

WELCOME TO THE GLENWOOD 50+ CENTER NEWS



JUNE - 2017

www.glenwoodscenter.org

Welcome Summer! Packed in this newsletter we have all of our June activities and programs. Plus a few upcoming events you will want to make sure you mark on your calendar. Get tickets now for the next New York trip to see War Paint and for the Council Fundraiser, Pickle Ball and Pilsner. See you around the center!

Regina, Cathy, Chris, Torry and Evan



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.glenwoodscenter.org
Volunteer Website:
www.hocovolunteer.org

SPOTLIGHT ON NEW YORK TRIP



Patti LUPONE
Christine EBERSOLE
HELENA RUBINSTEIN
EUZABETH ARDEN

WEDNESDAY, AUGUST 30TH

Tickets: \$310

**Day includes: Transportation
Lunch & Dinner from the Palm
Restaurant, Broadway Show, Snacks**

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COOKING DEMO CALENDAR

SUMMER SIDE SALADS
JUNE 15

**NOT YOUR MOTHER'S
CAULIFLOWER**
JULY 20

SPIRALIZE SURPRISE
AUGUST 15

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.

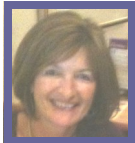
Cooksville Corner Café: Why not join us for lunch in our café? Check out our menu in in the newsletter or in the lunch book located at the Front Desk. Remember to call to reserve or to cancel. Lunch is served Monday through Friday at 12 noon, with a super salad bar on the 2nd Friday of each month.

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, June 13, 1 pm



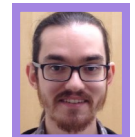
Regina Jenkins, Director
(410) 313-5443
rjenkins@howardcountymd.gov



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 October 2
Instructor: Sara Schwab

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

Line Dancing Inter- Sandy Garrish

Thursdays, 2 pm
Cost: \$55 for 10 weeks
Next session begins June 22
No Class July 4

Line Dancing: Beginner

Drop In

Tuesdays, 2:30 - 3:15 pm
No class July 4

Line Dancing: Improver - Intermediate

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

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
Session begins October 16

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 JUNE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			June 1, 2017	June 2, 2017
			Gumbo Roasted Chicken Macaroni salad Coleslaw Roll Fresh Fruit	Salad Cheese Lasagna Cucs & Mandarin Salad Melon Bread Sticks
June 5, 2017	June 6, 2017	June 7, 2017	June 8, 2017	June 9, 2017
Gingered Cucs Chicken Chow Mein Brown Rice Bread Fresh Fruit	Salad Beef Stew Corn Muffins Applesauce	Soup of the Day Green Salad Chicken Salad Macaroni Salad Melon	Pork Chop Gry Mashed Potatoes Carrot Raisin Salad Broccoli Bread Peaches	Soup & Salad Bar 
June 12, 2017	June 13, 2017	June 14, 2017	June 15, 2017	June 16, 2017
Knockwurst Baked Beans Sunny Slaw Bun Fresh Fruit	Tomato Soup Ham and Swiss Pepper Cabbage Roll Sliced Pears	Salisbury Stk/Gry Mashed Potatoes Carrots Bread Tropical Fruit	Split Pea Soup Chicken Salad Bread Gingered Cucs Mixed Fruit	Veggie Soup Grilled Chicken Breast Pickled Beets Mandarin Oranges Roll
June 19, 2017	June 20, 2017	June 21, 2017	June 22, 2017	June 23, 2017
Pork Ribette Lima Beans Coleslaw Bread Mixed Fruit	Pulled Chicken Roll Mashed Potatoes Coleslaw Pickles Melon	Glamour at Glenwood Please sign up at the front desk. \$ 18.50 	Baked Ziti Zucchini Salad Roll Pineapple Chunks	Pulled Chicken Roll Mashed Potatoes Coleslaw Pickles Melon
June 26, 2017	June 27, 2017	June 28, 2017	June 29, 2017	June 30, 2017
Split Pea Soup Italian Meatballs Carrot Raisin Salad Roll Orange	Turkey/Gry Mash Swt Pot Pickled Beets Green Beans Bread Fresh Fruit	Salad Pork Chops Hopping Johns Green Beans Spiced Apples	Salad Pork Chops Hopping Johns Green Beans Spiced Apples	Chicken BBQ in the Courtyard \$8 

HELLO JUNE

GLENWOOD 50+CENTER

JUNE 2017

CALENDAR OF EVENTS

www.glenwoodseniorcenter.org

(410) 313-5440

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.

We want to celebrate your birthday! Call Chris at the front desk to sign up during your birthday week. (410) 313-5440.

♦ \$ = Fee based program, preregistration is required.

