join us for a thought provoking presentation and enjoy bagels and coffee.



### February 9, 9:30 am, Topics:

Religion, understanding Islam  
The Future of Flying Robots

### March 8, 9:30 am Topics:

Be Passionate, Be Courageous, Be Your Best  
What Does My Head Scarf Mean to You?

## Pancake Bar

**Tuesday, February 9, 9 - 10:30 am**

We will be back in the lobby with pancakes, sausage and your favorite toppings! Come out and spend some time with friends. Donations welcome.

## iPhone and iPad Class

**Thursday, February 11, 10 am**

**Friday, March 11, 10 am**

Center member and resident expert, Mike Vecera, will continue with his iPad and iPhone course. Stop by and you will be amazed at what you can learn.

## New Release Movies

**Fridays, 1 pm Cost: \$1 donation**



**February 12: The Intern**, PG13, 121 minutes, comedy.

**February 26: Bridge of Spies**, PG 13, 141 min, biography, drama.

## Genealogy

**Thursday, February 11, 10 am**

**Thursday, March 10, 10 am**

Join Dottie Aleshire for a monthly presentation on Genealogy. Check the bulletin board for updated topics for February and March. This class is ongoing and new participants are welcome at any time.

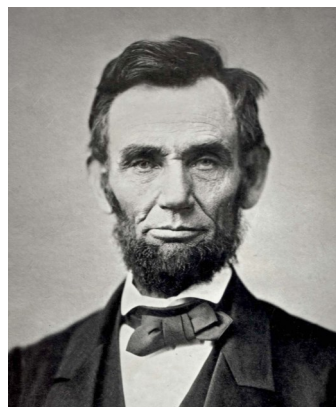
## Two for the Show

**Friday, February 12, 11 am**

This duo is back for another performance. Enjoy as they use props, share the background of the music and sing.

## Presidents Program

**Friday, February 12, 11 am**



Ken Serfass presents on Lincoln's birthday and the presidency from a Washington outsider looking in.

## FEBRUARY & MARCH PROGRAMS AND EVENTS

### **Civil War Series:**

**Wednesday, February 17, 10 am**

Dawn of Victory: Breakthrough at Petersburg by Edward S. Alexander tells the story of the men who fought and died in the decisive battle of the Petersburg campaign. Readers can follow the footsteps of the resolute Union attackers and stand in the shoes of the obstinate Confederate defenders as their actions decided the fate of the nation. Edward will be here for a presentation and book signing. This event is sponsored by Books with a Past book Store and The Western Howard County Senior Council. Please support your local book store and purchase your books for signing at the day of the event.

### **Financial Exploitation**

**Friday, February 19, 11 am**

Officer Andre Lingham and Lila Boor from the Consumer Affairs office will be on hand for this timely and informative presentation.

### **Lyric Opera Cares:**

**Made in America, The American Songbook**

**Wednesday, February 24, 11 am**

Two vocalists and a pianist will perform popular favorite songs by American composers. The December program was fabulous. Make sure you mark your calendar for this wonderful treat.

### **Drumming**

**Friday, February 26, 11 am**

Join us for an hour of stress reduction! First timers welcome. Spend time relaxing and put a smile on your face.

### **Waffle Bar**

**Friday, March 4, 9 - 10:30 am**

Join us in the lobby for our monthly breakfast. Enjoy waffles, sausage, toppings and juice.

### **Harriet Tubman Story Telling Program**

**Wednesday, March 9, 10 am**



Storyteller Janice Green portrays Harriet Tubman. Come hear the story of Harriet Tubman, abolitionist, humanitarian and during the Civil War, a Union spy.

### **Civil War Series:**

**Wednesday, March 16, 10 am**

Daniel T. Davis and Phillip S. Greenwalt will be on hand to discuss their book, Calamity in Carolina: The Battles of Averasboro and Bentonville, March 1865. This event is sponsored by Books with a Past book Store and The Western Howard County Senior Council. Please support your local book store and purchase your books for signing at the day of the event.

