

WELCOME TO THE GLENWOOD 50+ CENTER NEWS



NOVEMBER - DECEMBER 2017
www.glenwoodseniorcenter.org



Looks like cold weather is finally here. We hope you can join us as we honor our Veterans on the 8th with a special lunch by Mission Barbeque, advance registration required. We get ready for the holidays with our Gifts from the Kitchen event on the 14th, join the fun! Tickets are on sale for Thanksgiving Luncheon at Ten Oaks on November 15. Please note there is only one movie this month and it is on the 17th. We have secured tickets to see Bernadette Peters in Hello Dolly in NYC in March. Also, mark your calendars for the Annual Cookie Sale December 14th and 15th, we need bakers and buyers! This newsletter includes our activities for December as well. Check it out!

See you around the center! Regina, Cathy, Chris, 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.glenwoodseniorcenter.org

Volunteer Website:
www.hocovolunteer.org

SPOTLIGHT ON

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!

Wednesday, November 15, 2017

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 \$14/person

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

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

If you need this information in an alternate format, or need accommodations to attend this event, call Maryland Access Point at 410-313-1234 (voice/relay) or email to map@howardcountymd.gov by Friday, November 10.

A decorative graphic for the Thanksgiving celebration featuring pumpkins, corn, and autumn leaves.

ANNUAL COOKIE SALE DECEMBER 14, 15



BAKERS & BUYERS NEEDED

50+CENTER NEWS TO USE

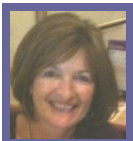
Center Information

Friday, November 10, closed for Veterans Day
Friday, November 23, 24, closed Thanksgiving
Monday, December 25, closed Christmas

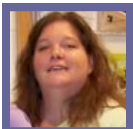
50+ Programs: Interested in trying a class? You can try out one class for free. The Glenwood 50+ Center does not pro-rate for classes missed.

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 Glenwood 50+Center on the 2nd Tuesday.



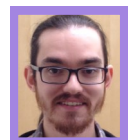
Regina Jenkins, Director
(410) 313-5443
rjenkins@howardcountymd.gov



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

Vacant, Nutrition Specialist
(410) 313-4833

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.

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. Interested? They meet at 1pm the 2nd Tuesday of each month.

Quality of Life Services for Older Adults,
their Families, Caregivers, and
Adults with Disabilities



**AS EASY AS
1-2-3-4!**

410-313-1234

Contact us for information, assistance and referral on:

- Caregiver Support
- Long Term Supports Planning
- Guardianship/Ombudsman
- Aging in Place Resources
- Medicare Counseling
- 50+ Centers
- Social Day Programs
- Volunteer Opportunities
- Wellness Programs and more!



410.313.1234 VOICE/RELAY • 844.627.5465 TOLL FREE
map@howardcountymd.gov

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

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

BECOME A
PRIORITY IN
YOUR LIFE.

PositiveLifeTips.com

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

Are you taking care of yourself? We make it easy 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

Tuesday and Thursday, 11 am
Cost: \$48 for 16 classes
Next session begins November 21
Instructor: Susan Kain
No class 11/9, 11/23

Energize High Intensity Interval Training

Monday and Wednesdays, 8:20 am
Cost: \$68 for 16 classes
Next session begins December 11
Instructor: Sara Schwab

Gentle Yoga

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

Hatha Yoga

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

Line Dancing Beginners

Thursdays, 1pm
Cost: \$55 for 10 weeks
Next session begins January 18
Instructor: Sandy Garrish
No class 11/16, 11/23

Drums Alive - Sara Schwab

Wednesdays, 11am
Cost: \$50 for 8 weeks
Next session begins December 13

Line Dancing Intermediate

Thursdays, 2 pm
Cost: \$55 for 10 weeks
Next session begins January 18
Instructor: Sandy Garrish
No class 11/16, 11/23

Line Dancing: Beginner Drop In

Tuesdays, 2:30 - 3:15 pm

Line Dancing: Improver - Int. Drop In

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

Pilates

Mondays, 10 am
Cost: \$48 for 8 classes
Next Monday session begins November 13
Instructor: Bob McDowell

Prime Time Tone, Balance & Flex

Monday, Wednesday, 1-2 pm
Cost: \$48 for 16 classes
Next session begins October 30
Instructor: Marianne Larkin

Yoga & Pilates

Mondays, 3 pm
Cost: \$60 for 10 classes
Next session begins January 8
Instructor: Susan Kain

