

WELCOME TO THE GLENWOOD 50+ CENTER NEWS



MARCH 2017

www.glenwoodseniorcenter.org



Welcome March! Have you scheduled your appointment with the AARP Tax Aide program? The counselors are here on Thursday mornings and appointments fill quickly, call the front desk today. This month we kick off our Great Courses Series, *Nutrition Made Clear* and *The Science of Natural Healing*. Mary Ann Jung of History Alive entertains us with her in person portrayal of Sally Ride and later in the month join us for the music of The Mighty Kelltones, followed by a St. Patrick's Day lunch. Judy Colbert, author of "100 Things To Do In Baltimore," will discuss her book and we travel to New York for our sold out trip to see **Come From Away** on the 29th! Check out our collection effort for Blessings in Backpacks.

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:
glenwood50Plus@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

SPOTLIGHT ON CARRIE ENGLE OF VALLEY VIEW FARMS

Carrie started at Valley View Farms in 1972, and is well-known in the area as their in-house "Gardening Guru," she appears regularly on WBAL's Sunday Gardener and on Tuesday Gardening Q&A. She is Valley View Farms'



resident blogger. Frequently lecturing and presenting to garden clubs and garden-related forums throughout the area, Carrie will share her spring garden preparation ideas with us as well as some new plant varieties to use in our gardens. Sign up at the front desk.

TUESDAY, MARCH 7 -10 AM

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**THE
MIGHTY
KELLTONES
MARCH 17
11 AM**



50+CENTER NEWS TO USE

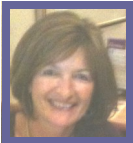
Center Information

Food Drive: This program provides elementary school children who are on free or reduced meal programs with a backpack of food to eat over the weekend. Our drive takes place March 1 - April 1, 2017.



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.



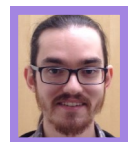
Regina Jenkins, Director
(410) 313-5443
rjenkins@howardcountymd.gov



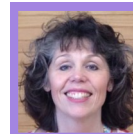
Cathy Burkett, Assistant Director
(410) 313-4832
cburkett@howardcountymd.gov



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

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 the newsletter or in the lunch book located at the Front Desk. 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:

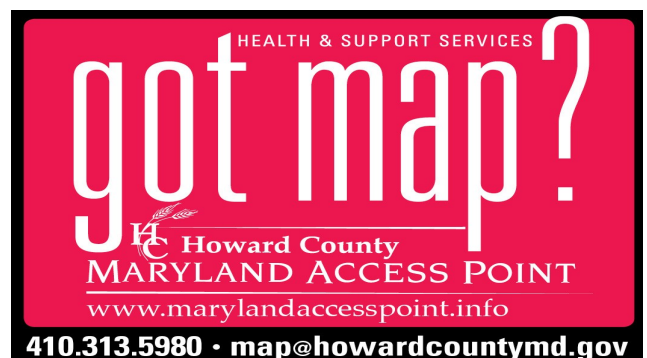
Laurel Gafke	Carl Hood
Joann Brown	Barbara Cornell
Doug Hillmuth	Laura Wilson
Erin Matthews	Linda Deffinbaugh
Linda Behsudi	Lee Hartman
Alysa Simms	Katie Roe

Meeting: March 14, 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 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

INCLEMENT WEATHER UPDATE

In the event of inclement weather, please watch or listen for school cancellations. If HOWARD COUNTY SCHOOLS status is:

1 HOUR DELAY - Center strives to open by 9:30 am.

2 HOUR DELAY - Center strives to open by 10:30 am. There will be no lunches served. Only classes and programs scheduled to begin at 10:30 am or after will be held.

CLOSED: Call the front desk (410-313-5400) or the **new** Status Line (410-313-7777) to see if or when the Center will open. All instructor-led programs are cancelled for the day. There will be no lunches served.