# MARCH PROGRAMS AND EVENTS

## Identity Theft

Thursday, March 17, 10 am

Officer Andre Lingham and Lila Boor from the Consumer Affairs office will talk to you about how you can protect your identity and why you need to.

## St. Patty's Day Lunch

Thursday, March 17, 12 noon

Cost: \$5

Come to Identity Theft and stay for a traditional lunch of homemade Reuben's and more. Sign up at the front desk.

## Culture, Conversation & Cuisine:

Puerto Rico

Wednesday, March 23, 12 noon

Cost: \$7

Come enjoy a delicious meal typical of Puerto Rico and learn some interesting facts and trivia about this island. Must register in advance.





**Save the Date**  
for the 8<sup>th</sup> Annual

strong • savvy • sage

# WOMENFEST

A Health & Wellness Event for Women

Inspiring women to live a more balanced, healthier and fulfilled life!

**Saturday, April 30 • 10 am - 3 pm**

Gary J. Arthur Community Center at Glenwood  
2400 Route 97, Cooksville, MD 21723

**EVENT HIGHLIGHTS AND DETAILS**

- Free Admission
- On-Site Parking
- 90+ Exhibitors/Vendors
- Dynamic Seminars
- Engaging Workshops
- Important Health Screenings
- Cooking and Fitness Demos
- All Day Door Prizes



Howard County  
**OFFICE ON AGING**  
Department of Citizen Services

410-313-5440 (VOICE/RELAY)  
[www.howardcountyyaging.org/womenfest](http://www.howardcountyyaging.org/womenfest)

If you need accommodations to attend, please call Maryland Access Point (MAP) at 410-313-5980 at least one week prior.

# FEBRUARY 2016 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 1, 2016</b>	<b>February 2, 2016</b>	<b>February 3, 2016</b>	<b>February 4, 2016</b>	<b>February 5, 2016</b>
Roast Pork Loin Hoppin John Collard Greens Carrot /Raisin Salad Cornbread Apple Pie	Tuscan Bean Soup Pork BBQ Ranch Salad Bun Fruit	Turkey /Gravy Mashed Swt Pot Green Beans Bread Mixed Fruit	Cheeseburger LTO Potato Salad Coleslaw Roll Peaches	Veggie Soup Baked Ham Creamed Corn Sunny Slaw Bread Fresh Fruit
<b>February 8, 2016</b>	<b>February 9, 2016</b>	<b>February 10, 2016</b>	<b>February 11, 2016</b>	<b>February 12, 2016</b>
Minestrone Soup Knockwurst Baked Beans Coleslaw Bun Fresh Fruit	Pot Roast /Gry Potatoes Carrots/Onions Cornbread Pumpkin Pie	Spilt Pea Tuna Salad Dixie Slaw Roll Apple	Cream of Celery Turkey/ Swiss Bread Pepper Cabbage Sliced Apples	Carrot Raisin Salad Chicken Rosemary Scalloped Potatoes Winter Blend Bread Fruit Cocktail
<b>February 15, 2016</b>	<b>February 16, 2016</b>	<b>February 17, 2016</b>	<b>February 18, 2016</b>	<b>February 19, 2016</b>
CLOSED PRESIDENTS DAY	Health Salad Beef Burgundy Mashed Potatoes Peas Bread Fresh Fruit	Minestrone Soup Pork Ribette Oven Brn Potatoes Carrot Raisin Salad Bread Fresh Fruit	Green Salad Baked Salmon Rice Pilaf Green Beans Roll Tropical Fruit	Omelet Bar  Please sign up in advance at The front desk
<b>February 22, 2016</b>	<b>February 23, 2016</b>	<b>February 24, 2016</b>	<b>February 25, 2016</b>	<b>February 26, 2016</b>
Minestrone Soup BBQ Chicken Macaroni Salad Mixed Veggies Bread Fresh Fruit	Chunky Tomato Soup Ham/Swiss Pepper Cabbage Roll Sliced Pears	Navy Bean Soup Hamburger LTO Italian Veggies Roll Fresh Fruit	Coleslaw Beef Stew Bread Mixed fruit	Veggie Soup Grilled Chicken Breast Picked Beets Roll Mandarin Oranges
<b>February 29, 2019</b>				
Salad Baked Potato/ Sweet Potato Bar				

