

# WELCOME TO THE GLENWOOD 50+ CENTER NEWS



SEPTEMBER 2017

[www.glenwoodseniorcenter.org](http://www.glenwoodseniorcenter.org)



Welcome September! We have a jam packed couple of weeks, and to top it off we wrap up the month celebrating Active Aging Week, September 25 - 29th. Mark your calendar and plan on joining us for the Council Fundraiser, Pickle Ball & Pilsner. This new event allows attendees to play, socialize, dance and enjoy themselves all while raising funds to support the Council's endeavors. The Council (a 501c3) underwrites trips and the many speakers, authors, and entertainers we have at Glenwood.

See you around the center!

Regina, Cathy, Chris, Torry and Evan



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

Center Email:  
[glenwood50@howardcountymd.gov](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 ACTIVE AGING WEEK

*The goal of Active Aging Week is to promote the benefits of a healthy lifestyle on a national scale by giving older adults the opportunity to experience activities and exercise in a safe, friendly and fun atmosphere.*

- Watch a Demo
- Take a Free Fitness Class
- Go on a Nature Walk
- Get a Flu Shot
- Attend a Book Reading
- Learn Pickle Ball Basics
- Explore County Resources
- Check Your Blood Pressure
- Try Hand Building
- Paint it to Frame it

**Ignite**  
your passion



**September 25 - 29th**

## It's Coming

A fun program to keep you engaged at Glenwood. Beginning in November you will have 30 days to earn water bottles, t-shirts and a chance at a grand prize. All just by being active at the center. Watch for details.

## 50+CENTER NEWS TO USE

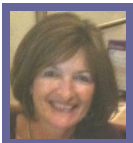
### Center Information

**Monday, September 4 closed for Labor Day**  
**Monday, October 9, closed for Columbus Day**

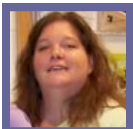
**50+ Programs:** Interested in trying a class? You can try out one class for free. The Glenwood 50+ Center does not pro-rate for classes missed.

**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.

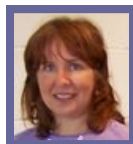
**State Health Insurance Assistance Program:** (410) 313-7392. Appointments are held at Glenwood 50+Center on the second Tuesday of each month.



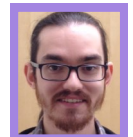
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vbrecht@howardcountymd.gov

**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!



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

[www.howardcountymd.gov/aging](http://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**

## RE-REGISTRATION IS COMING

Each year in October, center members are required to re-register or update their registration information. This is important because we receive funding based on our numbers. We understand that you are all active and often arrive just in time for your workout or class. Again this year to make it easier and to provide an incentive, we will be providing new registration forms for you to complete

beginning September 1. If you complete a new registration form and return it to the front desk by September 29, you will be entered into a drawing for a \$50 American Express gift card. Pick up the form, take it home and complete it at your leisure. Beginning on October 3rd, we will have staff in the lobby and you will be able to update your current information or complete a new form. Why not forego the lines and pick up the form in September, complete it and have a chance to win! Drawing will be on Friday, September 29th at Pickle Ball & Pilsner Fundraiser.



**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 September 19  
Instructor: Susan Kain

### **Energize High Intensity Interval Training**

Monday and Wednesdays, 8:20 am  
Cost: \$68 for 16 classes  
Next session begins October 2  
Instructor: Sara Schwab

### **Gentle Yoga**

Tuesdays or Thursdays, 10:15 am  
Cost: \$60 for 10 weeks  
Next Tuesday session begins September 19  
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 September 19  
Next Thursday session begins November 2  
Instructor: Mary Garratt

### **Line Dancing Beginners**

Thursdays, 1pm  
Cost: \$55 for 10 weeks  
Next session begins October 26  
Instructor: Sandy Garrish

### **Line Dancing Intermediate**

Thursdays, 2 pm  
Cost: \$55 for 10 weeks  
Next session begins October 26  
Instructor: Sandy Garrish

### **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 September 11  
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 October 16  
Instructor: Susan Kain

### **Hatha Yoga 1-2** Fridays, 9-10 am

Cost: \$60 for 10 weeks  
Next session begins September 8  
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](http://Glenwoodseniorcenter.org)

## NEW IN EXERCISE & FITNESS

### Drums Alive - Sara Schwab

Wednesdays, 11am

Cost: \$50 for 8 weeks

Session to begin Oct. 4 - **Demo September 28**

Learn movements and rhythms with the use of stability balls & drumsticks with this drumming and movement workout designed to enhance emotional and cognitive health as well as good music, camaraderie and having fun.

