

# WELCOME TO THE GLENWOOD 50+ CENTER NEWS



NOVEMBER - DECEMBER 2018  
[www.glenwoodseniorcenter.org](http://www.glenwoodseniorcenter.org)

Welcome to November. A time to focus on being thankful. I know the staff are thankful for this beautiful center to work in and the wonderful members who attend. Happy Thanksgiving to all.

Be thankful that you don't already have everything you desire.

If you did, what would there be to look forward to?

Be thankful when you don't know something,  
for it gives you the opportunity to learn.

Be thankful for the difficult times.

During those times you grow.

Be thankful for your limitations,  
because they give you opportunities for improvement.

Be thankful for each new challenge,  
because it will build your strength and character.

Be thankful for your mistakes.

They will teach you valuable lessons.

Be thankful when you're tired and weary,  
because it means you've made a difference.

It's easy to be thankful for the good things.

A life of rich fulfillment comes to those who  
are also thankful for the setbacks.

Gratitude can turn a negative into a positive.

Find a way to be thankful for your troubles,  
and they can become your blessings.

~Author Unknown



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

Center Email:  
[glenwood50@howardcountymd.gov](mailto: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](http://www.howardcountyaging.org)  
Council Website:  
[www.glenwoodseniorcenter.org](http://www.glenwoodseniorcenter.org)

Volunteer Website:  
[www.hocovolunteer.org](http://www.hocovolunteer.org)



## SPOTLIGHT ON WREATH MAKING WORKSHOP



Create your own beautiful fresh wreath. Share fun and friendship as everyone gets in the holiday spirit. No experience necessary. Bring clippers and gloves. Class size is limited.

**THURSDAY, DECEMBER 6**  
**1:30 PM**  
**COST: \$12**

## 50+CENTER NEWS TO USE

### Center Information

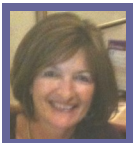
Closed Monday, Nov. 12, Veterans Day  
Closed, Thursday, Nov. 22, Thanksgiving  
Closed, Friday, Nov. 23, Thanksgiving  
Closed, Tuesday, Dec. 25, Christmas

**50+ Programs:** Interested in trying a class? We encourage you to try before you buy. FYI: Glenwood 50+ Center does not pro-rate for classes missed.

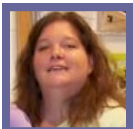
**Go50+ Fitness Membership:** Includes access to Gary J. Arthur, N. Laurel, and Roger Carter Community Centers Fitness Rooms and all Howard County 50+ Centers. Residents are only \$75 a year.

### State Health Insurance Assistance Program:

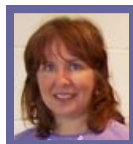
(410) 313-7392. Appointments are held at locations around the county.



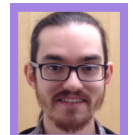
**Regina Jenkins**, Director  
(410) 313-5443  
rjenkins@howardcountymd.gov



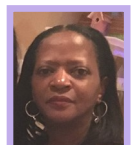
**Cathy Burkett**, Assistant Director  
(410) 313-4832  
cburkett@howardcountymd.gov



**Chris Ferraro**, Registrar  
(410) 313-5440  
cferraro@howardcountymd.gov



**Evan Larkin**, Utility Technician  
(410) 313-4836  
elarkin@howardcountymd.gov



**Stephanie Rigsby**, Nutrition Specialist  
(410) 313-4833  
srigsby@howardcountymd.gov

**Cooksville Corner Café:** Why not join us for lunch in our café? We have a new caterer! Check out our menu 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.

**Western Howard County Senior Council:** The Council is a 501c3 organization who support the staff of the Glenwood 50+Center with both financial and human resources. This group of volunteers meet monthly. They serve as ambassadors for the center and can be found participating in a variety of ways throughout the center.

## COMMUNITY EVENT



The Howard County Office on Aging and Independence invites you to a

# THANKSGIVING CELEBRATION!

THE *Giving Thanks* LUNCHEON and DANCE

Music by Sly 45  
A Baltimore-based band rocking the blues, jazz and classic pop scene!

