



9411 Whiskey Bottom Road
Laurel MD 20723
(410) 313 - 0380
Fax: (240) 568-3030

nlaurel50center@
howardcountymd.gov

50+Center Hours

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

Website:
www.howardcountyaging.org

NORTH LAUREL 50+ CENTER

NEWS & NOTES

Celebrating February

February is a transitional month of moving forward towards spring and celebrating renewal, love and hope. At North Laurel we will celebrate culture, promise and love with Chinese New Year (2/5), Mardi Gras (2/9), Valentine's Day (2/10) and Black History Month (2/19) events. Also check out the new fitness offerings - **Fab Fusion** and **Total Toning**.

Please continue to support The Giving Tree located in the Center lobby. Until 2/14, the North Laurel Council will collect food items and clothing for the Route 1 Day Resource Center - a haven for the working homeless population. For more information on what is needed, see the Front Desk.

Stop by & enjoy all the Center has to offer.

Trisha, Michelle, Carmen & Lauren

The flowers of late winter and early spring occupy places in our hearts well out of proportion to their size.

~ Gertrude Smith Wister

INSIDE THIS ISSUE:

News & Notes	2
Membership/Registration	3
Fitness, Health & Wellness	4 - 5
On-going Programs	6
Feb & March Offerings	7
Monthly Calendar	8
Menu & Nutrition Notes	INSERT

North Laurel 50+ Center and Senior Center Plus will be closed for Presidents Day on Monday, February 15, 2016. The building will be open for walking and the fitness center. Call 410-313-0390 for building status.

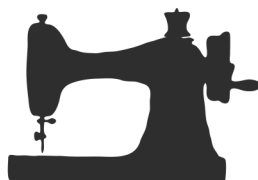
CENTER HIGHLIGHTS



Chinese New Year

Friday, February 5

11 am to 1 pm



Needles Trade

Tuesday, February 23

11 am to 12 pm

Inclement Weather? Call 410-313-0380 for program status



In Your Neighborhood

North Laurel 50+ Center, located within the North Laurel Community Center, offers a variety of programs and activities for persons age 50 and older. The monthly newsletter with Center activities and events is available for pick-up at the Center and on-line at www.howardcountyaging.org.

If you need accommodations to attend North Laurel events or if you need this document in an alternative format, contact the 50+ Center at 410-313-0380. People who have a hearing or speech disability may contact us through Maryland Relay by calling 7-1-1.

North Laurel Senior Council

The Council supports North Laurel 50+ , Senior Center Plus & Kindred Spirits operations, serves as an advisory group, plays a leadership role and represents the Center to the community. Assistance with events is always welcome.

Upcoming Council sponsored events

Coffee w/ the Council	February 1	10 am
Music with Kay	February 4	10:30 am
Rack 'Em Up Pool Party	February 4	12:30 pm
Council Meeting	February 9	1 pm
Matinee Movie	February 18	1 pm
Birthday Bash	February 23	12 pm

The Giving Tree Project February 1 to 14, 2016

MEET THE STAFF

Trisha Olsen	410-313-0389
Director, 50+ Center	
Michelle Feng	410-313-0388
Assistant Director, 50+ Center	
Carmen Faye	410-313-0380
Front Desk, 50+ Center	
Lauren Hilinski	410-313-0387
Nutrition Specialist, 50+ Center	
Nancy Riley	410-313-7218
Director, Senior Center Plus & Kindred Spirits Social Club	
Rachel McCracken	410-313-7691
Assistant Director, Senior Ctr Plus	
Nancy Gabie	410-313-0396
Program Assistant, Senior Ctr Plus	
Vacant	410-313-0398
Program Assistant, Senior Ctr Plus	

Helpful Numbers

State Health Insurance Program

(410) 313-7392

Maryland Access Point (MAP)

(410) 313-5980

RTA Mobility www.transitRTA.com

1-800-270-9553

Senior Center Plus

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, a certified social model day program, offers a safe, affordable & stimulating option. Directed by a Certified Occupational Therapy Assistant, the staff is dedicated to providing a place for your loved one to socialize in a structured and supportive environment. The 4-hour program provides therapeutic programming, a well balanced lunch time meal and snacks. For more information, contact Nancy Riley, Director at (410) 313-7218 or nriley@howardcountymd.gov.