### Qi Gong/ Tai Chi Intro

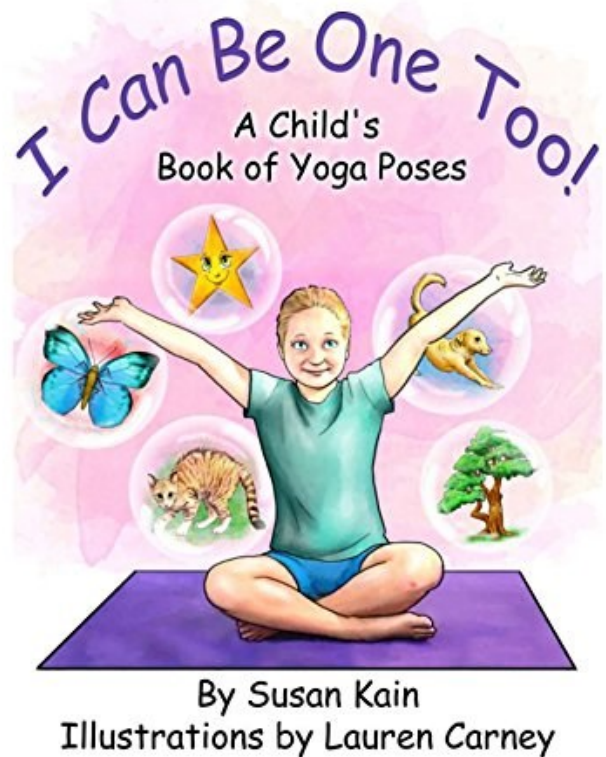
Thursdays 9am - 9:55am

Cost: \$48 for 8 weeks

Next session begins: October 12, 2017

If you've ever seen a group of people moving in exquisitely graceful dance-like exercises in your local park, gym, or community center, you have witnessed the ancient Chinese arts of tai chi and qigong. These ordinary people are improving their health, strength, balance, concentration, and mental well-being and they are having fun while doing it! Best of all, you can enjoy all these benefits yourself, regardless of your current level of physical fitness.

Check out this book by our Yoga and Pilates and Sit and Fit instructor Susan Kain. She wrote this book and her niece is featured. Susan will be in the lobby during Active Aging Week to do a reading. Join us for a fun time and get your book autographed by Susan. It makes a great gift for a grandchild.



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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.



**GLENWOOD 50+CENTER**  
**SEPTEMBER 2017**  
 CALENDAR OF EVENTS  
[www.glenwoodseniorcenter.org](http://www.glenwoodseniorcenter.org)  
 (410) 313-5440

