

# WELCOME TO THE GLENWOOD 50+ CENTER



2400 Route 97  
 Cooksville, MD 21723  
 (410) 313 - 5440 Front Desk  
 Fax: (410) 313 - 4846  
 Center Email:  
 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)

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**GLAMOUR  
 AT GLENWOOD  
 IS COMING  
 WEDNESDAY, JUNE 8**

APRIL - MAY 2016  
[www.glenwoodseniorcenter.org](http://www.glenwoodseniorcenter.org)



WOMENFEST will be here this month and we have so much in store for you. Grab a friend and head here for a day that is all about you. We will also feature a Car Care Clinic by our friends at Hillmuth and we welcome Pulitzer Prize winning author, David E. Hoffman. See you around the center.

Regina, Cathy, Chris, Torry and Evan

# SPOTLIGHT ON WOMENFEST SPEAKERS



## PURPOSE, PASSION & PRESENCE

Ever feel a little lost, a tad stuck or not accomplishing our goals? Learn how to take the steps to add more balance, meaning and mindfulness to your life.

**JULIE REISLER, CEO, LIVE POWERFULLY**



## SO HARD TO DISCARD

Do you ever wonder why we have such difficulty in getting rid of our possessions? Develop a plan to let go of things that are cluttering your home and life.

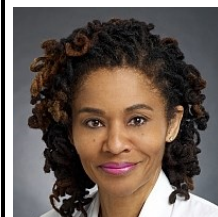
**ELSPETH BELL, PhD**



## BALANCING DIGESTION FOR TOTAL BODY HEALTH

Would you like to achieve weight loss, a calm mind, more energy, less pain and better digestive health? Focus on how eating a diet that balances your microbiome helps you feel better in all ways.

**PROF. LIZ LIPSKI, PhD, CCN, CNS, CFM, BCHN, LD/N  
 DIRECTOR OF ACADEMIC DEVELOPMENT,  
 MARYLAND UNIVERSITY OF INTEGRATIVE HEALTH**



## SEX, SANITY AND SLEEP

Low sex drive, insomnia and poor memory sound familiar? Understand how hormones can affect your wellbeing. Let's bust the myths of menopause, be successful and learn to embrace this stage on your journey.

**NADU TUAKLI, MD, MPH,  
 DIRECTOR, ANTI AGING AND LONGEVITY INSTITUTE**

# 50+CENTER NEWS TO USE

## Center Information and Closings

### Monday, May 30, Memorial Day

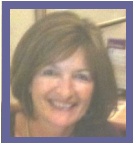
**50+ Programs:** The Glenwood 50+ Center follows the policy of Recreation and Parks and does not pro-rate for classes missed. Interested in trying a class? Try out one class free.

**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.



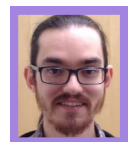
**Regina Jenkins**, Director  
(410) 313-5443  
rjenkins@howardcountymd.gov



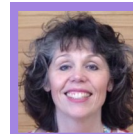
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cferraro@howardcountymd.gov



**Evan Larkin**, Utility Technician  
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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

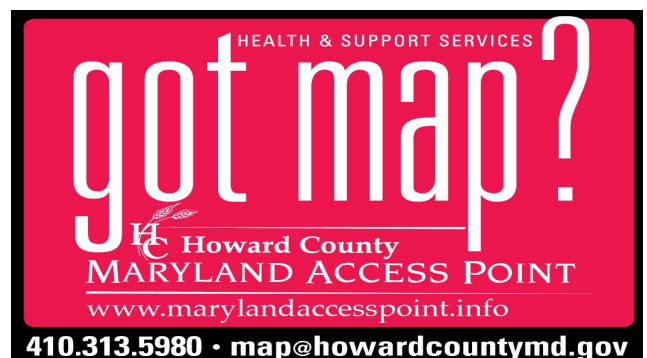
**Meetings: April 12, 1 pm**

**May 10, 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)



**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**



## UPCOMING TRIP - MARK YOUR CALENDAR

Belly dancers, bordellos, bootleg whiskey and Bertha's Mussels all found a home on Baltimore's waterfront. Merchant Seamen from all over the world stepped ashore in Fell's Point. Trip begins with a walking tour of this neighborhood then a quick jaunt to one of the last industries on the waterfront for an insider's tour to watch as some of the tastiest sauces in the world are being made. Lunch will be at Ikaros in Greektown. Led by Zippy Larson, chosen by Baltimore Magazine and City Paper as Best Baltimore Guide.



