



# ELKRIDGE 50+ CENTER

6540 Washington Boulevard  
Elkridge, MD 21075

Join Us  
Monday through Friday  
8:30 am to 4:30 pm

January & February 2016

## WHAT'S HAPPENING AT THE ELKRIDGE 50+ CENTER

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As Winter approaches, we look forward to a new year of exciting events and good times at the Elkridge 50+ Center. Winter is upon us, but it doesn't feel like it yet. We hope the weather does not get the best of us this year so we can see all your smiling faces each day.

The community meeting held December 9th was very exciting. It showed interested residents the new plans for the Elkridge 50+ Center and the new library. We are scheduled to relocate to a temporary location prior to the start of construction in June/July 2016. Details to follow...

It has been my pleasure to serve the 50+ community here at Elkridge since September, and I look forward to having some more fun over the next month or so. Please come and check out our programs as we begin our Winter program season.

*Kathy Wehr*

Please note: The 50+ Center will be closed on January 1st for New Year's Day; January 18th for Martin Luther King, Jr. Day; and February 15th for Presidents' Day.

## Staff

**Jeanne Slater, Director**  
(Temporarily working at an alternate center)

**Kathy Wehr, Acting Director**  
Office: 410-313-4930  
410-313-5192  
FAX: 410-313-4929

**Maryland Access Point (MAP)**  
Aging Resource  
Information Specialists  
410-313-5980

**Website**  
[www.howardcountyyaging.org](http://www.howardcountyyaging.org)

# SPECIAL EVENTS & NEW PROGRAMS

## January



**“LET’S DISH”**  
Wednesday,  
January 6th  
11:00am-12:00pm

### Warm Winter Soup

Enjoy lunch and cooking with Kathy, as she shows us the recipe for a special soup on a cold winter day.

### New Year’s Celebration

Friday, January 8, 2016  
10:30am-1:00pm

Ring in the New Year with trivia, lunch and a special celebration!  
Lunch by donation. Reservations are required.

### Tea Social

Friday, January 15th  
10:30am-12:00pm  
Cost is \$3.00



Come enjoy a wonderful sampling of special teas, and a light lunch of finger sandwiches and desserts!

Please call 410-313-4930 for a reservation.

### Aromatherapy and Skincare



Tuesday, January 26th  
10:30-12:00  
Cost is \$3.00

Andrienne Hausman will discuss how aromatherapy and essential oils can help with skincare. Samples provided.

Please call 410-313-4930 to sign-up.

### IPAD & IPHONE CLASS

Wednesday, January 27th  
10:00am-11:30pm  
Free Program



Class covers the basics, along with special features of your iPad and iPhone.

Please sign-up at the 50+ Center or call 410-313-4930.



### Elkridge 50+ Bingo

Monday, January 11th and January 25th  
11:00am-2:00pm

Make reservations for lunch one week in advance by signing-up at the center or calling 410-313-4930.

# SPECIAL EVENTS & NEW PROGRAMS

## February

### “LET’S DISH”

Monday,  
February 1st  
11:00am-12:00pm



#### Comfort Food

Enjoy lunch and cooking with Kathy, as she shows us the recipe for her favorite comfort food.

Register at the center, or call 410-313-4930.  
Lunch by Donation

### Tax Assistance is back!!!

Wednesdays—February 10th and 24th  
March 9th and 23rd  
10:00am-2:00pm

Appointments by  
reservation only, call  
410-313-4930



### Elkridge 50+ Bingo

Monday, February 8th and February 22nd  
11:00am—2:00pm

Make reservations for lunch one week in advance by  
signing up at the center or calling 410-313-4930.



### Sweetheart Party

Wednesday, February 17th  
11:00am-1:00pm

Enjoy music, games, lunch and  
delicious chocolate treats!

\$5.00/person



### Android Phone Class

Friday, February 19th  
10:00am-11:30pm  
Free Program

Class covers the basics of an  
Android phone and also special  
features.



Please sign-up at the  
50+ Center or call 410-313-4930 to reserve a spot.



Tuesday, February 23rd  
10:30am-12:30pm

Rotate through four stations to learn and  
experience the benefits of massage therapy,  
nutrition, agility and acupuncture.

Healthy refreshments will be served.

