

WELCOME TO THE GLENWOOD 50+ CENTER NEWS



OCTOBER 2017

www.glenwoodseniorcenter.org

Happy October! We hope you can join us at the 50+EXPO this month on the 20th at Wilde Lake High School. We kick off two new exercise classes, Qi Gong/Tai Chi and Drums Alive, feel free to check in at the front desk and try either one before registering. Our history discussion group starts up again on the first Thursday of the month and Laura Grant takes us on a tour of National Parks in our Great Courses Series. Tickets are on sale for Thanksgiving Luncheon at Ten Oaks on November 15 and we have secured tickets to see Bernadette Peters in Hello Dolly in NYC in March. We say goodbye to Torry this month, thanks for all you have done for Glenwood! 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 50+EXPO

Don't Miss the 50+EXPO 2017!

ONLY \$1 ADMISSION*



Howard County

Friday, October 20
9 am - 4 pm

Wilde Lake High School
5460 Trumpeter Road
Columbia 21044

Don't miss this annual event featuring flu shots, the Capitol Steps performing, resources, health screenings and more. Free shuttles from the Columbia Mall all day, located near Sears.

Questions?
Call 410.313.6410

Preparedness
Information
Education

- 160+ Exhibitors
- Capitol Steps — ONE SHOW ONLY! (11:00 AM; \$5 suggested donation*)
- AARP's "America's First Foodie" (James Beard Documentary at 1:00 PM)
- NEW! Virtual Dementia Tours
- NEW! Preparedness Seminars
- Flu Shots and Health Screenings

* Proceeds Benefit the Vivian Reid Community Fund for Older Adults

Resources for All Stages and Ages!

410-313-6410 (VOICE/RELAY) www.howardcountymd.gov/aging #HoCoEXP017 [facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

IT'S COMING



HELLO DOLLY
IN NYC

TICKETS ON SALE NOW
MARCH 14, 2018

50+CENTER NEWS TO USE

Center Information

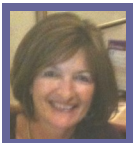
Monday, October 9, closed for Columbus Day

Friday, November 10, closed for Veterans Day

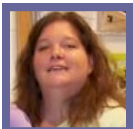
50+ Programs: Interested in trying a class? You can try out one class for free. The Glenwood 50+ Center does not pro-rate for classes missed.

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.

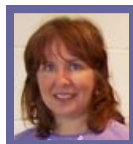
State Health Insurance Assistance Program: (410) 313-7392. Appointments are held at Glenwood 50+Center on the second Tuesday of each month.



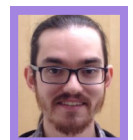
Regina Jenkins, Director
(410) 313-5443
rjenkins@howardcountymd.gov



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**



Howard County

MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

**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!

Howard County Office on
Aging and Independence

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, 9:45 am
Cost: \$25 for 4 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

OCTOBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
October 2, 2017	October 3, 2017	October 4, 2017	October 5, 2017	October 6, 2017
Veggie Soup Knockwurst Baked Beans Coleslaw Pineapple Chunks	Chicken Fajitas Spanish Rice Black Beans Tortillas Melon	Oktoberfest Please sign up at the front desk. \$10.00	Tomato Soup Hamburger Potato Salad Apple	Chicken Fajitas Spanish Rice Black Beans Tortillas Melon
October 9, 2017	October 10, 2017	October 11, 2017	October 12, 2017	October 13, 2017
Closed Columbus Day	Salad Pork Chop/ Gvy Hopping John Green Beans Spiced Apples	Salad Pork Chop/ Gry Hopping John Green Beans Spiced Apples	BBQ Beef Cubes Brown Rice Carrots Cucs/ Tomato Applesauce Roll	Soup & Salad Bar 
October 16, 2017	October 17, 2017	October 18, 2017	October 19, 2017	October 20, 2017
Pot Roast/Gry Potato/Carrots & Onions Corn Bread Apple Pie	Pot Roast/Gry Potato/Carrots & Onions Corn Bread Apple Pie	Pork Chops Mashed Swt Potato Coleslaw Fresh Fruit Roll	Salad Chicken Rosemary Winter Squash Winter Blend Bread Choc Cake	No Lunch 50+EXPO Wilde Lake High School
October 23, 2017	October 24, 2017	October 25, 2017	October 26, 2017	October 27, 2017
Tuscan Bean Soup Stuffed Peppers Carrots Spiced Apples Roll	Tomato Soup Hamburger Baked Beans Fresh Fruit Bun	Lentil Soup Meatloaf Mashed Potatoes Carrot Raisin Salad Orange Bread	Pork Ribette Creamed Corn Spinach Fresh Fruit Bread	Salad Roasted Chicken Macaroni Salad Winter Blend Applesauce Bread
October 30, 2017	October 31, 2017			
Fish Fryght Please sign up at the front desk. 	Hamburger/ Hotdog Coleslaw Potato Salad Buns Melon	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 GlenwoodsSeniorCenter.org and click on "Schedule" and "Health, Wellness, Fitness".		