Tickets go on sale Monday, April 25. Cost \$55

*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 June 7  
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 May 16  
Instructor: Sara Schwab

### **Gentle Yoga**

Tuesdays or Thursdays, 10:15 am  
Cost: \$60 for 10 weeks  
Next Tuesday session begins June 28  
Next Thursday session begins June 2  
Instructor: Mary Garratt

### **Gentle Yoga,**

Fridays, 10:15 am  
Cost: \$60 for 10 weeks  
Next session begins May 13  
Instructor: Susan Kain

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

Fridays, 9-10 am  
Cost: \$60 for 10 weeks  
Next session begins May 13  
Instructor: Susan Kain

### **Hatha Yoga**

Tuesdays or Thursdays, 9 am  
Cost: \$60 for 10 weeks  
Next Tuesday session begins June 28  
Next Thursday session begins June 2  
Instructor: Mary Garratt

### **Yogalates**

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 April 28  
Substitute Instructor Diane Deerring

### **Line Dancing Beyond Beginners**

Thursdays, 1:45 pm  
Cost: \$55 for 10 weeks  
Next session begins April 28  
Substitute Instructor: Diane Deerring

### **Pilates**

Mondays, 9:45 am  
Cost: \$46 for 8 classes  
Next session begins June 20  
Instructor: Bob McDowell

### **Pilates**

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

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

Monday, Wednesday, 1-2 pm  
Cost: \$48 for 16 classes  
Next session begins May 9  
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**

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, April 11, 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, April 12, 26, 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

**Friday, April 15, 9:30 am**

Schedule an individual appointment with Mary Kuttler, MS, RD, LDN. Mary 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.

### 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, April 12, 9 am - 12 noon**

**Tuesday, May 10, 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.



## APRIL & MAY 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.

### **AARP Tax Aide**

**Thursdays, 9:30 - 12:30**

This program, offered through April 15th 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.



### **Maryland Zoo, Fear: Friend or Foe?**

**Friday, April 1, 11 am**

Join the staff of the Maryland Zoo and enjoy a presentation complete with animals.

### **History Discussion Group**

**Wednesday, April 6, 10:30 am**

**Wednesday, May 11, 10:30 am**

Join this group for a lively and interesting monthly discussion on history topics.

### **Medically Curious**

**Friday, April 8, 10 am - 12 noon**

**Friday, May 13, 10 am - 12 noon**

Dr. Larry Romane continues his Medically Curious series. March's topic is guidelines for screenings, April's topic is Blood and Oxygen. May's topic is Heart Disease.

### **History of Broadway Series**

**Monday, April 11, 11 am**

**Thursday, April 14, 11 am**

Steve Freidman continues his very popular series. Topics: April 11, Hal Prince, April 14, The rise of the golden age of Broadway.

# APRIL AND MAY PROGRAMS AND EVENTS

## **New Member & Volunteer Coffee**

**Tuesday, April 12, 9 am**

**Tuesday, May 10, 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.

## **Bagels with TED**

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



**Tuesday, April 12, 9:30 am**

### **Topics:**

The Underwater Art Museum  
The Coolest Animal You Know Nothing About

**Tuesday, May 10, 9:30 am**

### **Topics:**

A drone's eye view of conservation  
What makes a good life? Lessons from the longest study on happiness

## **iPhone and iPad Class**

**Tuesday, April 12, 10 am**

**Monday, May 23, 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.

## **Genealogy**

**Thursday, April 14, 10 am**

**Thursday, May 12, 10 am**

Join Dottie Aleshire for a monthly Genealogy program. April topic is "Tips for Reading Old Documents." May topic is "Immigration and Migration. "

## **Waffle Bar**

**Friday, April 15, 9 - 10:30 am**

**Friday, May 20, 9 - 10:30 am**

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

## **What You Need to Know: Scams**

**Friday, April 15, 10 am**

Jeannine Robinson, a representative from the Maryland States Attorney's Office will be on hand to present on what you need to know to keep from being scammed

## **New Release Movies**

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

**Friday, April 8: The 33**

PG 13, 2 hours, 6 minutes

**Friday, April 22: The Big Short**

R, 2 hours 10 min.

**Friday, May 13: Everest,**

PG 13, 2 hours, 2 min.

**Friday, May 27: Steve Jobs**

R, 2 hours, 1 min.



# APRIL AND MAY PROGRAMS AND EVENTS

## Car Care Clinic

**Tuesday, April 19, 10 am**

Tom Joyce, our business neighbor from Hillmuth Automotive, will be here with a clinic on getting your car ready for spring. Sign up at the front desk.



## Civil War Series:

**Wednesday, April 20, 10 am**

Join us for an author event sponsored by **Books with a Past** and the Western Howard County Senior Council. The book this month is **A Want of Vigilance: The Bristow Station Campaign**.