The **Kindred Spirits Social Club** is a place for people diagnosed with an early stage memory disorder to interact with others who are walking the same journey. The club provides education, socialization, support and companionship in a safe and nurturing environment. For more information, contact Nancy Riley at 410-313-7218 or nriley@howardcountymd.gov.

MEMBERSHIP & REGISTRATION

Membership

You must be a registered member to use the North Laurel 50+ Center. Membership is free and it is a quick application process. It is required to register for programs & activities. Stop by the 50+ Center Front Desk between 9 am and 4 pm Monday through Friday for your membership card with photo ID.

Registration

Sign-up for classes and activities at the 50+ Center's Front Desk. Some programs and activities require pre-registration and fees. Information on classes at North Laurel: <http://apm.activecommunities.com/howardcounty>

We recognize at times members may need to withdraw from a class. All refund requests are subject to a minimum 20% administrative fee and there are no refunds for missed sessions. Additional fees may be assessed to recover costs associated with the program.

Go 50+ Fitness Center Membership

The Howard County Go 50+ fitness center membership is available to Howard County 50+ Center members with access to 4 fitness rooms throughout Howard County. The cost is \$75 per year for residents/\$100 for non-residents. For more information, call 410-313-0390 or visit the North Laurel 50+ Front Desk.

Coffee Service

The North Laurel 50+ Center has coffee service Mondays thru Fridays when the 50+ Center is open. Regular and decaffeinated coffee and hot water are available. At times, breakfast snacks are offered courtesy of the North Laurel Senior Council. Donations are appreciated to continue this service.



Lunch Program

To join us for lunch, please sign up **in advance** in the lunch book located at the Front Desk. Please remember to call 410-313-0380 to cancel your reservation if you are not coming.

The full cost of a regular meal is \$4.10 and \$5.39 for special meals. Those 60+ are requested to contribute toward the cost of the meal. Those under 60 pay the full cost of the meal. Contributions ensure the continued viability of this program.

Lunch is served Monday through Friday (unless noted otherwise) at 12 noon.



Inclement Weather Policy

If Howard County schools are **closed**, the 50+ Center, Senior Center Plus & Kindred Spirits are **closed**. The NLCC manager determines when or if the building will open to the public.

Call the Rec & Parks message line at 410-313-4452 and choose "5" for the status on NLCC.

If schools are **2 hours late**, the 50+ Center will open at **10:30 am** with limited programming, no lunch and no paratransit. Senior Center Plus and Kindred Spirits will be closed.

If schools are **1 hour late**, the 50+ , Senior Center Plus and Kindred Spirits will open at **9:30**.

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

FITNESS OFFERINGS

New Class

Fab Fusion

Tuesdays & Thursdays 11:15 am to 12 pm
Cost: \$ 48 for 8 sessions 2/2 to 2/25
Light cardio and strength routines will challenge your muscles to increase range of motion, balance and flexibility. Includes seated exercises & use of bands & weights.
Instructor: Liz Presti

Age Well Exercise

Tuesday & Thursday 10 am to 11 am
Cost: \$44 for 16 classes 1/12 to 3/3
Learn basic cardio combinations in an easy format to increase endurance, build muscle tone & bone density. Hand weights & elastic bands are provided.
Instructor: Jeanne Sealing

Mat Pilates

Wednesday & Friday 11:15 am to 12:05 pm
Cost: \$46 for 8 sessions 2/5 to 3/2
Build flexibility, lean muscle, strength and endurance with emphasis on breathing to relieve stress and develop a strong core. Instructor allows for modifications in range of difficulty. Instructor: Maggie Lockhart.

Ballroom & Latin Dance - Beginners

Tuesdays 1:30 pm to 2:30 pm
Cost: \$52 for 6 sessions 2/2 to 3/8
Learn basic steps to a variety of fun and versatile dance styles. Singles & Couples welcome. Instructor: Linda White.