Hatha Yoga 1-2

Fridays, 9-10 am
Cost: \$60 for 10 weeks
Next session begins December 1
Instructor: Susan Kain

Qi Gong/ Tai Chi Intro

Thursdays 9am - 9:55am
Cost: \$48 for 8 weeks
Next session begins January 4

COOKSVILLE CAFÉ NOVEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		November 1, 2017	November 2, 2017	November 3, 2017
		Green Salad Salisbury Steak in Gravy Mashed Potatoes Peas Bread Tropical Fruit	Green Salad Cheese Lasagna Cucumber Salad Garlic Bread Stick Melon Brownie	Green Salad Cheese Lasagna Cucumber Salad Garlic Bread Stick Melon Brownie
November 6, 2017	November 7, 2017	November 8, 2017	November 9, 2017	November 10, 2017
Veggie Soup Meatloaf w/ Gravy Mashed Potatoes Sunny Slaw Wheat Bread Fresh Fruit	Green Salad Turkey & Gravy Mashed Sweet Potatoes Cauliflower Wheat Bread Cran-Applesauce	Veterans Day Lunch By: Mission BBQ \$10 Veterans FREE	Pot Roast in Gravy Potatoes, Carrots, & Onions Corn Bread Apple Pie Orange Juice	Closed Veteran's Day 
November 13, 2017	November 14, 2017	November 15, 2017	November 16, 2017	November 17, 2017
Pork Ribette Mac & Cheese Mustard Greens Wheat Bread Tropical Fruit	Tuscan Bean Soup Stuffed Pepper Baby Carrots Spiced Apples Roll	Thanksgiving Celebration at Ten Oaks Ballroom 	Veggie Soup BBQ Chicken on Roll Carrot Raisin Salad Fresh Fruit	Tuscan Bean Soup Stuffed Pepper Baby Carrots Spiced Apples Roll
November 20, 2017	November 21, 2017	November 22, 2017	November 23, 2017	November 24, 2017
Roast Turkey Breast Mashed Potatoes Green Beans Corn Muffin Apple pie Grape Juice	Salad Pork Chops in Gravy Mashed Potatoes Lima Beans Bread Tropical Fruit	Chicken Breast Mashed Sweet Potatoes Pepper Cabbage Cornbread Fresh Fruit Berry Juice		
November 27, 2017	November 28, 2017	November 29, 2017	November 30, 2017	December 1, 2017
Garden Salad Herbed Chicken Breast Wild Rice Sautéed Spinach Garlic Bread Melon	Italian Meatballs on Sub Roll Spinach Orange Juice Fresh Fruit	Split Pea Soup Turkey Salad on Roll Carrot Raisin Salad Orange	Green Salad Braised Pork Mashed Potatoes California Blend Wheat Bread Peaches	Vegetable Soup Chicken Breast on Roll Pickled Beets Mandarin Oranges Grape Juice



GLENWOOD 50+CENTER

NOVEMBER 2017

CALENDAR OF EVENTS

www.glenwoodseniorcenter.org

(410) 313-5440

<p>6</p> <p>\$ Energize HIT 8:20 Basketball 9 \$Physical Therapy Pinochle 10 Pilates 10 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>7</p> <p>\$ Hatha Yoga 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1</p>	<p>1</p> <p>Nature Walk 8:15 Nutrition Counseling 9:30 \$Physical Therapy Basketball 9 Open Arts & Crafts 9 Drums Alive 11 Bridge 12:45 \$ Prime Time 1 \$Textures in Clay 1 \$HCC Course</p>	<p>2</p> <p>\$ Hatha Yoga 9 History Discussion 10:30 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Line Dancing 12:45 Great Courses 1 Book Club 1 Line Dancing 1:45</p>	<p>3</p> <p>Basketball 9 \$ Yoga 1/2 9 Pinochle 10 \$ Acupuncture Two for the Show 11</p>
<p>10</p> <p>CLOSED VETERANS DAY</p>	<p>9</p> <p>\$ Hatha Yoga 9 Qi Gong/Tai Chi 9 Identify Theft 10 Genealogy 10 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Line Dancing 12:45 Great Courses 1 Line Dancing 1:45</p>	<p>8</p> <p>\$ Energize HIT 8:20 \$Physical Therapy Open Arts & Crafts 9 iPhone, iPad Course 10 Drums Alive 11 \$Veterans Day Lunch 11:30 Bridge 12:45 \$ Prime Time 1 \$HCC</p>	<p>10</p> <p>CLOSED VETERANS DAY</p>	