## What Puts the Charm in Charm City?

**Friday, April 22, 11 am**

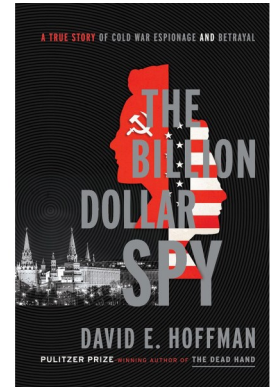
Baltimore's favorite historian, Wayne Schaumberg, will be here to present another interesting topic "Why is Baltimore called Charm City?" Enjoy this illustrated cultural excursion through Baltimore featuring the "Domino" Sugars sign, Haussner's Restaurant, Natty Boh and other examples.



## Book Talk: Billion Dollar Spy

**Wednesday, April 27, 10:30 am**

Pulitzer Prize Winning Author David E. Hoffman will join us for a book talk. He will be discussing his book, **Billion Dollar Spy**. Join us for this special event, sign up at the front desk.



## Drumming

**Friday, April 29, 11 am**

Stress busting, energizing and fun! Join Scott for an hour of drumming. You will love how it makes you feel!

## HCC Course:

### The Legendary Heroes of the Trojan War

**Wednesdays, May 4, 11, 10 - 12 noon**

The Trojan War inspired the greatest poets and artists in antiquity from Homer to Vergil. This class focuses on the significance of the Trojan War concentrating on the heroes on both sides. Instructor: Bill McGowan. Register through HCC.

## Mothers Day Floral Arrangement

**Friday, May 6, 10 am**

**Cost: \$15**

Use fresh colorful spring flowers, ribbons, and wicker baskets to create your own arrangement. Supplies and instructions will be furnished. Please bring scissors and prepare to be creative!

# MAY PROGRAMS AND EVENTS

## **History of Broadway Series**

**Monday, May 9, 11 am**

**Thursday, May 12, 11 am**

Steve Freidman continues this very popular series. Topics: May 9, Hal Prince and his Broadway contribution, May 12, The decline of the Broadway musical.

## **Bee Keeper Lecture:**

**How can you help the Honeybees**

**Monday, May 16, 11 am**

Basic Bee biology and plans you can plant in your yard to help Honeybees. Come listen to a beekeeper tell the story of Honeybees.



## **Civil War Series:**

**Pickett's Charge: The Untold Story**

**Wednesday, May 18, 10 am**

"Gettysburg holds a special place in the history of the Civil War in the United States," said Publisher Carole Stuart. This book explores what the Union soldiers endured during the charge by Southern Forces. Author and speaker Bruce Mowday.

## **Food, Fun & Fiction, Book & Bake Sale**

**Wed, Thurs, Fri, May 18 - 20**

**9 am - 3 pm**



Join us in the lobby for our annual book and bake sale. We are accepting donations of books and baked goods to sell!

## **AARP Presents: Life Reimagined**

**Thursday, May 19, 1 pm**

The life you've dreamed of having is actually very possible. To make it real doesn't require major tasks or grand gestures. It's about making small and simple steps to help you figure out what you really want and then starting to make that happen. Join our guests from AARP for this popular talk. Sign up at the front desk.

## **History of Sparrows Point**

**Friday, May 20, 10 am**

From 1887, when Sparrows Point mill opened as a division of Pennsylvania Steel, until the plant closed in 2012, a notable subculture developed at this largest steel mill in the world. Come learn the story of the rise and decline of the Point, its workers and residents. Instructor: Bill Barry

## **The Music of Alexander Mitchell**

**Wednesday, May 25, 11 am**

Alexander Mitchell is a Berklee College of Music graduate, an acoustic multi instrumentalist who plays fiddle, mandolin, guitar and has an amazing singing voice.

## **Two For the Show**

**Friday, May 27, 11 am**

Head to the West Friendship Room for this upbeat and entertaining duo singing and acting out your favorites.

# Don't Miss the Fun, Excitement and Energy!



strong • savvy • sage

# WOMENFEST

A Health & Wellness Event for Women

The 8<sup>th</sup> Annual WomenFest – designed for women of all ages to live a more balanced, healthier and fulfilled life

## Saturday, April 30 • 10 am - 3 pm

### HIGHLIGHTS

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

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

New for 2016!

## CORE CAMP

*Grab a Friend & Meet Us at the Mat!*

### 45-minute Energizing Sessions

PILATES: 10:30 – 11:15 a.m.  
YOGA: 12:30 – 1:15 p.m.  
YOGALATES: 2:00 – 2:45 p.m.