Total Toning

Fridays 9:30 am to 10:15 am
Cost: \$42 for 6 sessions 2/12 to 3/18
An all-over workout of targeted areas to strengthen and tone.

New Class

Tap Aerobics

Wednesday 10 am to 11 am
Cost: \$43 for 8 classes 2/24 to 4/13
Tone, trim and tighten by combining the rhythm of tap dancing with a healthy low impact aerobic workout. Tap shoes are optional; smooth soled shoes required.
Instructor: Ronnie Mack

Gentle Yoga

Monday 11 am to 12:15 pm
Cost: \$56 for 8 classes 2/1 to 3/28
No Class 2/15
Thursday 1:30 pm to 2:45 pm
Cost: \$56 for 8 classes 1/21 to 3/17
No Class 2/4
Reduce stress, tone muscles and increase strength and energy with fluid breathing. Work at your own level - modifications provided.

Chair Yoga

Monday 10 am to 10:50 am
Cost: \$52 for 8 classes 2/1 to 3/28
No Class 2/15
Enjoy all the benefits of yoga in this seated exercise. Reduce stress, tone muscles and increase strength & energy. Instructor will modify according to fitness level & health challenges.

Zumba Gold

Wednesday 9:30 am to 10:30 am
Cost: \$54 for 8 sessions 1/27 to 3/16
Join in this fun, Latin - inspired workout. Designed for the active older adult, this version incorporates Zumba's contagious rhythms & is performed at a lower intensity.
Instructor: Roxanne Hartman

**Class schedules are subject to change.
Please confirm latest dates with staff.**

HEALTH & WELLNESS OFFERINGS

Walking Club

Monday - Friday 8 am
The Walking Club meets five days a week for a brisk walk around the indoor track-12 laps equals one mile. A safe & weatherproof way to stay fit! Cards to record distance and time are available to track your "tracks."

Line Dance Drop-In

Tuesdays 11:15 am to 12:45 pm
Cost: \$1/day drop-in fee
Learn today's popular step sequences in these fun weekly sessions. First half of class is basic/beginner refresher steps and second half is more advanced sequences. Dancing led by Linda Pohland.

Blood Pressure Screening

Tuesdays in February 10 am to 12 pm
Meet with a registered nurse in the lobby to monitor your blood pressure.

Nutrition Counseling

Wednesday, February 24 9:30 am to 12 pm
Monday, March 21 9:30 am to 12 pm
Cost: Donations for members 60+; \$33 per half hour or \$60 per hour for members under 60
Schedule an individual appointment with Ashli Greenwald, MS, RD, LDN, and improve your health and quality of life through nutrition counseling. Sign up at Front Desk for a 30 minute session or 1 hour for diabetics.

Healthy Tastings

Tues, February 16 Soulful Foods 10:30 am
Tues, March 15 Know Your Greens 10:30 am
Join Lauren in the lobby for healthy nutrition information, recipes and sampling.

Exercise Counseling

Thursday, February 11 9 am to 12 pm
Thursday, March 10 9 am to 12 pm
Through individual appointments, Jennifer Lee, exercise specialist, provides a free consultation on an array of exercise related topics including getting started, selecting the right program and working out at home.

Fitness Center Guidance

Thursday, February 11 1 pm to 3 pm
Thursday, March 10 1 pm to 3 pm
Meet Jennifer Lee in the Fitness Room for group coaching and guidance on using the fitness equipment. Must have fitness pass.

Massage Therapy with Ellen Consoli

Fridays in February 10 am to 1 pm
Experience the relaxing benefits of massage therapy to help relieve the stress in your life.
\$22 for 15 minutes - \$32 for 25 minutes
\$52 for 50 minutes



Brain Health

Fridays in February 10 am to 12:30 pm
Find out the health of your brain with psychologist, Dr. Jennifer Schwartz-Mitchell. On-site services include memory evaluation and assessment with practical strategies to maintain your independence. Covered by most health insurances. Call 410-381-7596 for an appointment.

Sign - up for programs at 50+ Front Desk

ON-GOING PROGRAMS

State Health Insurance Program (SHIP)

Thursday, Feb 4 & 18 9:30 am & 10:45 am
Free and confidential assistance with health insurance concerns. Schedule through the 50+ Front Desk by calling 410-313-0380.

