

WELCOME TO THE GLENWOOD 50+ CENTER NEWS



JULY - 2017

www.glenwoodseniorcenter.org



Happy July! Why does January drag and June flies by? We hope you are having an enjoyable summer and are able to get away! We have winded down a bit through August due to the summer camps that are hosted in the building. The center is bustling with preschoolers, tweens and teens all enjoying their summer experiences. We will gear back up in September with a full schedule. In the meantime, enjoy these warm nights and stay safe.



See you around the center!
Regina, Cathy, Chris, Torry and Evan

SPOTLIGHT ON SENIOR DAY AT THE FAIR

Howard County Fair 2017

FREE ADMISSION for **ADULTS 62+**
Tuesday, August 8 • 10 am to 3 pm

VISIT the ACTIVITIES BUILDING
for FUN THINGS to DO... RAIN OR SHINE!

- Healthy Aging Programs
- County Services Information
- Demos and Entertainment
- Bingo, Games and Prizes

JOIN US FOR SOME FUN AT THE FAIR!



Howard County Office on Aging and Independence
www.howardcountymd.gov/aging

2400 Route 97
Cooksville, MD 21723
(410) 313 - 5440 Front Desk
Fax: (410) 313 - 4846
Center Email:
glenwood50@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

Council Website:
www.glenwoodseniorcenter.org

Volunteer Website:
www.hocovolunteer.org

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50+CENTER NEWS TO USE

Center Information

Tuesday, July 4, closed.

50+ Programs: Interested in trying a class? You can try out one class for free. The Glenwood 50+ Center does not pro-rate for classes missed.

Maryland Access Point: (410) 313-1234.

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.

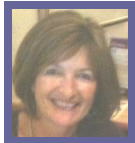
Cooksville Corner Café: Why not join us for lunch in our café? Check out our menu in in the newsletter or in the lunch book located at the Front Desk. Remember to call to reserve or to cancel. Lunch is served Monday through Friday at 12 noon, with a super salad bar on the 2nd Friday of each month.

Council Corner

Members:

Laurel Gafke	Carl Hood
Barbara Cornell	Doug Hillmuth
Laura Wilson	Toni Matthews
Linda Deffinbaugh	Linda Behsudi
Lee Hartman	Alysa Simms
Katie Roe	

Meeting: Tuesday, July 11, 1 pm



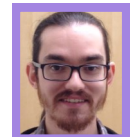
Regina Jenkins, Director
(410) 313-5443
rjenkins@howardcountymd.gov



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

FRIDAY, SEPTEMBER 29 ~ 6-9 PM
GARY J. ARTHUR COMMUNITY CENTER



FOR INFORMATION OR TO REGISTER CALL 410.313-5440

Enjoy an evening of Pickle Ball,
Live Music & Pilsner

Admission Only: \$20

Open to players of all levels and spectators 21 and over. 6 courts will be in action and equipment is provided. Players will be divided by self selected ability level. Enjoy an evening of fun, exercise and socializing. Pre-registration is strongly suggested but not required. Fee includes play time, 2 drinks, live music and refreshments.



WESTERN HOWARD COUNTY
Senior Council



Proceeds from this
event benefit
Western Howard
County Senior
Council, a 501c3
Organization

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 Independence 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, Kindred Spirits Director and Facilitator

jumiller@howardcountymd.gov

Call to schedule an appointment (410) 313-5441



CONNECTIONS SOCIAL DAY 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 Connections Social Day program offers a safe, affordable, stimulating option. The Connections 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, Connections Social Day program,

jumiller@howardcountymd.gov

Call to schedule an appointment (410)313-5441

HEALTH & WELLNESS OFFERINGS

- Acupuncture
- Reflexology
- Physical Therapy
- Nutrition Counseling
- Blood Pressure
- Ask the Pharmacist

BECOME A
PRIORITY IN
YOUR LIFE.

PositiveLifeTips.com

Are you taking care of yourself? We make it easy for you for you to do that right here. We now offer a variety of modalities to help keep you healthy. Some of our practitioners accept insurance for their services. Stop by the front desk and make an appointment today. Blood Pressure, Ask the Pharmacist and Nutrition Counseling are offered at no charge. Take the first step in taking care of you, because you are worth it.