410-313-5440 or [www.howardcountymd.gov/womenfest](http://www.howardcountymd.gov/womenfest)

# 2016 MARYLAND LAW DAY

Monday, May 2 • 9:00 AM – 2:00 PM

HOWARD COUNTY LAW DAY:

## FREE Medical Decision Document Preparation

Ensure that your preferences for medical treatment are honored should you become incapacitated or unable to express your wishes. Volunteer attorneys will offer free preparation of Maryland medical decision documents at these 50+ Centers.



**CALL (410) 313-5440  
TO MAKE  
YOUR  
RESERVATION  
TODAY**

# APRIL AT A GLANCE



## SATURDAY APRIL 30

 <h2 style="text-align: right;">SATURDAY APRIL 30</h2>				<p><b>1</b> Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 1 <b>Pizza Party 12</b> <b>Maryland Zoo 11</b> Acupuncture All Day</p>
<p><b>4</b> Energize HIT 8:20 Basketball 9 Pilates 9:45 Pinochle 10 Bridge 12:45 Prime Time 1 <b>Yogalates</b></p>	<p><b>5</b> Hatha Yoga 9 Gentle Yoga 10:15 Sit &amp; Fit 11 Pickleball 11 Chinese Mahjong 1</p>	<p><b>6</b> Energize HIT 8:20 Basketball 9 Open Arts &amp; Crafts 9 <b>History Discussion 10:30</b> Bridge 12:45 Pilates 11 Prime Time 1</p>	<p><b>7</b> Hatha Yoga 9 <b>AARP Tax Aide 9:30</b> Gentle Yoga 10:15 Sit &amp; Fit 11 Pickleball 11</p>	<p><b>8</b> Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 <b>Medically Curious 10</b> Acupuncture All Day <b>Movie: The 33 1</b></p>
<p><b>11</b> Energize HIT 8:20 Basketball 9 <b>Ask the Pharmacist 9</b> <b>History of Broadway 11</b> Pilates 9:45 Pinochle 10 Bridge 12:45 Prime Time 1 <b>Yogalates</b></p>	<p><b>12</b> Hatha Yoga 9 New Member Coffee 9 Ted Talk 9:30 <b>Blood Pressure 9</b> <b>SHIP Counselor 9</b> <b>Iphone, ipad 10</b> Gentle Yoga 10:15 Pickleball 11 Sit &amp; Fit 11 <b>Council Meeting 1</b> Chinese Mahjong 1</p>	<p><b>13</b> Basketball 9 Energize HIT 8:20 Open Arts &amp; Crafts 9 Bridge 12:45 Pilates 11 Prime Time 1</p>	<p><b>14</b> Hatha Yoga 9 <b>AARP Tax Aide 9:30</b> Gentle Yoga 10:15 <b>Genealogy 10</b> <b>History of Broadway 11</b> Sit &amp; Fit 11 Pickleball 11</p>	<p><b>15</b> Basketball 9 <b>Waffle Bar 9</b> <b>Nutrition Counseling 9:30</b> <b>Maryland Relay 9</b> Yoga 1/2 9 <b>Scams 10</b> Gentle Yoga 10:15 Pinochle 10 Acupuncture All Day</p>
<p><b>18</b> Energize HIT 8:20 Basketball 9 Pilates 9:45 Pinochle 10 Bridge 12:45 Prime Time 1 <b>Yogalates</b></p>	<p><b>19</b> Hatha Yoga 9 <b>Car Care Clinic 10</b> Gentle Yoga 10:15 Sit &amp; Fit 11 Pickleball 11 Chinese Mahjong 1</p>	<p><b>20</b> Energize HIT 8:20 Basketball 9 Open Arts &amp; Crafts 9 <b>Civil War Series 10</b> Bridge 12:45 Pilates 11</p>	<p><b>21</b> Hatha Yoga 9 Gentle Yoga 10:15 Sit &amp; Fit 11 Pickleball 11</p>	<p><b>22</b> Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 <b>Charm City 11</b> Acupuncture All Day <b>Movie: The Big Short 1</b></p>
<p><b>25</b> Energize HIT 8:20 Basketball 9 Pilates 9:45 Pinochle 10 Bridge 12:45 Prime Time 1 <b>Yogalates</b></p>	<p><b>26</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>27</b> Energize HIT 8:20 Basketball 9 Open Arts &amp; Crafts 9 <b>Billion Dollar Spy 10:30</b> Bridge 12:45 Pilates 11</p>	<p><b>28</b> Hatha Yoga 9 Gentle Yoga 10:15 Sit &amp; Fit 11 Pickleball 11</p>	<p><b>29</b> Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 <b>Drumming 11</b> Acupuncture All Day</p>