# FEBRUARY AT A GLANCE

<p><b>1</b> Energize IT 8:20 Basketball 9 Pilates 9:45 Pinochle 10 <b>History of Broadway 11</b> Bridge 12:45 Prime Time 1</p>	<p><b>2</b> Hatha Yoga 9 Gentle Yoga 10:15 Sit &amp; Fit 11 Pickleball 11 Chinese Mahjong 1</p>	<p><b>3</b> Energize IT 8:20 Basketball 9 Open Arts &amp; Crafts 9 Bridge 12:45 Pilates 11 Prime Time 1</p>	<p><b>4</b> Hatha Yoga 9 Gentle Yoga 10:15 Sit &amp; Fit 11 <b>History of Broadway 11</b> Pickleball 11</p>	<p><b>5</b> Basketball 9 Yoga 1/2 9 <b>Medically Curious 10</b> Gentle Yoga 10:15 Pinochle 10 Acupuncture All Day</p>
<p><b>8</b> Energize IT 8:20 Basketball 9 <b>Ask the Pharmacist 9</b> Pilates 9:45 Pinochle 10 Bridge 12:45 Prime Time 1</p>	<p><b>9</b> Hatha Yoga 9 <b>New Member Coffee 9</b> <b>Ted Talk 9:30</b> <b>Blood Pressure 9</b> <b>SHIP Counselor</b> Gentle Yoga 10:15 Sit &amp; Fit 11 Pickleball 11 Chinese Mahjong 1</p>	<p><b>10</b> Energize IT 8:20 Basketball 9 Open Arts &amp; Crafts 9 Nutrition Counseling <b>History Discussion 10:30</b> Bridge 12:45 Pilates 11 Prime Time 1</p>	<p><b>11</b> Hatha Yoga 9 <b>Genealogy 10</b> Gentle Yoga 10:15 Sit &amp; Fit 11 Pickleball 11</p>	<p><b>12</b> Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 Acupuncture All Day <b>Movie: The Intern 1</b></p>
<p><b>15</b> <b>CLOSED</b> <b>PRESIDENTS</b> <b>DAY</b></p>	<p><b>16</b> Hatha Yoga 9 Gentle Yoga 10:15 Pickleball 11 Sit &amp; Fit 11 Chinese Mahjong 1</p>	<p><b>17</b> Basketball 9 Energize IT 8 Open Arts &amp; Crafts 9 <b>Civil War Series 10</b> Bridge 12:45 Pilates 11 Prime Time 1</p>	<p><b>18</b> Hatha Yoga 9 <b>Genealogy 10</b> Gentle Yoga 10:15 Sit &amp; Fit 11 Pickleball 11</p>	<p><b>19</b> Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 <b>Friendship Omelet Bar 12</b> Acupuncture All Day</p>
<p><b>22</b> Energize IT 8:20 Basketball 9 Pilates 9:45 Pinochle 10 Bridge 12:45 Prime Time 1 <b>Yogalates—New 3</b></p>	<p><b>23</b> Hatha Yoga 9 <b>Blood Pressure 9</b> Gentle Yoga 10:15 Sit &amp; Fit 11 Pickleball 11 Chinese Mahjong 1</p>	<p><b>24</b> Basketball 9 Open Arts &amp; Crafts 9 Bridge 12:45 Pilates 11</p>	<p><b>25</b> Hatha Yoga 9 Gentle Yoga 10:15 Sit &amp; Fit 11 Pickleball 11</p>	<p><b>26</b> Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 Acupuncture All Day <b>Move: Bridge of Spies 1</b></p>
<p><b>29</b> Energize IT 8:20 Basketball 9 Pilates 9:45 Pinochle 10 Bridge 12:45 Prime Time 1 <b>Yogalates—New 3</b></p>	