Cost is \$10.00 per person

# ONGOING PROGRAMS

## Mondays:

10:00am—11:00am: Walking Club (meet in parking lot)

11:00am—2:00pm: Bingo (January 11 & 25th and February 8th and 22nd)

## Tuesdays:

8:45am—9:15am: Blood Pressure check

9:00am—10:00am: *Age Well* Exercise

10:00am—11:00pm: Coffee chat (except on days with programming)

11:00am—12:00pm: Rummikub

11:00am—12:00pm: Basic Knitting/Crochet Class

11:00am—12:00pm: Brain Fitness (January 5th and 19th & February 2nd and 16th)

12:30pm—1:30pm: Book Club (January 12th & February 9th)

2:00pm—3:00pm: Chair Yoga

## Wednesdays:

10:00am—11:00am: Walking Club (meet in front parking lot)

9:00am—12:00pm: Pancake Breakfast (January 20th & February 3rd)

10:00am—11:30am: Wii Fitness—Bowling (January 20th & February 3rd)

11:00am-1:30pm: Lunch and a Movie (January 13th)

2:00pm—3:30pm: Line Dance

*After 11am FREE bread and pastries are available.*

## Thursdays:

8:45am—9:15am: Blood Pressure check

9:00am—10:00am: *Age Well* Exercise

10:00am—11:00am: Nutrition Education & Counseling (January 21st & February 18th)

10:30am—11:30am: Howard County Police Q&A (January 7th & February 4th)

10:00am—11:00pm: Coffee chat (except on days with programming)

11:00am-12:00pm: Rummikub

1:30pm—3:00pm: Easy Jewelry Class (January 7th & February 4th)

## Fridays:

10:00am—11:00am: Walking Club (meet in parking lot)

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### Americans with Disabilities Act Accommodations

If you need accommodations to attend Elkridge 50+ Center events/programs or if you need this document in an alternate format, please contact the Center at 410-313-4930 or 410-313-5192. People with a hearing or speech disability may contact us through Maryland Relay by calling 711.

## *Join Us For Lunch!*

Elkridge 50+ Center offers meals to anyone 60 years and older, as well as their spouses, regardless of age. Voluntary, anonymous contributions are requested from eligible program participants. Reservations must be made one week in advance. People who do not make reservations are not guaranteed a meal.

Participant contributions are used to offset the meal cost, to increase the number of meals served, and to provide supportive services directly related to the nutrition program, such as nutrition screenings and education. The cost of the regular meal is \$4.10 and \$5.39 for special meals. Participants are requested to contribute as generously as they can to ensure the viability of this important program.

*In our effort to avoid food wastage, please be advised that if we do not have at least 10 reserved lunches on the days we are offering lunch, we will have to cancel lunch for that day. Please sign up in advance and enjoy a great lunch with some of your Elkridge friends.*

*Lunch is served at 12 noon*

*Tuesday, January 5th:* Super Box Lunch

*Wednesday, January 6th—"Let's Dish":* Winter Soup

*Thursday, January 7th:* Signature Salad, Roast Beef, Mashed Potatoes, Kale, Split Top Roll, Peaches, Pumpkin Cheesecake Cup

*Friday, January 8th—"New Year's Party":* Mixed Green Salad, Hunter Chicken, Roasted Red Potatoes, Green Bean Almandine, Dinner Roll, Dessert

*Monday, January 11th:* Apple Juice, Double Crispy BBQ Chicken Leg & Thigh, Oven Roasted Potatoes, Pea Mint Salad, Raisin Bread, Fruit Cocktail

*Wednesday, January 13th—Lunch and a Movie:* Cranberry Salsa, Roasted Turkey, Mashed Potatoes, Green Beans, Dinner Roll, Apple Pie

*Tuesday, January 19th:* Cranberry Juice, Split Pea Soup, Stuffed Chicken, Green Bean Almandine, Split Top Roll, Red Velvet Cake with Strawberry Sauce

*Wednesday, January 20th—Pancake Breakfast:* Pancakes, Sausage, Fruit

*Thursday, January 21st:* Great Northern Bean Soup, Coleslaw, Fried Chicken Quarter, Red Bliss Potatoes, Green Beans, Biscuit & Apple Crisp

*Monday, January 25th:* Tomato Soup, Grilled Quarter Pound Burger with American Cheese, Lettuce, Tomato, Onion, Potato Salad, Kaiser Roll, Sliced Peaches

*Tuesday, January 26th:* Juice, Old Fashioned Pot Roast with Gravy, Potatoes, Carrots, Cornbread, Hot Spiced Apples

*Wednesday, January 27th:* Pineapple Juice, Chicken Fajitas with Green Peppers, Onions, Diced Tomatoes, Sour Cream, Mexican Rice, Tortilla Wrap, Hot Spiced Apples

February Lunch Menus will be posted at the Elkridge 50+ Center in mid-January

*Monday, February 1st—"Let's Dish"*

*Tuesday, February 2nd*

*Wednesday, February 3rd—Pancake Breakfast*

*Thursday, February 4th*

*Monday, February 8th*

*Tuesday, February 16th*

*Wednesday, February 17th—Sweetheart Party*

*Thursday, February 18th*

*Monday, February 22nd*

**\*Milk is included with all lunches.**