GLENWOOD 50+CENTER
OCTOBER 2017
 CALENDAR OF EVENTS
www.glenwoodseniorcenter.org
 (410) 313-5440

<p>2 Basketball 9 \$Physical Therapy Pinochle 10 History of Broadway 11 Bridge 12:45</p>	<p>3 \$ Hatha Yoga 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1</p>	<p>4 Nutrition Counseling 9:30 \$Physical Therapy Basketball 9 Open Arts & Crafts 9 Drums Alive 11 \$Oktoberfest 11:30 Bridge 12:45 \$ Prime Time 1 \$Textures in Clay 1</p>	<p>5 \$ Hatha Yoga 9 History Discussion 10:30 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Line Dancing 12:45 Great Courses 1 Line Dancing 1:45</p>	<p>6 Basketball 9 \$ Yoga 1/2 9 Pinochle 10 \$ Acupuncture Women in Art 1</p>
<p>9 COLUMBUS DAY 50+CENTER CLOSED</p>	<p>10 \$ Hatha Yoga 9 Blood Pressure 9 New Member Coffee 9 Ted Talks 9:30 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1</p>	<p>11 \$ Energize HIT 8:20 \$Physical Therapy Open Arts & Crafts 9 Civil War Series 10 Drums Alive 11 Bridge 12:45 \$ Prime Time 1</p>	<p>12 \$ Hatha Yoga 9 Qi Gong/Tai Chi 9 Auto Theft Prevention 10 Genealogy 10 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Line Dancing 12:45 Line Dancing 1:45</p>	<p>13 Nature walk 8:15 \$ Yoga 1/2 9 Pinochle 10 Dean Martin 11 Salad Bar 12 \$ Acupuncture Movie: Meagan Levy 1</p>

<p>16 \$ Energize HIT 8:20 \$Physical Therapy Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$HCC Course 1 \$ Yogalates 3</p>	<p>17 \$ Hatha Yoga 9 SHIP Counselor 9 iPad, iPhone 10 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1</p>	<p>18 \$ Energize HIT 8:20 \$Physical Therapy Open Arts & Crafts 9 Drums Alive 11 Bridge 12:45 \$ Prime Time 1 \$Textures in Clay 1</p>	<p>19 \$ Hatha Yoga 9 \$ Reflexology 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>	<p>20 \$ Yoga 1/2 9 Pinochle 10 \$ Acupuncture 50+EXPO Wilde Lake No Lunch</p>
<p>23 \$ Energize HIT 8:20 Basketball 9 \$Physical Therapy Pinochle 10 Bridge 12:45 \$ Prime Time 1 \$HCC Course 1 \$ Yogalates 3</p>	<p>24 \$ Hatha Yoga 9 Blood Pressure 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 1</p>	<p>25 \$ Energize HIT 8:20 Basketball 9 \$Physical Therapy Open Arts & Crafts 9 Drums Alive 11 Ready to Serve 11 Bridge 12:45 \$ Prime Time 1</p>	<p>26 \$ Hatha Yoga 9 Qi Gong/Tai Chi 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Line Dancing 12:45 Scams & Frauds 1 Line Dancing 1:45</p>	<p>27 Basketball 9 \$ Yoga 1/2 9 Pinochle 10 Meteor Showers 11 Drumming 11 \$ Acupuncture Movie: The Big Sick 1</p>
<p>30 \$ Energize HIT 8:20 Basketball 9 \$Physical Therapy Pinochle 10 \$Fish Fryght 12 Bridge 12:45 \$ Prime Time 1 \$ Yogalates 3</p>	<p>31 \$ Hatha Yoga 9 \$ Gentle Yoga 10:15 \$ Sit & Fit 11 Pickle Ball 11 Chinese Mahjong 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.