**Thursday, November 15, 2018**  
**Ten Oaks Ballroom**  
5000 Signal Bell Lane, Clarksville 21029  
Doors Open 10:30 a.m. • Program Begins 11 a.m. • Lunch 12 noon  
Tickets on Sale at all Howard County 50+ Centers \$15/person

PLEASE BRING NON-PERISHABLE FOOD ITEMS FOR THE HOWARD COUNTY FOOD BANK

FOR MORE INFORMATION, CALL  
**410-313-5440** (VOICE/RELAY)

  
Howard County Office on Aging and Independence  
Department of Community Resources and Services  
www.howardcountymd.gov/aging



**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](mailto: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](mailto:jumiller@howardcountymd.gov)

**Call to schedule an appointment (410)313-5441**

## COUNCIL ANNUAL COOKIE SALE



Join the Council in the lobby for their two day sale. Purchase cookies by the dozen for only \$5. The money raised goes to supporting programs, speakers, equipment and more at the center. Bakers and Buyers are needed. To sign up for a time to man the table, or to bake cookies, please see Chris at the front desk.

# COUNCIL COOKIES

DECEMBER 13 AND 14  
9 - 3 IN THE LOBBY

*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 January 3**  
Instructor: Susan Kain

## Energize High Intensity Interval Training

Monday and Wednesdays, 8:20 am  
Cost: \$68 for 16 classes  
**Next session begins December 17**  
Instructor: Sara Schwab  
**No class Nov 12, 21, Dec 24, 26, 31**

## Gentle Yoga

Tuesdays or Thursdays, 10:15 am  
Wednesdays, 2 pm  
Cost: \$60 for 10 weeks  
**Next Tuesday session begins December 4**  
**Next Thursday session begins December 6**  
**Next Wednesday session begins**  
Instructor: Mary Garratt

## Hatha Yoga

Tuesdays or Thursdays, 9 am  
Cost: \$60 for 10 weeks  
**Next Tuesday session begins December 4**  
**Next Thursday session begins December 6**  
Instructor: Mary Garratt



## Line Dancing Beginners

Thursdays, 1 pm  
Cost: \$55 for 10 weeks  
**Next session begins December 20**  
Instructor: Sandy Garrish  
**No class Nov. 8, 15, 22**

## Line Dancing: Beginner Drop In

Monthly fee of \$5

## Line Dancing Intermediate

Thursdays, 2 pm  
Cost: \$55 for 10 weeks  
**Next session begins December 20**  
Instructor: Sandy Garrish  
**No class Nov. 8, 15, 22**

## Line Dancing: Improver - Intermediate Drop In

Monthly fee of \$5

## Pilates

Mondays, 10 am  
Cost: \$48 for 8 classes  
**Next Monday session begins November 19**  
Instructor: Bob McDowell

## Prime Time Tone, Balance & Flex

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

## Yoga & Pilates

Mondays, 3 pm  
Cost: \$60 for 10 classes  
**Next session begins December 17**  
Instructor: Susan Kain

## Hatha Yoga 1-2

Fridays, 9-10 am  
Cost: \$60 for 10 weeks  
**Next session begins December 14**  
Instructor: Susan Kain

## Tai Chi Intro

Thursdays 9am - 9:55am  
Cost: \$48 for 8 weeks  
**Next session begins November 1**  
Instructor: Charlie Toth