<p><b>4</b></p> <p><b>Labor Day</b> <b>Center Closed</b></p>	<p><b>5</b></p> <p>\$ Hatha Yoga 9        \$ Gentle Yoga 10:15        Sit &amp; Fit 11        Chinese Mahjong 1</p>	<p><b>6</b></p> <p>\$ Energize HIT 8:20        Open Arts &amp; Crafts 9  <b>Register of Wills 10</b>        Bridge 12:45        \$ Prime Time 1  <b>\$ Textures In Clay 1</b>  <b>Art History: Crimes of the Art 1</b></p>	<p><b>7</b></p> <p>\$ Hatha Yoga 9        \$ Gentle Yoga 10:15        \$ Sit &amp; Fit 11        Line Dancing 1        Line Dancing Improver 2</p>	<p><b>8</b></p> <p>\$ Yoga 1/2 9        Pinochle 10  <b>Rise of the Airplane 10</b>        \$ Acupuncture  <b>Salad Bar</b>  <b>\$Movie : Gifts PG 13</b></p>
<p><b>11</b></p> <p>\$ Energize HIT 8:20  <b>\$Physical Therapy</b>        Pinochle 10  <b>History of Broadway 11</b>        Bridge 12:45        \$ Prime Time 1  <b>\$ Yoga &amp; Pilates 2</b></p>	<p><b>12</b></p> <p>\$ Hatha Yoga 9  <b>Blood Pressure 9</b>  <b>New Member Coffee 9</b>  <b>TED Talk 9:30</b>  <b>SHIP appointments</b>  <b>IPad &amp; Iphone Class10</b>        \$ Gentle Yoga 10:15</p>	<p><b>13</b></p> <p>\$ Energize HIT 8:20        Open Arts &amp; Crafts 9  <b>HCC: The Court &amp; the Constitution 9:30</b>  <b>HCC Modern Classics 1</b>        Bridge 12:45        \$ Prime Time 1</p>	<p><b>14</b></p> <p>\$ Hatha Yoga 9  <b>\$ Reflexology 9</b>  <b>Genealogy 10</b>        \$ Gentle Yoga 10:15        \$ Sit &amp; Fit 11        Line Dancing 1        Line Dancing Improver 2</p>	<p><b>15</b></p> <p>\$ Yoga 1/2 9        Pinochle 10        \$ Acupuncture  <b>Lost Baltimore Landmarks 11</b></p>
<p><b>1</b></p> <p>Basketball 9        \$ Yoga 1/2 9        Pinochle 10        \$ Acupuncture  <b>Music By Doug</b>  <b>Phebus 11am</b></p>				

<p>\$ Yoga &amp; Pilates 3</p> <p>\$ Gentle Yoga 10:15</p> <p>\$ Sit &amp; Fit 11</p> <p>Chinese Mahjong 1</p>	<p>\$ Prime Time 1</p>	<p>Line Dancing Improver 2</p>	
<p><b>18</b></p> <p>\$ Energize HIT 8:20</p> <p>Basketball 9</p> <p><b>\$Physical Therapy</b></p> <p>Pinochle 10</p> <p><b>BMI: The Port 300 Years of History 11am</b></p> <p>Bridge 12:45</p> <p>\$ Prime Time 1</p> <p><b>\$ Yoga &amp; Pilates 3</b></p>	<p><b>19</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>20</b></p> <p>\$ Energize HIT 8:20</p> <p>Basketball 9</p> <p>Open Arts &amp; Crafts 9</p> <p><b>Civil War 10</b></p> <p>Bridge 12:45</p> <p>\$ Prime Time 1</p> <p><b>\$ Textures In Clay 1</b></p>	<p><b>21</b></p> <p>\$ Hatha Yoga 9</p> <p>\$ Gentle Yoga 10:15</p> <p>Pickle Ball 11</p> <p>Line Dancing 12:45</p> <p><b>Book Club 1</b></p> <p>Line Dancing 1</p> <p>Line Dancing Improver 2</p> <p>\$ Bus Trip: Harpers Ferry</p>
<p><b>25</b></p> <p><b>Nature Walk 8:15</b></p> <p>\$ Energize HIT 8:20</p> <p>Basketball 9</p> <p><b>S.H.I.P. Appt. 9</b></p> <p><b>\$Physical Therapy</b></p> <p>Pinochle 10</p> <p><b>BMI: The Port 300 Years of History 11am</b></p> <p>Bridge 12:45</p> <p>\$ Prime Time 1</p> <p><b>\$ Yoga &amp; Pilates 3</b></p>	<p><b>26</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>Women Who Changed the World 1</b></p> <p><b>Line Dancing Demo</b></p>	<p><b>27</b></p> <p><b>Active Aging Resource</b></p> <p>\$ Energize HIT 8:20</p> <p><b>Waffle Bar 9</b></p> <p>Basketball 9</p> <p>Open Arts &amp; Crafts 9</p> <p><b>HCC: The Court &amp; the Constitution 9:30</b></p> <p>Bridge 12:45</p> <p>\$ Prime Time 1</p> <p><b>Paint it to Frame it 1</b></p>	<p><b>28</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><b>Remembering When 10</b></p> <p><b>Book Club 1</b></p> <p><b>Qi Gong/ Tai Chi Demo</b></p> <p>Line Dancing 1</p> <p><b>Book Club - Major Pettigrew's Last Stand 1</b></p> <p>Line Dancing Improver 2</p>
			<p><b>22</b></p> <p>Basketball 9</p> <p>\$ Yoga 1/2 9</p> <p>Pinochle 10</p> <p>\$ Acupuncture</p> <p><b>Colonial Iron Industry 10</b></p> <p><b>21st Century Aviation Innovations</b></p> <p><b>Movie: Table 19 PG</b></p>
			<p><b>29</b></p> <p>Basketball 9</p> <p>\$ Yoga 1/2 9</p> <p>Pinochle 10</p> <p>\$ Acupuncture</p> <p><b>Drumming Circle 11</b></p> <p><b>Pickle Ball Basics 2</b></p> <p><b>Pickle Ball &amp; Pilsner 6</b></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, September 12, 9 am**