If you have any questions, please call (410) 313-5440, the line will be updated by 7 am each work day. Thank you!

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 May 2
Instructor: Susan Kain

Energize High Intensity Interval Training

Monday and Wednesdays, 8:20 am
Cost: \$68 for 16 classes
Next session begins April 24
Instructor: Sara Schwab

Gentle Yoga

Tuesdays or Thursdays, 10:15 am
Cost: \$60 for 10 weeks
Next Tuesday session begins April 11
Next Thursday session begins April 6
Instructor: Mary Garratt

Hatha Yoga 1-2

Fridays, 9-10 am
Cost: \$60 for 10 weeks
Next session begins April 21
Instructor: Susan Kain

Hatha Yoga

Tuesdays or Thursdays, 9 am
Cost: \$60 for 10 weeks
Next Tuesday session begins April 11
Next Thursday session begins April 6
Instructor: Mary Garratt

Line Dancing: Beginner Drop In

Tuesdays, 2:30 - 3:15 pm
Cost: Quarterly fee of \$15 begins in April

Line Dancing: Improver - Intermediate

Tuesdays, 3:30-5pm, Thursdays, 2-4 pm
Cost: Quarterly fee of \$30 begins April.

Pilates

Mondays, 9:45am or Wednesdays, 11 am
Cost: \$48 for 8 classes
Next Monday session begins April 17
Next Wednesday session begins March 1
Instructor: Bob McDowell



Prime Time Tone, Balance & Flex

Monday, Wednesday, 1-2 pm
Cost: \$48 for 16 classes
Next session begins April 17
Instructor: Marianne Larkin

Yogalates

Mondays, 3 pm
Cost: \$60 for 10 classes
Session begins April 24
Instructor: Susan Kain

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 Glenwoodseniorcenter.org and click on "Schedule" and "Health, Wellness, Fitness".

COOKSVILLE CAFÉ MARCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
REMEMBER		March 1, 2017	March 2, 2017	March 3, 2017
<p>Milk is provided at every meal. The actual lunch cost is \$4.10 for a regular meal and \$5.39 for a super meal special meal. Please donate what you can. Sign up at least one week in advance at the front desk in the yellow binder.</p> 		Tuscan Bean Soup Bakes Ziti Tomato Sauce Apple Juice Spinach White/Wheat Bread Pears	Salad Cheese Lasagna Seasonal Fruit Cucs/Mandarin Salad Garlic Bread Brownies	Carrot Raisin Salad Beef Tips/Gravy Mashed Potatoes Italian Veggies White/Wheat Bread Pineapple Chunks
March 6, 2017	March 7, 2017	March 8, 2017	March 9, 2017	March 10, 2017
Salad Pork Chop/ Gry Hopping Johns Green Beans Spiced Apples	Chicken Veggie Soup Pork BBQ Coleslaw Roll Pineapple Chunks	Chili Pepper Cabbage Summer Squash Corn Muffin Clementine	Minestrone Soup Pork Chop/Gry Mash Swt Potato Broccoli Bread Pears	Soup and Salad Bar 
March 13, 2017	March 14, 2017	March 15, 2017	March 16, 2017	March 17, 2017
Salad Pork Chop/ Gry Hopping Johns Green Beans Spiced Apples	Tomato Soup Meatloaf/ Gry Carrot Raisin Salad Bread Fresh Fruit	Split Pea Soup Chicken Salad Coleslaw Roll Orange	Pulled Chicken Mashed Potato Coleslaw Pickles Fresh Melon	St. Patty Day Reuben's Please sign up at the Front Desk Cost \$8.00 
March 20, 2017	March 21, 2017	March 22, 2017	March 23, 2017	March 24, 2017
Chicken Veggie Soup Italian Meatballs 3 Bean Salad Roll Tangerine	Chicken Fajitas Pepper & Onions Spanish Rice Black Beans Melon	Potato Soup Pork Ribette Salad Dixie Slaw Bread Hot Apples	Pepper Steak Parslied Potatoes Carrot Raisin Salad Roll Fresh Fruit	Veggie Soup Grilled Chicken Breast Pickled Beets Roll Mandarin Oranges
March 27, 2017	March 28, 2017	March 29, 2017	March 30, 2017	March 31, 2017
Green Salad Grilled Chicken Creamed Corn Sauteed Spinach Garlic Bread	No Lunch Department Meeting	Chicken Fajitas Pepper & Onions Spanish Rice Black Beans Melon	Chicken Noodle Soup Knockwurst Baked Beans Coleslaw Bun Orange	Pizza Party Please sign up at the front desk \$7.00 