# COOKSVILLE CAFÉ NOVEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>November 1</b>	<b>November 2</b>
			Meatloaf W/Gravy Garlic Mashed Potatoes Peas & Pearl Onions Mandarin Oranges White/Wheat Bread	Pulled Pork BBQ Midwest Baked Beans Coleslaw Pineapple Tidbits Sandwich Bun
<b>November 5</b>	<b>November 6</b>	<b>November 7</b>	<b>November 8</b>	<b>November 9</b>
Roast Stuffed Chicken Breast White & Wild Rice Blend Dilled Carrots Peas & Pearl Onions White/Wheat Bread Butterscotch Pudding	Pizza Salad Ice Cream 	Roast Turkey W/ Gravy Mashed Potatoes Mandarin Oranges Mixed Vegetables White Wheat Bread	Salad Bar 	<b>Veterans Day Mission Barbeque</b> <b>Cost: \$10</b> <b>Veterans Free</b> 
<b>November 12</b>	<b>November 13</b>	<b>November 14</b>	<b>November 15</b>	<b>November 16</b>
<b>Veterans Day Holiday Closed</b> 	Chicken Marbella Yellow Rice Pilaf Green Beans Diced Pears Fruited Yogurt/Topping White/Wheat Bread	Stuffed Cabbage W/Ground Beef, Rice & Tomato Diced Red Skin Potatoes Green Beans W/ Mushrooms Cinnamon Apples White Wheat Bread	<b>Thanksgiving at Ten Oaks Ballroom</b> 	Baked Potato Bar Hot Baked Potatoes Delicious Toppings 
<b>November 19</b>	<b>November 20</b>	<b>November 21</b>	<b>November 22</b>	<b>November 23</b>
Sliced Pot Roast of Beef W/Tomato Gravy Stew Cut Veggies Red Skin Potatoes Mandarin Oranges White/Wheat Bread	Roast Sliced Turkey Breast W/Gravy Bread Stuffing Green Beans Cranberry Sauce Pie W/Whipped Topping	Tuna Sandwich W/ Lett/Tom Garnish Split Pea Soup Orange Blossom Carrot Salad Tropical Fruit Rye Bread	<b>Closed for Thanksgiving Holiday</b> 	<b>Closed for Thanksgiving Holiday</b> 
<b>November 26</b>	<b>November 27</b>	<b>November 28</b>	<b>November 29</b>	<b>November 30</b>
Teriyaki Chicken Breast Veg Fried Brown Rice Diced Pineapple White/Wheat Bread	Chicken Salad Cold Plate Potato Salad 3-Bean Salad Mandarin Oranges Sandwich Bun	Chicken & Beef Penne Pasta Jambalaya Steamed Baby Carrots Peach Crisp White/Wheat Bread	Maple Glazed Baked Ham Seasoned Green Beans Mac & Cheese Broccoli Slaw White/Wheat Bread	Spaghetti & Meatballs Romano Blend Veggies Moroccan Chickpea Salad Mandarin Oranges White/Wheat Bread



# GLENWOOD 50+ CENTER NOVEMBER 2018

CALENDAR OF EVENTS  
[www.glenwoodseniorcenter.org](http://www.glenwoodseniorcenter.org)  
 (410) 313-5440

<p><b>5</b>          Basketball 9          Pinochle 10          Pilates 10  <b>History of Broadway 11</b>          Bridge 12:45          \$ Prime Time 1  <b>\$Personalize This 1</b>          \$ Yogalates 3</p>	 <p><b>6</b>          \$ Hatha Yoga 9  <b>Men's Roundtable 10</b>          \$ Gentle Yoga 10:15          \$ Sit &amp; Fit 11          Pickle Ball 11  <b>Pizza Party 12</b>          Chinese Mahjong 1</p>	<p><b>7</b>          Basketball 9          Open Arts &amp; Crafts 9  <b>Nutrition Counseling 9:30</b>  <b>Lost Baltimore 11</b>          Bridge 12:45          \$ Prime Time 1  <b>\$HCC Course 1</b>          \$Gentle Yoga 2</p>	<p><b>1</b>  <b>Nature Walk w/Kurt 8</b>          \$ Hatha Yoga 9          Qi Gong/Tai Chi 9          \$ Gentle Yoga 10:15          \$ Sit &amp; Fit 11          Pickle Ball 11          Line Dancing 12:45          Line Dancing 1:45</p>	<p><b>2</b>          Basketball          \$ Yoga 1/2 9          Pinochle 10  <b>Astronomy Talk 11</b>          Pickle Ball 12</p>
<p><b>5</b>          Basketball 9          Pinochle 10          Pilates 10  <b>History of Broadway 11</b>          Bridge 12:45          \$ Prime Time 1  <b>\$Personalize This 1</b>          \$ Yogalates 3</p>	<p><b>6</b>          \$ Hatha Yoga 9  <b>Men's Roundtable 10</b>          \$ Gentle Yoga 10:15          \$ Sit &amp; Fit 11          Pickle Ball 11  <b>Pizza Party 12</b>          Chinese Mahjong 1</p>	<p><b>7</b>          Basketball 9          Open Arts &amp; Crafts 9  <b>Nutrition Counseling 9:30</b>  <b>Lost Baltimore 11</b>          Bridge 12:45          \$ Prime Time 1  <b>\$HCC Course 1</b>          \$Gentle Yoga 2</p>	<p><b>8</b>          \$ Hatha Yoga 9          Qi Gong/Tai Chi 9  <b>Genealogy Cancelled</b>          \$ Gentle Yoga 10:15          \$ Sit &amp; Fit 11          Pickle Ball 11  <b>Salad Bar 12</b>  <b>National Parks Series 1</b></p>	<p><b>9</b>          Basketball          \$ Yoga 1/2 9          Pinochle 10          Pickle Ball 12  <b>\$Veterans Day Luncheon 11:30</b>  <b>Movie: Mama Mia 1</b></p>