**Tuesday, October 15, 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, September 11, 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, September 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, October 4, 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.

### 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.

**Join our Pickle Ball & Pilsner event 9/29.**

### **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!

### **Register of Wills**

**Wednesday, September 6, 10 am**

Join Byron E. Macfarlane, to learn about the probate process in Maryland. Smart planning and preparation can save you and your family time, money, and stress. This is a free class.

### **Textures in Clay**

**Wednesdays, September 6 & 20, 1pm**

**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.

### **Art History: Crimes of the Art**

**Wednesday, September 6, 1pm**

The Department of Justice ranks art crime as the third-largest criminal enterprise in the world. The increase in international art transactions has helped create a booming market for stolen and fraudulent art. Arts institutions still struggle with repatriation of stolen or looted objects in their collections.

## PROGRAMS AND EVENTS

### **The Rise of the Airplane; From the Wright Brothers to Lindbergh Friday, September 8, 10 am**

Aviation expert Paul Glenshaw explores the invention and rise of the airplane, how it changed the world, and how the world changed it. Glenshaw is a contributor to the Smithsonian's Air & Space magazine and co-producer and co-writer of the PBS documentary Barnstorming.

### **New Release Movies**

**Cost: \$1 donation**

**Friday, September 8, 1 pm**

**Gifts, PG 13, 1 hour, 41 minutes**

**Friday, September 22, 1 pm**

**Table 19, PG 13, 1 hour, 27 minutes**



### **History of Broadway**

**Monday, September 11, 11am**

**Monday, October 2, 11am**

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

### **TED Talks**

**Tuesday, September 12, 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, September 12, 9 am**

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

### **HCC The Court & The Constitution: The Foundation, 1787- 1868**

**Wednesdays, Sept. 13, 27, Oct.4, 11, 9:30 am**

Discover why and how the United States Supreme Court was created in the 1787 Constitutional Convention. Instructor: Roger Swartz. **Must register with Howard County Community College to attend.**

### **HCC Modern Classics: Great Short Novels**

**Wednesdays, September 13, & 27,  
October 11, & 25, November 8, & 22**

Instructor: George Clack.

**Must register with Howard County Community College to attend.**

### **Genealogy: Preparing a Family Medical History**

**Thursday, September 14, 10 am**

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

### **iPad and iPhone Class**

**Tuesday, September 12, 10 am**

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

### **Civil War Series; The Election of 1864**

**Wednesday, September 20, 10 am**

Join Brad Berger, of the National Park Service, to learn about the reelection of Lincoln in 1864.

## PROGRAMS AND EVENTS

### **Baltimore History: Lost Baltimore Landmarks**

**Friday, September 15, 11am**

Join Wayne Schaumberg for a great talk on the lost Baltimore Landmarks; gone but not forgotten.

### **Baltimore Museum of Industry:**

**The Port: 300 years of History**

**Monday, September 18, 11am**

From the early beginnings, before the United States was born, the port of Baltimore was conducting business. The cargo varied with the times, the ships got larger and the operations got more complex and the port grew in size and significance.

### **The Great Courses:**

**Wonders of the National Parks:**

**A Geology of North America**

**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 Laura Grant.

### **Harpers Ferry Bus Trip & More**

**Thursday, September 21, 7 am**

**Cost: \$65**

Travel to Harpers Ferry, enjoy a guided tour, then head to Jefferson County for a visit to the courthouse and enjoy lunch in Charleston, WV.



### **21st Century Aviation Innovations**

**Friday, September 22, 1pm**

Join our speaker from the College Park Aviation Museum to share the history of innovations in aviation.