<p>13 \$ Energize HIT 8:20 Ask the Pharmacist 9 \$Physical Therapy Pilates 10 Pinochle 10 History of Broadway 11 Bridge 12:45 \$ Prime Time 1 Ann Wiker Art Talk 1 \$ Yogalates 3</p>	<p>14 \$ Hatha Yoga 9 Blood Pressure 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1 \$Gifts from the Kitchen 1</p>	<p>15 \$ Energize HIT 8:20 \$Physical Therapy Open Arts & Crafts 9 Drums Alive 11 \$Luncheon at Ten Oaks 11 Bridge 12:45 \$ Prime Time 1 \$Textures in Clay 1</p>	<p>16 \$ Hatha Yoga 9 \$ Reflexology 9 Qi Gong/Tai Chi 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11</p>	<p>17 Basketball 9 \$ Yoga 1/2 9 Pinochle 10 \$ Acupuncture Movie: The Glass Castle 1</p>
<p>20 \$ Energize HIT 8:20 Basketball 9 \$Physical Therapy Pilates 10 Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>21 \$ Hatha Yoga 9 SHIP Counseling 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1</p>	<p>22 \$ Energize HIT 8:20 Basketball 9 \$Physical Therapy Open Arts & Crafts 9 Drums Alive 11 Bridge 12:45 \$ Prime Time 1 \$HCC Course</p>	<p>23 CLOSED THANKSGIVING HOLIDAY</p> 	<p>24 CLOSED THANKSGIVING HOLIDAY</p>
<p>27 \$ Energize HIT 8:20 Basketball 9 \$Physical Therapy Pinochle 10 Pilates 10 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>28 \$ Hatha Yoga 9 Blood Pressure 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1</p>	<p>29 \$ Energize HIT 8:20 Waffle Bar 9 Basketball 9 \$Physical Therapy Open Arts & Crafts 9 Drums Alive 11 Bridge 12:45 \$ Prime Time 1 \$Paint it: Galvanized Pail 1</p>	<p>30 \$ Hatha Yoga 9 Qi Gong/Tai Chi 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Line Dancing 12:45 Great Courses 1 Line Dancing 1:45</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, November 13, 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, November 14, 28, 9:30 am

Tuesdays, December 12, 26, 9:30 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

Wednesday, November 1, 2017, 9:30 am

Wednesday, December 6, 2017, 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, November 14, 9 am

Tuesday, December 12, 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 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.

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.

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.

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!

Nature Walk

Wednesday, November 1, 8:15 am

Join Kurt Schwarz for this wonderful walk in cool weather through Western Regional Park. Wear sturdy shoes and bring a water bottle. Duration 2 hours.

Textures in Clay

Wednesdays, November 1, 15, 1 pm

Wednesdays, December 6, 20, 1 pm

Cost: \$25.00

You dream up the idea and Charlene will help you create it. This group meets monthly and spends one week creating and the next session glazing.

Glenwood Book Club

Prodigal Summer

Thursday, November 2, 1 pm

Join us for the Glenwood 50+ Book Club. This is a sanctioned book club with the Glenwood Library and meets every five weeks. Read the book and come prepared to discuss.

PROGRAMS AND EVENTS

HCC Course: Bible Short Stories

Wednesday, November 1, 8

Register with Howard Community College

History Discussion Group

Thursday, November 2, 10:30 am

Thursday, December 7, 10:30 am

November the group meets to discuss Key Western Civil War Campaigns. Check front desk for December topic.

Two for the Show

Friday, November 3, 11 am

They are back, this dynamic duo singing and sharing about their songs.

The Great Courses: National Parks

Thursdays, November 2, 9, 30, 1pm

Thursdays, December 7, 14 1 pm

Discover the awe-inspiring natural landscapes and explore the geological histories and mysteries of our national parks with National Geographic Great Courses, led by center member and volunteer Laura Grant. Topics at front desk.

Ipad & Iphone Class

Wednesday, November 8, 10 am

Tuesday, December 5, 10 am

Join Mike Vecerra for his wildly popular Ipad and Iphone help sessions.

HCC Course: Great Short Novels

Wednesdays, November 8, 22

Register with Howard Community College.

Veterans Day Luncheon

Wednesday, November 8, 11:30 am

Cost: \$10 / Veterans Free

Our yearly luncheon to honor our veterans.

This year catered by Mission BBQ. Enjoy a short program, displays and stories. Advance registration required.