<p><b>12</b></p> <p><b>CLOSED</b></p> <p><b>VETERANS DAY</b></p>	<p><b>13</b></p> <p>\$ Hatha Yoga 9</p> <p><b>Blood Pressure 9</b></p> <p><b>New Members 9</b></p> <p><b>Men's Roundtable 10</b></p> <p>\$ Gentle Yoga 10:15</p> <p>\$ Sit &amp; Fit 11</p> <p>Pickleball 11</p> <p>Chinese Mahjong 1</p> <p><b>Food Presentation and Tablescapes 1:30</b></p>	<p><b>14</b></p> <p>Basketball 9</p> <p>Open Arts &amp; Crafts 9</p> <p><b>Civil War Series 10</b></p> <p>Bridge 12:45</p> <p>\$ Prime Time 1</p> <p>\$Gentle Yoga 2</p>	<p><b>15</b></p> <p>\$ Hatha Yoga 9</p> <p>\$ Reflexology 9</p> <p>Qi Gong/Tai Chi 9</p> <p><b>\$Thanksgiving @ Ten</b></p> <p><b>Oaks</b></p> <p>\$ Gentle Yoga 10:15</p> <p>\$ Sit &amp; Fit 11</p> <p>Pickleball 11</p> <p><b>No Lunch</b></p>	<p><b>16</b></p> <p>Basketball 9</p> <p>\$ Yoga 1/2 9</p> <p>Pinochle 10</p> <p><b>Steve Flynn Variety 11</b></p> <p>Pickle Ball 12</p> <p><b>Baked Potato Bar 12</b></p>
<p><b>19</b></p> <p>Basketball 9</p> <p>\$ Energize HIT 8:20</p> <p>Pinochle 10</p> <p>Pilates 10</p> <p>Bridge 12:45</p> <p>\$ Prime Time 1</p> <p>\$ Yogalates 3</p>	<p><b>20</b></p> <p><b>Waffle Bar 9</b></p> <p>\$ Hatha Yoga 9</p> <p>\$ Gentle Yoga 10:15</p> <p>\$ Sit &amp; Fit 11</p> <p>Pickle Ball 11</p> <p>Chinese Mahjong 1</p>	<p><b>21</b></p> <p>Basketball 9</p> <p>\$ Energize HIT 8:20</p> <p>Basketball 9</p> <p>Open Arts &amp; Crafts 9</p> <p>Bridge 12:45</p> <p>\$ Prime Time 1</p> <p>\$Gentle Yoga 2</p>	<p><b>22</b></p> <p><b>THANKSGIVING HOLIDAY</b></p> <p><b>CLOSED</b></p> 	<p><b>23</b></p> <p><b>THANKSGIVING HOLIDAY</b></p> <p><b>CLOSED</b></p> 
<p><b>26</b></p> <p>Basketball 9</p> <p>\$ Energize HIT 8:20</p> <p>Pinochle 10</p> <p>Pilates 10</p> <p>Bridge 12:45</p> <p>\$ Prime Time 1</p> <p>\$ Yogalates 3</p>	<p><b>27</b></p> <p>\$ Hatha Yoga 9</p> <p><b>Blood Pressure 9</b></p> <p>\$ Gentle Yoga 10:15</p> <p>\$ Sit &amp; Fit 11</p> <p>Pickle Ball 11</p> <p>Chinese Mahjong 1</p> <p><b>Administering Estates 1</b></p> <p><b>\$Soup Demo 1:30</b></p>	<p><b>28</b></p> <p>Basketball 9</p> <p>\$ Energize HIT 8:20</p> <p>Basketball 9</p> <p>Open Arts &amp; Crafts 9</p> <p>Bridge 12:45</p> <p>\$ Prime Time 1</p> <p>\$Gentle Yoga 2</p> <p><b>\$HCC Course 1</b></p>	<p><b>29</b></p> <p>\$ Hatha Yoga 9</p> <p>\$ Reflexology 9</p> <p>Qi Gong/Tai Chi 9</p> <p>iPad, iPhone 10</p> <p>\$ Gentle Yoga 10:15</p> <p>\$ Sit &amp; Fit 11</p> <p>Pickleball 11</p> <p>Line Dancing 12:45</p> <p><b>Book Club 1</b></p> <p>Line Dancing 1:45</p>	<p><b>30</b></p> <p>Basketball</p> <p>\$ Yoga 1/2 9</p> <p>Pinochle 10</p> <p><b>Drumming with Scott 11</b></p> <p>Pickle Ball 12</p>