### **The Colonial Iron Industry: Elkridge Furnace and Beyond**

**Friday, September 22, 10am**

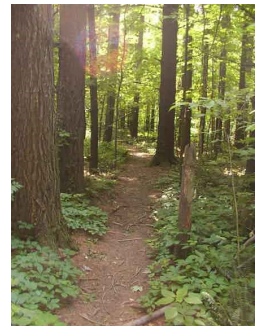
Lee Preston, author of *Archaeology In Howard County and Beyond*, will explain how Colonial iron furnaces supplied the Mother Country and later the Revolutionary War effort. Included will be roles played by Caleb Dorsey (ironmaster), the Carroll's, Ellicott's, Indentures & slave labor.

### **Nature Walk**

**Monday, September 25, 8:15 am**

Get up bright and early and join Kurt Schwarz of the Howard County Bird Club for a nature walk out back in Western Regional Park. Wear sturdy footwear and bring binoculars and water.

Duration 2 hours.



### **Baltimore Museum of Industry**

**Port: Baltimore's Gateway to the World**

**Monday, September 25, 11am**

In the 20th century, the key to survival and then growth in maritime was to adapt to changing times. From wooden piers and warehouses to modern container operations, the port of Baltimore is a complex machine consisting of many interconnected parts.

# PROGRAMS AND EVENTS

## Remembering When

**Thursday, September 28, 10am**

Join Howard County Department of Fire and Rescue Services in discussion of fire and fall risks present in your home. Have fun testing your trivia knowledge, learn valuable home safety.

## Glenwood Book Club

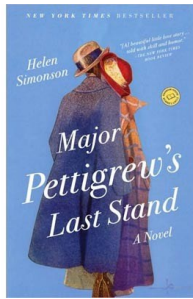
### *Major Pettigrew's Last Stand*

**Thursday, September 28, 1 pm**

### *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.



## Women Who Changed the World

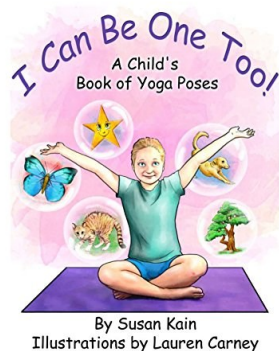
**Tuesday, September 26, 1pm**

Join Derrick Smith for a talk about women across the globe who have made large contributions to our world.

## Active Aging Week Special Events

**September 25 - 29 Watch for Details**

- Line Dance Demo
- Qi Gong / Tai Chi Demo
- Drums Alive Demo
- Book Reading



## Active Aging Week Resource Day

**Wednesday, September 27, 12 noon**

On Wednesday we will have representatives from around the county and department sharing information, a presentation on Healthy Eating. Flu shots will be available.

## Waffle Bar

**Wednesday, September 27, 9 am**

Join us in the lobby for Active Aging Week and enjoy breakfast and socializing.

## Paint it to Frame It

**Wednesday, September 27, 1 pm**

**Cost: \$15**

This month Susan Harry is back with a new project for us to let our creative juices flow. Each session Susan explores a new medium for attendees to paint.

## Pickle Ball Basics

**Thursday, September 28, 2 pm**


Join us in the gym for a workshop on pickle ball basics. Questions about rules, strategy, scoring, equipment? Here's your chance!