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 - Susan Kain

Tuesday and Thursday, 11 am

Cost: \$48 for 16 classes

Next session begins July 13

No class July 4

Energize High Intensity Interval Training

Monday and Wednesdays, 8:20 am

Cost: \$68 for 16 classes

Next session begins July 10

Instructor: Sara Schwab

No class July 3, 5

Gentle Yoga - Mary Garratt

Tuesdays or Thursdays, 10:15 am

Cost: \$60 for 10 weeks

Next Tuesday session begins September 19

Next Thursday session begins September 1

No class July 4

Hatha Yoga - Mary Garratt

Tuesdays or Thursdays, 9 am

Cost: \$60 for 10 weeks

Next Tuesday session begins September 19

Next Thursday session begins September 1

No class July 4

Line Dancing Beginners - Sandy Garrish

Thursdays, 1pm

Cost: \$55 for 10 weeks

Next session begins June 22

No class July 13

Line Dancing Inter- Sandy Garrish

Thursdays, 2 pm

Cost: \$55 for 10 weeks

Next session begins June 22

No Class July 13

Line Dancing: Beginner Drop In

Tuesdays, 2:30 - 3:15 pm

No class July 4

Line Dancing: Improver - Int. Drop In

Tuesdays, 3:30-5pm, Thursdays, 2-4 pm

No class July 4

Pilates - Bob McDowell

Mondays, 10 am

Cost: \$25 for 4 classes

Next Monday session begins September 11

No class July 3 - September 4th

Prime Time Tone, Balance & Flex

Monday, Wednesday, 1-2 pm

Cost: \$48 for 16 classes

Next session begins August 28

Instructor: Marianne Larkin

No class July 3, 5

Yogalates - Susan Kain

Mondays, 3 pm

Cost: \$60 for 10 classes

Next session begins July 24

Instructor: Susan Kain

No class July 3

Hatha Yoga 1-2 - Susan Kain

Fridays, 9-10 am

Cost: \$60 for 10 weeks

Next session begins September 8

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 also register online using a credit card at <http://apm.activecommunities.com/howardcounty>. For a detailed description of exercise classes, visit Glenwood-seniorcenter.org and click on "Schedule" and "Health,

COOKSVILLE CAFÉ JULY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
July 3, 2017	July 4, 2017	July 5, 2017	July 6, 2017	July 7, 2017
Hamburger Potato Salad Carrot Raisin Salad Bun Fruit	Closed 	Salad Swedish Meatballs Rotini Green Beans Bread Mandarin Oranges	Pizza Party Pizza Salad Ice Cream \$8.00 Please Signup at the Front Desk	Chicken Noodle Soup Chef Salad Veggie Pasta Salad Roll Fruit Cocktail
July 10, 2017	July 11, 2017	July 12, 2017	July 13, 2017	July 14, 2017
Pepper Steak Brown Rice Peas Bread Carrot Raisin Salad Tropical Fruit	Tomato Soup Ham/Cheese Pepper Cabbage Roll Sliced Pears	Salad Grilled Chicken Creamed Corn Sautéed Spinach Melon Garlic Bread	Salad Grilled Chicken Creamed Corn Sautéed Spinach Melon Garlic Bread	Soup and Salad Bar 
July 17, 2017	July 18, 2017	July 19, 2017	July 20, 2017	July 21, 2017
Chicken Soup Chef Salad Pasta Salad Roll Fruit Cocktail	Salad Braised Beef Mashed Potato Bread Peaches	Lentil Soup Pork Ribette Creamed Corn Carrot Raisin Salad Roll Orange	Tuscan Bean Soup Stuffed Peppers Carrots Spiced Apples Roll	Tuscan Bean Soup Stuffed Peppers Carrots Spiced Apples Roll
July 24, 2017	July 25, 2017	July 26, 2017	July 27, 2017	July 28, 2017
Split Pea Soup Knockwurst Coleslaw Veg Pasta Salad Roll Peaches	Meatloaf Lyonnaisse Potato Turnip Greens Bread Fresh Fruit	Chicken Fajitas Peppers and Onions Spanish Rice Black Beans Tortillas Melon	Chicken Fajitas Peppers and Onions Spanish Rice Black Beans Tortillas Melon	Summer Barbeque Music By Panama Rex Cost: \$8 
July 31, 2017				
Pot Roast Potatoes, Onions & Carrots Corn Bread Apple Pie				