Identity Theft

Thursday, November 9, 10 am

Join Officer Lingham for a presentation on how to keep your identity safe.

Genealogy

Thursday, November 9, 10 am

Thursday, December 14, 10 am

Join Dottie Aleshire, education chairperson and program coordinator at Howard County Genealogical Society, for this monthly series.

TED Talks

Will resume in January

In this monthly event we enjoy 1-2 short videos and then discuss. Bagels are a bonus to attendees!

New Members & Volunteers

Will resume in January

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

PROGRAMS AND EVENTS

History of Broadway

Monday, November 13, 11 am

Monday, December 11, 11 am

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

Ann Wiker - Art Talks

Monday, November 13, 1 pm

Wednesday, December 13, 1 pm

Ann Wiker has taught art studio, history and appreciation courses to students of all ages through the Hopkins and Towson State's OSHER Programs, York College, and more. Ann has been published in various local media and works as an art consultant and as a painter. Check front desk for topics.

Gifts from the Kitchen

Tuesday, November 14, 1 pm

Cost: \$10



Join the staff for this annual fun event. We hunt for unique and delicious presents for friends and family. This hands on workshop will leave you with ideas on food related gifts and beautiful packaging.

Waffle Bar

Wednesday, November 29, 9 am

Join us in the lobby to kick off the holiday season with gingerbread flavored waffles and our original favorite.

Paint it - Galvanized Buckets

Wednesday, November 29, 1 pm

Cost: \$10

Join Susan and come paint a bucket to use as a focal point for décor. Use inside or out, your choose.

New Release Movies

Cost: \$1 donation

Friday, November 17, 1 pm

The Glass Castle, PG 13, 2 hour, 7 min.

Friday, December 8, 1 pm

Love Actually, R, 2 hours

Friday, December 22, 1 pm

Elf, PG, 90 min.



Christmas in Old Baltimore

Friday, December 1, 11 am

Wayne Schaumberg is here with a captivating presentation on what it was like in Baltimore at Christmastime.

Holiday Wreath Make & Mingle

Monday, December 4, 1 pm

Cost: \$12

We are changing things up. This year we are creating our own beautiful wreaths made of fresh greens. Come join us for this hands on DIY event.

Glenwood Book Club:

***Devil in the White City*, Erik Larsen**

Thursday, December 7, 1 pm

Join us for the Glenwood 50+ Book Club. This is a sanctioned book club with the Glenwood Library and meets every five weeks. Read the book and come prepared to discuss.

PROGRAMS AND EVENTS

DIY Salt & Sugar Scrubs

Thursday, December 7, 2:30 pm

Cost: \$10

Put on your jeans and come get messy with us! It's DIY time and you will leave with deliciously fragrant scrubs to keep or give as gifts.



Holiday Music with Steve Flynn

Friday, December 8, 11 am

Enjoy the sounds of the season with Steve. Relax and enjoy.

Watercolor Art Gifts

Monday, December 11, 10 am

Learn how to turn pictures on your phone into watercolor framed art. Join us for this fun workshop and rethink your holiday gifts. Frames will be available for purchase at workshop if desired.

Hanukah Party

Tuesday, December 12, 12 noon

Cost: Suggested lunch donation

It's time to celebrate all things Hanukah. A delicious catered meal and history and fun. Register in advance.

Annual Cookie Sale

Thursday, Friday, December 14, 15, 9-2 pm

Calling all bakers and buyers. The Annual Cookie Sale is here. Buy a dozen, bake a dozen to help support the work of the council.



Lyric Opera House

Holiday Spirit Performance

Friday, December 15, 11 am

The Lyric is back for a delightful performance featuring the songs of the holidays. Take a break from the hustle and bustle.

Holiday Luncheon and Music

Wednesday, December 20, 12 noon

Cost: \$12

Mark your calendar for our delicious holiday event. Catered by Outback with music by Jordan Mills. Don't miss this wonderful luncheon featuring our special hot chocolate bar. Sponsored by the Council.

Drumming Circle

Friday, December 22, 11 am

Join Scott in the lobby for a great stress reliever and exercise. Drop in for some or all.

The Music of Larry & Jim

Friday, December 29, 11 am

Let's get together for the end of the year and kick back to some good tunes.

Hello Dolly in NYC

Wednesday, March 14

Cost: \$310

Bernadette Peters stars in Hello Dolly and the trip includes deluxe coach ride, lunch and dinner at the Palm Restaurant and all the history of Broadway you could want on the ride. Deposit due at registration, remainder due in January. Seats are limited.