Open Art Studio

Mondays & Wednesdays 1 pm to 4 pm
Drop-in to work on individual projects in the Patuxent Art Studio.

Open Games Day

Thursdays 1 pm to 3 pm
Bring your own games or choose from ones at the center.

News Talk: A Current Events Group

Thursdays 10 am to 11:30 am
A lively discussion group focusing on current news locally, nationally and globally.

Sit, Stitch 'n Give

Fridays 11 am to 3 pm
Gather to socialize and stitch projects for personal use or community giving.

Talkin' Broadway Series

Monday, February 1 1 pm to 2 pm

Rodgers and Hammerstein 1949-1959

Follow the evolution of Broadway's rich history through discussion and live song presentation. Sign up at 50+ Front Desk.

Rack 'Em Up Pool Party

Thursday, February 4 12:30 pm to 2:30 pm
Friendly competition at the pool tables in Rocky Gorge Room. All players welcome.

AARP Tax Assistance Program

Tuesdays, February 2, 9, 16 & 23 1 pm to 4 pm
Weds, February 3, 10, 17 & 24 1 pm to 4 pm
Free tax assistance to older adults and low income people by IRS certified counselors on 2014 Federal & Maryland State tax returns. Available February 2 to April 15, 2016. By appointment only by calling 401-313-0380.

Computer Chat

Wednesday, February 17 1 pm to 3 pm

Bring along your laptop, device or smart phone for a one-on-one session with a tech volunteer. Appointments required.

Travel Talk: Kauai - Garden Island of Hawaii

Tuesday, February 16 10:30 am to 12 noon
Experience the gorgeous beaches and the spectacular mountains of this beautiful island.

Matinee Movie

Thursday, February 18 1 pm to 3 pm
Free viewing of a **A Walk in the Woods** shown in the comfort of the Center. Snacks and popcorn for sale. Sign-up in the Matinee Movie binder at 50+ Front Desk.

Sponsored by the North Laurel Senior Council

Birthday Bash

Tuesday, February 23 12 noon
Celebrate your birthday with a free lunch and cake courtesy of the North Laurel Senior Council. Sign up in the birthday binder by 2/17.

Q & A with Officer Lingham

Wednesday, February 24 10:30 am
Join HCPD Senior Liaison, Andre Lingham, in the lobby for information on public safety and scams.

FEBRUARY & MARCH OFFERINGS

Chinese New Year

Friday, February 5 11 am to 1 pm

Cost: \$7 for lunch & program

Experience the Chinese traditions surrounding the New Year celebration with an interactive presentation and a special Chinese lunch.

Mardi Gras Traditions

Tuesday, February 9 11 am

Mardi Gras is rich in history and traditions. Join Rachel in Hammond Branch for a celebration to kick off the Lenten season.

Living Healthy with High Blood Pressure

Tuesday, February 9 10 am to 12:30 pm

Cost: \$5 payable at workshop

An interactive 2.5 hour workshop designed for people diagnosed with hypertension or HBP who want to better manage their condition. Register with Wendy Farthing at 410-313-3506.

Valentine's Day

Cookie & Card Making Social

Wednesday, February 10 11 am to 11:45 am

Cost: \$2 includes materials and instruction

Learn the basics of cookie decorating and card making. Each participant will decorate a card and cookie for their loved one.

Black History Month Celebration:

Songs with Julie Hall

Friday, February 19 11 am to 1 pm

Cost: \$3 + lunch contribution for those over 60

Enjoy beautiful melodies that will transport you back to Baltimore's legendary jazz scene; then stay for a special meal with friends.

Needles Trade:

A Baltimore Museum of Industry Presentation

Tuesday, February 23 11 am to 12 pm

A study of the history of the garment industry in Baltimore starting with its beginnings in the 19th century. Includes a discussion of the immigrants who worked the sweatshops and the labor unions they eventually formed.

Sponsored by the Baltimore Museum of Industry

Mosaic Art

Thursday, February 25 1 pm to 3:30 pm

Cost: \$15 includes mosaic materials. Bring a small personal item to mosaic.