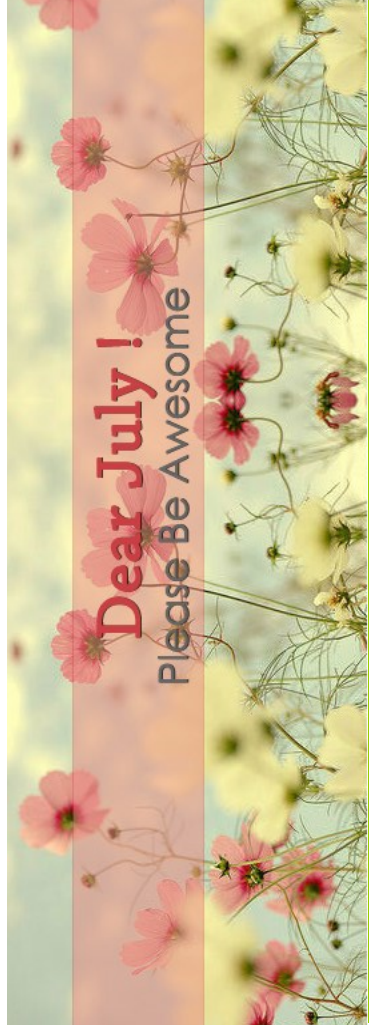
GLENWOOD 50+CENTER

JULY 2017

CALENDAR OF EVENTS

www.glenwoodseniorcenter.org

(410) 313-5440



<p>3 Basketball 9 \$Physical Therapy Pinochle 10 Bridge 12:45</p>	<p>4 CLOSED 4TH OF JULY </p>	<p>5 Basketball 9 Open Arts & Crafts 9 Bridge 12:45 \$ Prime Time 1</p>	<p>6 \$ Hatha Yoga 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 \$Pizza Party 12 Line Dancing 12:45 Line Dancing 1:45</p>	<p>7 Basketball 9 \$ Yoga 1/2 9 Pinochle 10 Astronomy Talk 11 \$ Acupuncture</p>
<p>10 \$ Energize HIT 8:20 Physical Therapy Ask the Pharmacist 9 Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>11 \$ Hatha Yoga 9 Nutrition Counseling 9:30 Blood Pressure 9 New Member Coffee 9 SHIP Counselor 9 Ted Talks 9:30 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Chinese Mahjong 1</p>	<p>12 \$ Energize HIT 8:20 Waffle Bar 9 Open Arts & Crafts 9 Great Courses Healing 11 Bridge 12:45 \$ Prime Time 1 \$Paint It Class 1</p>	<p>13 \$ Hatha Yoga 9 History of Broadway 11 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Line Dancing 12:45 Line Dancing 1:45</p>	<p>14 \$ Yoga 1/2 9 Pinochle 10 \$ Acupuncture Movie : Beauty and the Beast 1</p>
<p>17 \$ Energize HIT 8:20 \$Physical Therapy History of Broadway 11</p>	<p>18 \$ Hatha Yoga 9 iPad, iPhone 10 \$ Gentle Yoga 10:15</p>	<p>19 \$ Energize HIT 8:20 Open Arts & Crafts 9 Civil War Series 10</p>	<p>20 \$ Hatha Yoga 9 \$ Reflexology 9 \$Cooking Demo 10</p>	<p>21 \$ Yoga 1/2 9 Pinochle 10 John Browns Raid 10</p>

<p>History of Broadway 11 Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>\$ Gentle Yoga 10:15 \$ Sit & Fit 11 Chinese Mahjong 1</p>	<p>Civil War Series 10 Bridge 12:45 \$ Prime Time 1</p>	<p>COOKING DEMO 10 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Line Dancing 12:45 Book Club 1 Line Dancing 1:45</p>	<p>JOINT BLOWS ROAD 10 \$ Acupuncture</p>
<p>24 \$ Energize HIT 8:20 Basketball 9 \$Physical Therapy Pinochle 10 Baltimore Talk 11 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>25 \$ Hatha Yoga 9 Blood Pressure 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1</p>	<p>26 \$ Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 Great Courses Healing 11 Bridge 12:45 \$ Prime Time 1</p>	<p>27 \$ Hatha Yoga 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Line Dancing 12:45 Line Dancing 1:45</p>	<p>28 Basketball 9 \$ Yoga 1/2 9 Pinochle 10 Drumming 11 \$\$Summer BBQ 12 \$ Acupuncture Movie: The Shack 1</p>
<p>31 \$ Energize HIT 8:20 Basketball 9 \$Physical Therapy Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>You can register for free programs and lunch in binders at the front desk or by calling (410) 313-5440. To register for fee based programs, you can call or visit the front desk. Be sure to get a call about a schedule change by signing up ahead of time.</p> <p>We want to celebrate your birthday! Call Chris at the front desk to sign up during your birthday week. (410) 313-5440.</p> <ul style="list-style-type: none"> ◆ \$ = Fee based program, preregistration is required. 			

HEALTH, WELLNESS & FITNESS

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.