## Drumming Circle

**Friday, September 29, 11am**

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

# COOKSVILLE CAFÉ SEPTEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>September 1</b>
				Hamburger/ Hot Dog Coleslaw Potato Salad Melon Roll
<b>September 4</b>	<b>September 5</b>	<b>September 6</b>	<b>September 7</b>	<b>September 8</b>
<b>Closed Labor Day</b>	Salad Pork Chop/Gry Lima Beans Bread Fresh Fruit	Tuscan Bean Soup Stuffed Peppers Carrots Spiced Apples Roll	Tuscan Bean Soup Stuffed Peppers Carrots Spiced Apples Roll	<b>Soup &amp; Salad Bar</b> 
<b>September 11</b>	<b>September 12</b>	<b>September 13</b>	<b>September 14</b>	<b>September 15</b>
Spring Salad Beef Tips Mashed Potatoes Carrots Roll Peaches	Knockwurst Baked Beans Sunny Slaw Roll Fruit	<b>No Lunch Kindred Spirits Field Trip</b>	Roasted Chicken Macaroni Salad Coleslaw Peas Roll Fruit	Tomato Soup Ham/Cheese Dixie Slaw Roll Fruit Cup
<b>September 18</b>	<b>September 19</b>	<b>September 20</b>	<b>September 21</b>	<b>September 22</b>
Navy Bean Soup Hamburger Coleslaw Bun Apple	Salad Cheese Lasagna Melon Cucs/Mandarin Bread Stick	Veggie Soup Tuna Salad Dixie Slaw Bread Fruit	Italian Meatballs Zucchini Salad Cali Blend Roll	Salad Cheese Lasagna Melon Cucs/Mandarin Bread Stick
<b>September 25</b>	<b>September 26</b>	<b>September 27</b>	<b>September 28</b>	<b>September 29</b>
Pot Roast Potatoes, Carrots & Onions Corn Bread Apple Pie	Turkey/Gry Mashed Swt Potato Green Beans Bread Fruit	<b>Pizza Party Salad Ice Cream \$6 Please sign up at the Front Desk</b>	Spring Salad Chili Con Carne Mar Cucs & Onions Corn Muffin Fruit	<b>Salad &amp; Baked Potato Bar \$8.00 Please sign up at the Front Desk</b>

FRIDAY, SEPTEMBER 29 ~ 6~9 PM  
GARY J. ARTHUR COMMUNITY CENTER



JOIN US FOR  
**PICKLE BALL  
& PILSNER**

FOR INFORMATION OR TO REGISTER CALL 410.313-5440

Enjoy an evening of Pickle Ball,  
Live Music & Pilsner

**Admission Only: \$20**

Open to players of all levels and spectators 21 and over. 6 courts will be in action and equipment is provided. Players will be divided by self selected ability level. Enjoy an evening of fun, exercise and socializing. Pre-registration is strongly suggested but not required. Fee includes play time, 2 drinks, live music and refreshments.



WESTERN HOWARD COUNTY  
Senior Council



Proceeds from this  
event benefit  
Western Howard  
County Senior  
Council, a 501c3  
Organization

## PROGRAMS AND EVENTS

### **Octoberfest**

**Wednesday, October 4, 11:30 am**

**Cost: \$ 10**

Join our own Laura Wilson for an interesting discussion about the culture and history of Octoberfest. During this event we will serve a traditional Oktoberfest lunch. Must register in advance.

### **Textures in Clay**

**Wednesdays, October 4 & 18, 1pm**

**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 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. Explore famous female artists and their contributions to the direction of art history.

### **Auto Theft Prevention Talk**

**Thursday, October 12, 10am**

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

### **Music Featuring "Dean Martin"**

**Friday, October 13, 11am**

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

### **HCC Emperor August & the Battle that Stopped Rome**

**Mondays, October 16 & 23, 1pm**

In 9 A.D., a traitor from the Roman military led an army of barbarians who trapped and slaughtered three entire Roman legions in the forbidden, dark Teutoburg forest of Northern Germany. The 15,000 plus soldiers who were cut down represented a quarter of the Roman army stationed north of the Alps. It was a blow from which the first Roman emperor Augustus never recovered. In this course, you will examine the Roman occupation of Germany and study this famous battle which stopped Rome's expansion beyond the Rhine river. How was it that an entire Roman army could have been led into such a perfect trap? Instructor: Bill McGowan. **Must register with Howard County Community College to attend.**

### **Ipad & Iphone Class**

**Tuesday, October 17, 10am**

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

### **Civil War: A City Divided**

**Wednesday, October 18, 10am**

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

# Howard County 50+EXPO 2017!

 **Preparedness**

 **Information**

 **Education**

**ONLY \$1  
ADMISSION**

Exhibits, health screenings, seminars and presentations to effectively plan for the future and age in place.

- 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



**Friday, October 20**  
**9 am - 4 pm**

Wilde Lake High School  
5460 Trumpeter Road  
Columbia 21044

410-313-6410 (VOICE/RELAY)  
[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)



#HoCoEXP017  
[facebook.com/HoCoCommunity](https://facebook.com/HoCoCommunity)