GLENWOOD 50+ CENTER

MARCH 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.

<p>6</p> <ul style="list-style-type: none"> \$ Energize HIT 8:20 Basketball 9 \$ Pilates 9:45 Pinochle 10 History of Broadway 11 Bridge 12:45 \$ Prime Time 1 \$ HCC Course 1 \$ Yogalates 3 	<p>7</p> <ul style="list-style-type: none"> \$ Hatha Yoga 9 Nutrition Counseling 9:30 Gardening w/Carrie Engle 10 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickleball 11 Great Courses: Nutrition 12:30 Chinese Mahjong 1 	<p>1</p> <ul style="list-style-type: none"> Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 History Discussion 1 pm \$ Pilates 11 \$ Prime Time 1 	<p>2</p> <ul style="list-style-type: none"> \$ Hatha Yoga 9 ARP Tax Aide 9:30 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickleball 11 Line Dancing 12:45 Line Dancing 1:45 	<p>3</p> <ul style="list-style-type: none"> Basketball 9 \$ Yoga 1/2 9 Pinochle 10 \$ Gentle Yoga 10:15 \$ Acupuncture
<p>6</p> <ul style="list-style-type: none"> \$ Energize HIT 8:20 Basketball 9 \$ Pilates 9:45 Pinochle 10 History of Broadway 11 Bridge 12:45 \$ Prime Time 1 \$ HCC Course 1 \$ Yogalates 3 	<p>7</p> <ul style="list-style-type: none"> \$ Hatha Yoga 9 Nutrition Counseling 9:30 Gardening w/Carrie Engle 10 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickleball 11 Great Courses: Nutrition 12:30 Chinese Mahjong 1 	<p>8</p> <ul style="list-style-type: none"> Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 \$ Pilates 11 War on the Homefront 11 Great Courses: Healing 12:30 \$ Prime Time 1 	<p>9</p> <ul style="list-style-type: none"> \$ Hatha Yoga 9 ARP Tax Aide 9:30 Genealogy 10 \$ Gentle Yoga 10:15 History of Broadway 11 \$ Sit & Fit 11 Pickleball 11 Line Dancing 12:45 Line Dancing 1:45 	<p>10</p> <ul style="list-style-type: none"> Basketball 9 \$ Yoga 1/2 9 Pinochle 10 \$ Gentle Yoga 10:15 \$ Acupuncture Who Wants to Be an Astronaut? 11 Movie: The Girl on the Train 1