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.



Ask the Pharmacist

Monday, July 10, 9 am

Monday, August 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 concerns.

Blood Pressure Screenings

Tuesdays, July 11, 25, 9 - 11 am

Tuesdays, August 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

Tuesday, July 11, 9:30 am

Schedule an appointment with Mary Kuttler, RD. Mary helps adults improve on their quality of life through nutrition counseling and education. Sign up for a 30 minute session. Donations accepted.

SHIP Counseling

Tuesday, July 11, 9 am

Tuesday, August 8, 9 am

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. Call (410) 313-7391 for an appointment.

Reflexology with Linda

Thursdays, 9 am - 2 pm

Cost: \$30 for 30 minutes, \$60 for 60 minutes

Welcome Linda Deffinbaugh, RN as she begins to offer reflexology for our members. This system of massage used to relieve tension and treat illness is based on the theory that there are reflex points on the feet, hands and head linked to every part of the body.

Physical Therapy w/Teresa, MSPT, LLC

Mondays and Wednesdays

Be treated on-site by Teresa, a licensed Physical Therapist. Enjoy added convenience of therapy here at Glenwood. Teresa accepts insurance. Call 443-799-3119 for an appointment.

PROGRAMS AND EVENTS

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. **No Basketball July 10 - 21.**

Pickle Ball

Tuesdays, Thursdays, 11 am - 2 pm

Come join the fun! Pickle Ball combines elements of tennis, badminton and ping-pong. Be prepared to love it. **Join our Pickle Ball and Pale Ale event 9/29/17. No Pickle Ball July 10 - 21.**

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!

Chinese Mahjong

Tuesdays 1 - 3 pm

Come and learn how to play and enjoy the friendships that are created.

Pinochle

Mondays, Fridays, 10 am - 4:30 pm

Looking for new players! Beginners are welcome. This group spends the day enjoying each other's company and playing pinochle.

Duplicate Bridge

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

Cost:\$1 includes coffee and tea.

Duplicate bridge is the most widely used variation of contract bridge in club play.

Open Studio: Join Us

Wednesdays, 9am - noon

Are you working on any crafts at home? Painting, knitting, crocheting, jewelry making, paper crafts or more? Drop in and create!

History Discussion Group

This group meets monthly and decides together on upcoming topics. Feel free to join. **Group resumes in September.**

Pizza Party

Thursday July 6, 12 noon

Cost: \$8



Join us for a party of pizza, salad and ice cream. Post 4th of July fun! Register in advance.

Genealogy

Thursday, September 7, 10 am

Join Dottie Aleshire for this monthly series on all topics Genealogy. **Course resumes in September.**

PROGRAMS AND EVENTS

Astronomy Discussion

Friday, July 7, 11 am

Dr. Joel Goodman a local astronomy educator and Western Howard County Senior Council member will teach us all about the Great Solar Eclipse occurring on Monday, August 21st. Learn what causes solar eclipses, their history and future. Find out where to go to view the eclipse and how to safely view the sun. Clear skies permitting, solar telescopes will be available after the one hour talk.

TED Talks

Tuesday, July 11, 9:30 am

Torry facilitates this monthly event where we enjoy 1-2 short video's and then discuss. Bagels are a bonus to attendees!

New Members & Volunteers

Tuesday, July 11, 9 am

Register in advance for this orientation geared to new members and volunteers. Learn what the center has to offer and how to get involved.

Waffle Bar

Wednesday, July 12, 9 am

Celebrate summertime with a breakfast of waffles, fruit, sausage and juices. Come catch up with friends. Donations are accepted.

Great Courses: The Science of Healing

Wednesday, July 12, 11 am

Wednesday, July 26, 11 am

Join center member and volunteer Laura Grant for more topics in the Science of Healing series of Great Courses. Topics are listed at the front desk.

Paint it with Susan Harry

Wednesday, July 12, 1 pm

Cost: \$15

Join us for a workshop on painting. This easy and fun paint it to frame it class will select a different medium each month, slate, canvas, burlap. Sign up soon - no experience required.

History of Broadway

Thursday, July 13, 11 am

Monday, July 17, 11 am

Join Steve Friedman for his entertaining and informative series on Broadway. Each session focuses on a different era. Enjoy his performing as well as his knowledge.