SHIP Counseling

Tuesday, October 17, 9 am

Tuesday, November 14, 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.

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, October 10, 24, 9:30 am

Tuesdays, November 14, 28, 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.

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.

Nutrition Counseling

Wednesday, November 1, 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.

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!

History of Broadway

Monday, October 2, 11am

Monday, November 13, 11 am

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

Textures in Clay

Wednesdays, October 4 & 18, 1pm

Wednesdays, November 1, 15, 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.

The Great Courses: National Parks

Thursdays, October 5, & 19, 1pm

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 Laura⁹Grant.

PROGRAMS AND EVENTS

The Estrogen Effect:

Women in Art History

Friday, October 6, 1pm

Female artists have been involved in making art in most times and places. Many art forms dominated by women have been historically dismissed as craft, instead of being considered fine art.

TED Talks

Tuesday, October 10, 9:30 am

Tuesday, November 14, 9:30 am

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

New Members & Volunteers

Tuesday, October 10, 9 am

Tuesday, November 14, 9 am

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

Civil War: A City Divided

Wednesday, October 11, 10am

Wayne Schaumburg will be our speaker for the morning, discussing how Baltimore was a city divided. **Sponsored by the Council.**

Genealogy

Thursday, October 12, 10 am

Thursday, November 9, 10 am

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

Auto Theft Prevention Talk

Thursday, October 12, 10am

Join Kevin Bridgeman from Howard County Police Department's Auto Theft Prevention program.

Nature Walk

Friday, October 13, 8:15 am

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.

Music Featuring "Dean Martin"

Friday, October 13, 11am

Join us as we have Steve Flynn sing the musical hits of Dean Martin.

New Release Movies

Cost: \$1 donation



Friday, October 13, 1 pm

Meagan Levy, PG 13, 1 hour, 57 minutes

Friday, October 27, 1 pm

The Big Sick, R, 1 hour, 59 minutes

HCC:

Emperor August & the Battle that Stopped Rome

Mondays, October 16 & 23, 1pm

Instructor: Bill McGowan.

Must register with Howard County Community College to attend.

PROGRAMS AND EVENTS

Ipad & Iphone Class

Tuesday, October 17, 10am

Tuesday, November 7, 10 am

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

Ready to Serve

Wednesday, October 25, 11 am

A surprising story of World War II. Featuring Eloise Schoettler. This presentation focuses on the story of nurses who served in France. Hear their story created from their letters.

Sponsored by the Council.

Scams and Frauds

Thursday, October 26, 1 pm

Join Officer Lingham as he presents the latest on current scams and fraud and how to protect yourself.

Meteor Showers

Friday, October 27, 11 am

Join center member Joel Goodman our local astronomer for a captivating presentation on everything you ever wanted to know about meteor showers.

Drumming Circle

Friday, October 27, 11am

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

Fish Fryght - Luncheon and Fun

Monday, October 30, 12 noon

Cost: \$8

It's that time of year for our annual Fish Fryght. Join us for a delicious haunted luncheon of fresh fried fish and all the sides set to scary music. Make sure you dress for the occasion! Register in advance.

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.

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 programs, displays and stories.

Gifts from the Kitchen

Thursday, 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.

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.

 Howard County Office on
Aging and Independence