<p>13</p> <p>\$ Energize HIT 8:20 Basketball 9</p> <p>Ask the Pharmacist 9</p> <p>\$ Pilates 9:45 Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>14</p> <p>\$ Hatha Yoga 9 Blood Pressure 9 New Member Coffee 9 SHIP Counselor 9 Ted Talks 9:30</p> <p>\$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickleball 11 Chinese Mahjong 1</p>	<p>15</p> <p>\$ Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 Civil War Series 10</p> <p>\$ Pilates 11 Bridge 12:45 \$ Prime Time 1 \$Textures in Clay 1</p>	<p>16</p> <p>\$ Hatha Yoga 9 \$Reflexology 9 AARP Tax Aide 9:30 Identity Theft 10</p> <p>\$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickleball 11 Line Dancing 12:45 Line Dancing 1:45</p>	<p>17</p> <p>Basketball 9 \$ Yoga 1/2 9 \$ Gentle Yoga 10:15 Pinochle 10 The Mighty Kelltones 11 \$St. Patrick's Day Luncheon 12</p> <p>\$ Acupuncture Life of Bette Davis 1</p>
<p>20</p> <p>\$ Energize HIT 8:20 Basketball 9 \$ Pilates 9:45 Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>21</p> <p>\$ Hatha Yoga 9 iPad, iPhone 10</p> <p>\$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickleball 11 Chinese Mahjong 1</p>	<p>22</p> <p>\$ Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 \$ Pilates 11 Bridge 12:45 \$ Prime Time 1 \$HCC Course</p>	<p>23</p> <p>\$ Hatha Yoga 9 AARP Tax Aide 9:30</p> <p>\$ Gentle Yoga 10:15 History of Broadway 11</p> <p>\$ Sit & Fit 11 Pickleball 11 Line Dancing 12:45 Line Dancing 1:45</p>	<p>24</p> <p>Basketball 9 \$ Yoga 1/2 9 \$ Gentle Yoga 10:15 Pinochle 10 100 Things to Do in Baltimore 11</p> <p>\$ Acupuncture Life of Bette Davis 1 Movie: Manchester by the Sea</p>
<p>27</p> <p>\$ Energize HIT 8:20 Basketball 9 \$ Pilates 9:45 Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>28</p> <p>\$ Hatha Yoga 9 Blood Pressure 9</p> <p>\$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickleball 11 Chinese Mahjong 1 Department Meeting No Lunch</p>	<p>29</p> <p>New York Trip</p> <p>\$ Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 \$ Pilates 11 Bridge 12:45 \$ Prime Time 1 \$ HCC Course</p>	<p>30</p> <p>\$ Hatha Yoga 9 AARP Tax Aide 9:30</p> <p>\$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickleball 11 Line Dancing 12:45 Line Dancing 1:45</p>	<p>31</p> <p>Basketball 9 \$ Yoga 1/2 9 \$ Gentle Yoga 10:15 Pinochle 10 \$ Acupuncture Life of Bette Davis 1</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, March 13, 9 am

Monday, April 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, March 14, 28, 9 - 11 am

Tuesdays, April 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, March 7, 9:30 am

Wednesday, April 5, 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, March 14, 9 am

Tuesday, April 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

Thursday, March 16, 9 am - 2 pm

Thursdays, April 6, 20, 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

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

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.

Pickleball

Tuesdays, Thursdays, 11 am - 2 pm

Come join the fun! Pickleball combines elements of tennis, badminton and ping-pong. Be prepared to love it.

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. It is called duplicate because the same bridge deal is played at each table and scoring is based on relative performance.

Open Studio: Join Us

Wednesdays, 9am - noon

Are you working on any crafts at home? Painting, knitting, crocheting, jewelry making, paper crafts or more? Come out on Wednesdays and make connections with others as you work at your own pace on your project. The art room will be open for you to create.

History Discussion Group

Wednesday, March 1, 10:30 am

Wednesday, April 5, 10:30 am

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

Genealogy

Thursday, March 9, 10 am

Thursday, April 13, 10 am

Join Dottie Aleshire for this monthly series on all topics Genealogy. Topics listed at front desk and on bulletin board.

PROGRAMS AND EVENTS

AARP Tax Aide Program

Thursdays beginning at 9:30 am

AARP Tax Aide volunteers will be here through April 9th to complete your taxes.

History of Broadway

Thursday, March 2, 11 am

Monday, March 6, 11 am

Steve Friedman continues his popular lecture and performance series. See front desk for details.