New Release Movies

Cost: \$1 donation

Friday July 14, 1 pm

Beauty and the Beast, PG, 2 hours, 3 minutes

Friday, July 28, 1 pm

The Shack, PG-13, 2 hours, 12 minutes

Friday, August 11, 1 pm

Zoo Keepers Wife, PG-13, 2 hours, 16 minutes

Friday, August 25, 1 pm

Going in Style, PG-13, 1 hours, 36 minutes



PROGRAMS AND EVENTS

iPad and iPhone Class

Tuesday, July 18, 10 am

Join Mike Vecera for his ongoing workshops on operating and understanding your iPad and iPhone.

Civil War Series: Women in the Civil War

Wednesday, July 19, 10 am

Professor Jenny McClendon, teaches philosophy and ethics at Howard Community College. She will be here to discuss women's participation in the Civil War.

Cooking Demo

Not Your Mother's Cauliflower

Thursday, July 20, 10 am

Cost: \$8

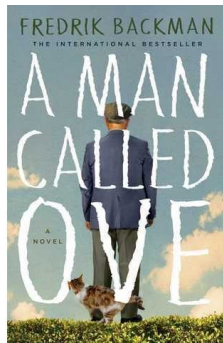
You will find Cathy in the kitchen whipping up some dishes you can't believe are cauliflower. Learn how versatile, healthy and tasty it can be. Register in advance.

Glenwood Book Club

A Man Called Ove

Thursday, July 20, 1 pm

Join Ann Titherington for Glenwood's new book club. The first book is "**A Man Called Ove,**" by Fredrik Backman. Please read the book and come prepared to discuss. Next month's book is "**The Little Paris Bookshop**" by Nina George. Come support our new club!



History Talk - John Brown's Raid

Friday, July 21, 10 am

Our favorite Park Ranger, Brad Berger is back with a talk and history lesson on John Brown's raid which took place in Harpers Ferry.

Baltimore, First in the Nation...

Monday, July 24, 11 am

Our Baltimore Go To Guy, Wayne Schaumburg will be with us at Glenwood for another chapter on our local and historic city.

Drumming

Friday, July 28, 11 am

Join Scott Tiemann for an hour of uplifting and de-stressing by drumming. No experience necessary for a fun group class.

Barbeque Time with Panama Rex

Friday, July 28, 12 noon

Cost: \$8

Enjoy the summertime sounds of Panama Rex and an all American cookout. Please register in advance and enjoy a delicious meal, drinks and dessert.



SAVE THE DATE- THURSDAY, SEPTEMBER 21

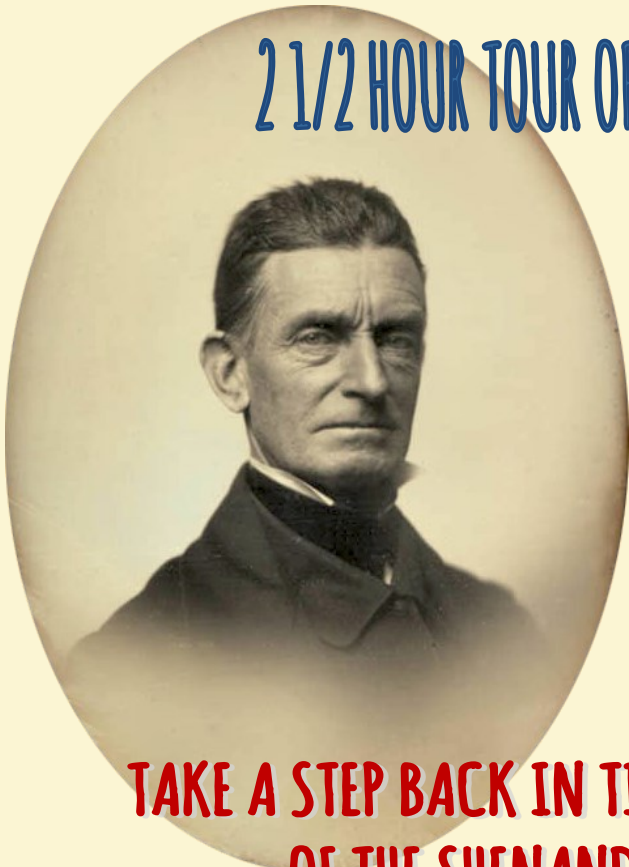
BUS TRIP TO HARPERS FERRY

2 1/2 HOUR TOUR OF HARPERS FERRY BY NATIONAL PARK SERVICE

JEFFERSON COUNTY COURTHOUSE

LUNCH

MORE DETAILS TO COME



TAKE A STEP BACK IN TIME, LOCATED AT THE CONFLUENCE
OF THE SHENANDOAH AND POTOMAC RIVERS
THIS HISTORIC TOWN WILL CAPTURE YOUR HEART