<p>1</p> <p>\$ Hatha Yoga 9 \$ Gentle Yoga 10:15 History Discussion 10:30 History of Broadway 11 \$ Sit & Fit 11 Pickle Ball 11 Line Dancing 12:45 Line Dancing 1:45</p>	<p>2</p> <p>Basketball 9 \$ Yoga 1/2 9 Pinochle 10 \$ Gentle Yoga 10:15 Offutts Crossroads 11 \$ Acupuncture</p>
<p>5</p> <p>\$ Energize HIT 8:20 Basketball 9 Physical Therapy \$ Pilates 9:45 Pinochle 10 History of Broadway 11 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>6</p> <p>\$ Hatha Yoga 9 Nutrition Counseling 9:30 Great Courses Nutrition 10 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1 Snapshot of Pacific 1</p>
<p>7</p> <p>\$ Energize HIT 8:20 Basketball 9 Trip to Larriland Open Arts & Crafts 9 \$ Pilates 11 Bridge 12:45 \$ Prime Time 1 Textures In Clay 1</p>	<p>8</p> <p>\$ Hatha Yoga 9 Genealogy 10 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Line Dancing 12:45 Line Dancing 1:45</p>
<p>9</p> <p>Basketball 9 \$ Yoga 1/2 9 \$ Gentle Yoga 10:15 Pinochle 10 \$ Acupuncture Movie 1 Lonesome Cowboy 1</p>	<p>9</p> <p>Basketball 9 \$ Yoga 1/2 9 \$ Gentle Yoga 10:15 Pinochle 10 \$ Acupuncture Movie 1 Lonesome Cowboy 1</p>
<p>12</p> <p>Nature Walk 8:15 \$ Energize HIT 8:20</p>	<p>13</p> <p>\$ Hatha Yoga 9 Blood Pressure 9</p>
<p>14</p> <p>\$ Energize HIT 8:20 Basketball 9</p>	<p>14</p> <p>\$ Energize HIT 8:20 Basketball 9</p>
<p>15</p> <p>\$ Hatha Yoga 9 \$ Reflexology 9</p>	<p>15</p> <p>\$ Hatha Yoga 9 \$ Reflexology 9</p>
<p>16</p> <p>Basketball 9 \$ Yoga 1/2 9</p>	<p>16</p> <p>Basketball 9 \$ Yoga 1/2 9</p>

<p>Basketball 9 Ask the Pharmacist 9 \$Physical Therapy \$ Pilates 9:45 Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>Nutrition Counseling 9:30 New Member Coffee 9 SHIP Counselor 9 Ted Talks 9:30 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1 Snapshot of Pacific 1</p>	<p>Open Arts & Crafts 9 Civil War Series 10 iPhone, iPad 10 \$ Pilates 11 Bridge 12:45 \$ Prime Time 1 \$Textures in Clay 1</p>	<p>\$ Gentle Yoga 10:15 Pinochle 10 Identify Theft 10 Pet Rock 11 \$ Acupuncture</p>
<p>19 \$ Energize HIT 8:20 Basketball 9 \$Physical Therapy \$ Pilates 9:45 Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>20 \$ Hatha Yoga 9 Blood Pressure 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1 Snapshot of Pacific 1</p>	<p>21 \$ Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 \$ Pilates 11 Glamour @ Glenwood 12 Bridge 12:45 \$ Prime Time 1</p>	<p>22 \$ Hatha Yoga 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Line Dancing 12:45 Line Dancing 1:45</p>
<p>26 \$ Energize HIT 8:20 Basketball 9 \$Physical Therapy \$ Pilates 9:45 Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>27 \$ Hatha Yoga 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1</p>	<p>28 \$ Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 Entry into WWI 10 \$ Pilates 11 Science of Healing 11 Bridge 12:45 \$ Prime Time 1 Picasso Program 1</p>	<p>29 \$ Hatha Yoga 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Line Dancing 12:45 Line Dancing 1:45</p>
<p>26 \$ Energize HIT 8:20 Basketball 9 \$Physical Therapy \$ Pilates 9:45 Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>27 \$ Hatha Yoga 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1</p>	<p>28 \$ Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 Entry into WWI 10 \$ Pilates 11 Science of Healing 11 Bridge 12:45 \$ Prime Time 1 Picasso Program 1</p>	<p>30 Basketball 9 \$ Yoga 1/2 9 \$ Gentle Yoga 10:15 Pinochle 10 Flynatra Program 11 \$Courtyard BBQ 12 \$ Acupuncture</p>
<p>26 \$ Energize HIT 8:20 Basketball 9 \$Physical Therapy \$ Pilates 9:45 Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>27 \$ Hatha Yoga 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1</p>	<p>28 \$ Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 Entry into WWI 10 \$ Pilates 11 Science of Healing 11 Bridge 12:45 \$ Prime Time 1 Picasso Program 1</p>	<p>30 Basketball 9 \$ Yoga 1/2 9 \$ Gentle Yoga 10:15 Pinochle 10 Flynatra Program 11 \$Courtyard BBQ 12 \$ Acupuncture</p>

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, June 12, 9 am

Monday, July 10, 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, June 13, 27, 9 - 11 am

Tuesdays, July 11, 25, 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, June 6, 9:30 - 11 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, June 13, 9 am

Tuesday, July 11, 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. Register at the front desk.

Physical Therapy w/Teresa, MSPT, LLC

Mondays and Wednesdays, we will have an on-site licensed Physical Therapist. Enjoy added convenience of therapy here at Glenwood. Teresa accepts insurance.