HCC Presents:

The Assassination of Julius Caesar

Monday, March 6, 1 - 3 pm

To Register, go to this link:

<http://www.howardcc.edu/programs-courses/continuing-education/information/registration-payment/index.html>

Gardening with Carrie Engle

Tuesday, March 7, 10 am

Carrie Engle of Valley View Farms will be here with an interactive presentation on how to prepare your garden for spring along with new plants to include in your garden. Always lighthearted and entertaining, don't miss Carrie's visit.

Great Courses:

Nutrition Made Clear

Tuesdays, March 7, 14, 12:30 pm

We are kicking off our series of The Great Courses, video series. Torry facilitates this program on helpful information on nutrition.

Great Courses:

The Science of Natural Healing

Wednesdays, March 8, 15, 12:30 pm

Volunteer, Laura Grant will facilitate this Great Course on the details and history behind the Science of Natural Healing.

War on the Homefront

Wednesday, March 8, 11 am

Presented by the Baltimore Museum of Industry. When World War II began, Baltimore, it's citizens and the industries that employed them were truly transformed. Come learn about this fascinating topic.

History Alive Presents:

Who Wants to Be an Astronaut?

Friday, March 10, 11 am

Mary Ann Jung joins us for her in person portrayal of Sally Ride. Always engaging, this is a don't miss event.

Bagels with TED

Tuesday, March 14, 9:30 am

Tuesday, April 11, 9:30 am

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

New Member & Volunteer Coffee

Tuesday, March 14, 9 am

Tuesday, April 11, 9 am

Join the staff for coffee and an introduction to the center. Learn about center programs and ways you can get involved.

PROGRAMS AND EVENTS

Civil War Series

A Civil War Captain and His Lady
Wednesday, March 15, 10 am

This program is brought to us by Books with a Past Bookstore. Author Gene Barr presents his book, *A Civil War Captain and His Lady*. The story of Josiah, Jennie and the men of the 17th and their families.

New Release Movies

Fridays, 1 pm, Cost: \$1 donation

March 10: *The Girl on the Train*

Rated R, 1 hour, 52 minutes

March 24: *Manchester by the Sea*

Rated R, 2 hours, 17 minutes



Identity Theft

Thursday, March 16, 10 am

Officer Andre Lingham of the Howard County Police Department discusses the important topic of keeping your personal information safe.

The Mighty Kelltones

Friday, March 17, 11 am



This local group featuring our own center members is back to delight us with their lovely music and vocals.

St. Patty's Day Luncheon

Friday, March 17, 12 noon

Cost: \$8

We'll be busy in the kitchen whipping up Reuben's and Rachel's for our annual St. Patrick's Day luncheon. Register in advance.

The Life and Career of Bette Davis

Fridays, March 17, 24, 31, 1 pm

Ernest Liotti will be here for 3 weeks to delve into the fascinating life and career of Bette Davis.

iPad and iPhone Class

Tuesday, March 21, 10 am

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

HCC Presents:

Alexander Hamilton and Aaron Burr

Wednesdays, March 22, 29, April 5, 12, 10 am

To Register, go to this link:

<http://www.howardcc.edu/programs-courses/continuing-education/information/registration-payment/index.html>

Book Talk: *100 Things to Do in Baltimore*

Friday, March 24, 11 am

Join author Judy Colbert as she discusses and shares information on what you can do in Charm City.

INFORMATION • INSPIRATION • IDEAS
for living a more balanced, healthier and fulfilled life!



Don't miss the fun and excitement
at Howard County's 9th Annual

WOMENFEST

A Health & Wellness Event for Women

Saturday, April 29
10 am to 3 pm

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

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



Event Photos
CRAIG GOTSCHALL
STAFF PHOTOGRAPHER

 Howard County Office on
Aging and Independence

410-313-5440 (VOICE/RELAY)
www.howardcountymd.gov/womenfest

If you need accommodations to attend, contact Maryland Access Point (MAP) at 410-313-1234 at least one week prior.