## HEALTH, WELLNESS & FITNESS

### Ask the Pharmacist

**Monday, December 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 to confidentially discuss any concerns.

### Blood Pressure Screenings

**Tuesdays, November 13, 27, 9 - 11 am**

**Tuesday, December 11, 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 Consultation

**Wednesday, November 7, 9:30 am**

**Wednesday, December 5, 9:30 am**

Schedule an appointment with our new registered dietician, Carmen Roberts. She helps adults improve on their quality of life through nutrition counseling and education. Sign up for a 30 minute session.

### 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 practice 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.

### Walking Group

**Monday - Friday, 8 am**

This 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.



### 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**

**Fridays, 12 - 2 pm (Beginners play)**

Come join the fun! Pickle Ball 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!

## PROGRAMS AND EVENTS

### 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**

Pinochle is a classic two-player game developed in the United States, and it is still one of the country's most popular games. Looking for new players! Beginners are welcome.

### 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: Arts & Crafts - 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!

### Men's Roundtable

**Tuesdays, 10 - 11:30 am**

Join us for this new group, designed to cover a variety of topics, current events and create friendships. Group is facilitated.

### Nature Walk with Kurt

**Thursday, November 1, 8:15 am**

Meet in the lobby and head to the park for a walk in nature, led by Kurt Swartz. Please wear appropriate footwear and bring water.

### Astronomy Talk

**A Potpourri of Astronomy & Current Space News**

**Friday, November 2, 11 am**

Join center member Dr. Joel Goodman for a discussion on all things astronomy.

### History of Broadway

**Monday, November 5, 11 am**

**Monday, December 10, 11 am**

Join Steve Friedman for his entertaining and informative series on Broadway. Each session focuses on a different era, enjoy lecture and singing.

### Personalize This!

**Monday, November 5, 1:30 pm**

**Cost: Varies depending on project**



Would you like to “up” your gift game? How about a personalized mug, koozie, hat or tea towel? Join us and see how easy it can be. See samples in the lobby case and start thinking about your project.

## PROGRAMS AND EVENTS

### **Lost Baltimore: Gone but not Forgotten**

**Wednesday, November 7, 11 am**

Join instructor Wayne Schaumberg, the local expert on Baltimore for this interesting and engaging presentation.

### **Genealogy**

**Thursday, November 8, 10 am - Cancelled**

**Thursday, December 13, 10 am**

Join Dottie Aleshire, education chairperson and program coordinator at HoCo Genealogical Society.

### **Visiting our National Parks**

**Thursday, November 8, 1 pm**

**Thursday, December 13, 1 pm**

Join center member Laura Grant for another stop on our National Parks tour!

### **Veterans Day Celebration and Lunch**

**Friday, November 9, 11:30 am**

Cost: Veterans are free

Others are \$10

Catered by Mission Barbeque with a program by the American Legion, join us to honor, remember and celebrate our veterans.

### **New Members & Volunteers**

**Tuesday, November 13, 9 am**

Register in advance for this orientation geared to new members and volunteers.

### **Tablescapes 101**

**Tuesday, November 13, 1:30 pm**

Join Regina for a demonstration on creating lovely tablescapes for holidays or a dinner for two and how to elevate your food presentation to look like a pro.

### **Civil War Series: Battle of Monacacy**

**Wednesday, November 14, 10 am**

Speaker Matt Borders will be here to present on this topic of a battle that took place not too far from Glenwood.

### **Thanksgiving at Ten Oaks**

**Thursday, November 15, Doors open at 10 am**

**Cost: \$15**

Join us at this community event. A lovely thanksgiving meal and music by Sly 45. Enjoy the festivities, food and dancing. Tickets must be purchased in advance.

### **Steve Flynn Variety Show**

**Friday, November 16, 11 am**

Steve will be at Glenwood and putting on a variety show as he performs songs of several famous singers, Frank Sinatra, Dean Martin and more.

### **Administering Estates in Maryland**

**Tuesday, November 27, 1 pm**

Byron McFarlane, the Register of Wills will be here for this informative workshop. If you live in Maryland, don't miss this.