Join local artist and studio owner, Charlene Randolph, to learn the basics of making mosaics including design, cutting & grouting. No experience needed. Sign up by 2/22.

The Giving Tree Project

Now through February 14, 2016 help the Grassroots' Route 1 Day Resource Center with donations of food, clothing and personal items. In return, an ornament is hung on the Giving Tree in honor of your contribution. For a complete list of items needed: <https://rt1daycenter.wikispaces.com/4.+donations>.

Sponsored by the North Laurel Senior Council

ARL Health Fair

Friday, March 4 11:30 am to 12:30 pm

Visit with students from the Applications and Research Laboratory's Health Professions Academy for information on nutrition, health and wellness. Lunch at 12 noon - by donation for those over 60. Reserve by 2/24.

Sign - up for programs at 50+ Front Desk

February 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chair Yoga 10 Coffee with the Council 10 Gentle Yoga 11 Talkin' Broadway 1 Open Art Studio 1	2 Agewell 10 Blood Pressure 10 Fab Fusion 11:15 Line Dance 11:15 AARP Taxes 1 - 4 Ballroom Dance 1:30	3 Zumba Gold 9:30 Tap Aerobics 10 Open Art Studio 1 AARP Taxes 1 - 4	4 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Fab Fusion 11:15 Music w/ Kay 10:30 Pool Party 12:30 Open Games Day 1	5 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15 Chinese New Year 11
8 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	9 Agewell 10 Blood Pressure 10 Living Healthy 10 Zentangle® 10:30 Mardi Gras 11 Fab Fusion 11:15 Line Dance 11:15 Council Meeting 1 AARP Taxes 1 - 4 Ballroom Dance 1:30	10 Zumba Gold 9:30 Tap Aerobics 10 Pilates 11:15 Valentine's Day 11 Open Art Studio 1 AARP Taxes 1 - 4	11 Exercise Counseling 9 Agewell 10 News Talk 10 Fab Fusion 11:15 Exercise Guidance 1 Open Games Day 1 Gentle Yoga 1:30	12 Total Toning 9:30 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
15 President's Day 50+ Center is closed. NLCC open for fitness & walking	16 Agewell 10 Blood Pressure 10 Healthy Tastings 10:30 Zentangle® 10:30 Travel Talk 10:30 Fab Fusion 11:15 Line Dance 11:15 AARP Taxes 1 - 4 Ballroom Dance 1:30	17 Zumba Gold 9:30 Pilates 11:15 Open Art Studio 1 Computer Chat 1 AARP Taxes 1 - 4	18 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Fab Fusion 11:15 Open Games Day 1 Matinee Movie 1 Gentle Yoga 1:30	19 Total Toning 9:30 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15 Black History Month Celebration 11
22 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Open Art Studio 1	23 Agewell 10 Blood Pressure 10 Needles Trade 11 Fab Fusion 11:15 Line Dance 11:15 Birthday Bash 12 AARP Taxes 1 - 4 Ballroom Dance 1:30	24 Nutrition Counseling 9:30 Zumba Gold 9:30 Tap Aerobics 10 Ofc. Lingham 10:30 Pilates 11:15 Open Art Studio 1 AARP Taxes 1 - 4	25 News Talk 10 Agewell 10 Fab Fusion 11:15 Open Games Day 1 Mosaic Art 1 Gentle Yoga 1:30	26 Total Toning 9:30 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
29 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	March 1 AARP Taxes 9 - 1 Agewell 10 Blood Pressure 10 Line Dance 11:15 Ballroom Dance 1:30	2 Zumba Gold 9:30 Tap Aerobics 10 Pilates 11:15 Open Art Studio 1 AARP Taxes 1 - 4	3 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Fab Fusion 11:15 Open Games Day 1 AARP Taxes 1 - 4 Gentle Yoga 1:30	4 Total Toning 9:30 Brain Health 10 Massage 10 ARL Health Fair 11:30 Sit, Stitch 'n Give 11

Lunch is served at Noon Monday - Friday except where indicated; see insert for Menu & Nutrition Notes

Walking Club Monday to Friday 8 am or walk the indoor track whenever there is open gym time