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.

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.

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. Sign up to stay for lunch.

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

Thursday, June 1, 10:30 am

This group meets monthly and decides together on upcoming topics. Feel free to join.

Genealogy

Thursday, June 8, 10 am

Join Dottie Aleshire for this monthly series on all topics Genealogy.

History of Broadway

Monday, June 5, 11 am

Join Steve Friedman for his entertaining and informative series on Broadway.

Offutts Crossroads:

The Early History of the Potomac and it's Founding Family

Friday, June 2, 11 am

This talk and slide presentation cover the "first family" of the Potomac. The speaker, Ralph Buglass is a descendent of the Offutt family. Don't miss this interesting discussion.

PROGRAMS AND EVENTS

Great Courses:

Nutrition Made Clear

Tuesday, June 6, 10 am

Tuesday, July 11, 10 am

Join Torry as she delves into another topic in the Nutrition Series of Great Courses.

Snapshot of the Pacific War (WWII)

Tuesdays, June 6, 13, 20, 1 pm

Bob Mullauer is a military historian and teacher. His passion is the Pacific Theater. Come enjoy his presentation on this portion of WWII.

Trip to Larriland

Wednesday, June 7, 9 am

Meet for coffee, bagels and strawberry picking at this local spot. Torry leads the group, meet on your own.

Lonesome Cowboy: The Vanishing Western Genre

Friday, June 9, 1 pm

Instructor Christopher Llewellyn Reed shares the history of this once popular genre. He will dispel myths about films of



the old west, and deconstruct this American art form while we watch clips from The Great Train Robbery, High Noon, Shane and more.

Nature Walk

Monday, June 12, 8:15 am

Join Kurt Schwarz from the Howard County Bird Club for an early morning walk to search for songbirds and more. Bring water, sturdy shoes and binoculars. 2 hours.

Civil War Series: When War Came to Western Maryland, the Spies Came Along with it.

Wednesday, June 14, 10 am

Local historian Matt Borders reveals the secret history of Western Maryland's' Civil War. Learn about Frederick's strategic location.

Textures in Clay

Wednesday, June 14, 1 pm

Cost: \$25

Charlene Randolph continues her series in hands-on clay with a pick your own project, students can choose to create any project they like.

iPad and iPhone Class

Wednesday, June 14, 10 am

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

Cooking Demo - Summer Side Salads

Thursday, June 15, 10 am

Cost: \$8

Torry is back in the kitchen with a delicious demo on easy summer sides that complete any meal. Register in advance.

PROGRAMS AND EVENTS

Identity Theft

Friday, June 16, 10 am

Join Officer Andre Lingham for a discussion and presentation on Identity Theft and how you can protect yourself.

New Release Movies

Cost: \$1 donation

Friday June 9, 1 pm

Hidden Figures, PG 2 Hours, 7 min

Friday, June 23, 1 pm

Collateral Beauty, PG-13, 1 hour, 34 min



Pet Rock

Friday, June 16, 11 am

Join us in the West Friendship Room for a rocking good time, dancing and singing to the oldies sound of Pet Rock.

Glamour at Glenwood

Wednesday, June 21, 12 noon

Cost: \$18.50

Join us for this annual event with a new twist. Enjoy a Blush and Lipstick Bar by makeup artists from the AList, enjoy a delicious catered lunch, fun giveaways and more. Must register in advance.



Two for the Show

Friday, June 23, 11 am

Join us for an enjoyable hour of music and smiles by this entertaining duo.

Our Entry Into World War I

Wednesday, June 28, 10 am

Tom Price covers the story of how the United States expanded from a very small army at the beginning of World War 1 to being able to field nearly 3 million men in the American Expeditionary Forces.

Great Courses:

The Science of Healing

Wednesday June 28, 11 am

Join center member and volunteer Laura Grant for more topics in the Science of Healing series of Great Courses.

How did Picasso's Personal Life Influence His Work

Wednesday, June 28, 1 pm

Artist, Art Historian and Educator Ann Wiker explores the personal life of this renowned artist. With 2 wives, four children by three women and eight significant relationships, see how his portraits reveal his feelings for them.

Flynatra: A Frank Sinatra Tribute

Friday, June 30, 11 am

Performer Steve Flynn goes Flynatra for a tribute to Ole Blue Eyes.

Chicken BBQ in the Courtyard

Friday, June 30, 12 noon

Cost: \$8

Enjoy a delicious homemade BBQ amongst the flowers in the courtyard. Register in advance.

7th Annual

GLAMOUR AT
GLENWOOD

Wednesday, June 21 ■ 12 noon - 1:30 pm
Glenwood 50+Center

2400 Route 97, Cooksville, MD 21723

Event Highlights

- Blush Bar
- Makeup Artists
- Lipstick Bar
- Door Prizes
- Music
- Modeling
- Favors
- Gourmet Lunch
- Accessories Sale



Tickets \$18.50

Call 410.313.5440 (voice/relay)

Glenwood50@howardcountymd.gov

www.glenwoodseneiorcenter.org

MUST PURCHASE TICKETS IN ADVANCE