## PROGRAMS AND EVENTS

### **Cooking Demo: Fall Soups**

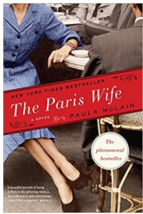
**Tuesday, November 27, 1:30 pm**

**Cost: \$8**

Stephanie will be creating two soups for you to learn and sample. A baked potato soup and a gazpacho. Register in advance.

### **Glenwood Book Club**

**Thursday, November 29, 1 pm**



Join us for the Glenwood 50+ Book Club which meets every five weeks. Read the book and come prepared to discuss.

November book is *The Paris Wife* by Paula McLain.

### **iPhone, iPad Workshop**

**Thursday, November 29, 10 am**

**Wednesday, December 12, 10 am**

Join Mike Vecera for his iPad and iPhone help sessions. Sign up in the binder at the front desk and learn to make the most of your device.

### **Drumming with Scott**

**Friday, November 30, 11 am**

Scott is here for an hour long drumming event that will bring a smile to your face. It's a great stress reliever and fun.

### **Holiday Sing a Long with Bushy Park**

**Monday, December 3, 11 am**

Don't miss this wonderful opportunity to sing along with 3 and 4 year old children who will be filled with the spirit of the holidays!

### **Hanukah Celebration**

**Wednesday, December 5, 11 am**

**Cost: \$10**

We will celebrate the holiday with a traditional kosher meal and program. Learn a little and eat a lot.

### **Wreath Making Workshop**

**Thursday, December 6, 1:30 pm**

**Cost: \$12**

This was a great event last year, join us again! We will be using all fresh greens and will have picks and ribbons to finish the look. Limited class size, register in advance.



### **Christmas in Old Baltimore 1945-65**

**Friday, December 7, 11 am**

Wayne Schaumburg our go to guy for Baltimore will be here to share what Charm City was like back in the day. His presentations are always interesting and informative.

### **Let's Show Local: Elf at Olney Theater**

**Wednesday, December 12, 1 pm**



Transportation will be on your own, but the discounted tickets will be enjoyed by all. Let's stay local and enjoy this fun filled holiday show.

# PROGRAMS AND EVENTS

## Council Cookie Sale

Thursday and Friday, December 13, 14



Bakers and Buyers are needed! This annual fundraiser will be held in the lobby. Stop by on your way to or from your workout or class.

Volunteers are needed to make baked cookies, sign up at the front desk.

## DIY Holiday Gifts

Wednesday, December 12, 11 am

Cost: \$15

It's a 2 hour workshop just for you to create that perfect gift. Choose from Farmhouse signs, glass block crafts, decorative signs and more. Watch for display in front lobby.

## Patent Wars by College Park Aviation

Friday, December 14, 11 am

1903 marked the beginning of Aviation as we know it, but it also stirred up quite the controversy. Inventors, engineers, and flying enthusiasts were at odds with one another and filed enough law suits to make a t.v. courtroom drama look tame. Learn about these cases and their impact on early aviation.

## New Release Movies

Cost: \$1 donation



Friday, November 9, 1 pm

Mama Mia, PG13, 1 hour, 54 min



Friday, December 14, 1 pm

Four Christmases



Friday, December 28, 1 pm

Crazy Rich Asians



## The Nine Lives of Benjamin Franklin

Monday, December 17, 10 am

Rivaled only by Washington, Benjamin Franklin was, at his death in 1790, the most famous man in America. Franklin's rise to prominence and power first in Philadelphia, and then in London and Paris, was nothing short of meteoric. As Richard Bell, a professor of history at the University of Maryland, explains, it's Franklin's many faces that make him so compelling.

## Civil War Series:

### A Civil Life in an Uncivil Time

Wednesday, December 19, 10 am

In the fall of 1862, Julia Wilbur left her family's farm near Rochester, New York, and boarded a train to Washington, DC. An ardent abolitionist, the 47-year-old Wilbur left a sad but stable life, headed toward the chaos of Civil War. She spent most of the next several years in Alexandria, VA, devising ways to aid recently escaped slaves and hospitalized Union soldiers, working closely with Harriet Jacobs and often battling the male establishment.

## Holiday Party - A White Christmas

Wednesday, December 19, 11:30 am

Cost: \$15

Catered by Outback and sounds of the season by Jordan Mills, this event always sells out. Get your ticket for this white winter wonderland and bring a friend along for an uplifting event and delicious meal with our hot chocolate bar.

