

Welcome to Ellicott City 50+ Center



**9401 Frederick Road
Ellicott City, MD 21042**

Front Desk:

410-313-1400

Fitness Center:

410-313-0727

Hours:

**Monday - Friday
8:30 am - 4:30 pm**

Center Email:

ecsc@howardcountymd.gov

Newsletters Online:

www.howardcountyaging.org/50pluscenters

Volunteer Website:

www.hocovolunteer.org

Facebook:

www.facebook.com/HoCoCitizen

On-Line Resource Guide

<http://bluetoad.com/publication?i=276149>

Get Our Newsletter Electronically!

Stay informed and up to date by getting our program information right from your home computer. Sign up at the Front Desk to be added to the Center Newsletter Email Distribution List.

Scan In: When visiting the Center, please have your membership card available to scan. This helps us track accurate Center attendance.

January-February 2016

Thanks to Members, Donors & Volunteers

No time like the present. No present like time.

There's no better way to start off the new year than taking a moment to thank those who donated items for Project Holiday and the Ellicott City 50+ Center Small Miracles Cat & Dog Rescue giving project. Because of your generosity, fellow seniors in need, as well as orphaned pets, will have the supplies they need to help them move toward a better future.



Thank you to those who donated their time and talent baking cookies that were sold at the Center Council Cookie Sale. Additional thanks to those who supported this fundraiser and gobbled up all the delicious holiday treats!

A note of thanks to those who purchased a chance to win the Center Council's Basket of Cheer. Nancy Slowik was our winner!

Lastly, a very special thank you to our community contributors:

- ◆ Brightview Senior Living of Catonsville
- ◆ Clarity Audiology
- ◆ Heartlands Senior Living of Ellicott City
- ◆ Home Instead Senior Care
- ◆ The Creig Northrop Team of Long & Foster
- ◆ Park View of Ellicott City
- ◆ Harry H. Witzke's Funeral Home

And to our Center volunteers who include all Center Council members (see page 2), Lois Berry, Mary Caroll, Claire DeCunzo, John Green, Agnes Halsor, Susan Malmgren, Diana May, Diane Messick, Deb Munley, Lorraine Norris, Pat Shifflett, Andy Trusko, Dottie Vermillion, Pat Weir, Greg Wright and Carole Zink. We could never make the Center work without your continued service and support throughout the entire year!

Got Resolutions? Get Go50+ Fitness

If your resolution list looks like this, we have just the solution for you. Turn to page 7 and take part in the new Go50+ Fitness package. Fitness has never been more convenient or affordable.



General Information

Meet the Staff

Director	Cindy Saathoff
Assistant Director	Vicki Stahly
Admin/Registrar	Gigi Rammling
Admin/Registrar	Jodi Bargamian
Nutrition Specialist	Rebecca Mengel
Fiscal Technician	David Irwin
Utility Worker	Dominick Collins
Fitness Center Staff	Sam Stahly
Fitness Center Staff	Jeannie DeCray
Plus Program Director	Felicia Stein
Plus Assistant Director	Joyce Nagel-Mortell
Plus Program Asst	Alyson Olmstead
Plus Program Asst	Margaret Fries

Senior Center Plus Program

Senior Center Plus is co-located in the Ellicott City 50+ Center. This is a supervised four-hour social program for older adults. The program is designed to support the continued independence of older individuals with therapeutic programs and services. For more information about this program, please call **410-313-1425**.

Meet the EC 50+ Council

President	Nancy Cudmore
Vice President	Diane Waslick
Secretary	Dorothy Biller
Treasurer	Tom Potter
Members at Large	Sylvia Barron
Leo Bianco	Teddy Clarke
Denise Giffin	Randy Hetzel
Anne Kaiser	Andrew Liro
Marian O'Byrne	Isobel Schum
Member Emeritus	Velva Howard

**Next Council meeting is
January 11 & February 8 at 1 pm
All are welcome.**

Navigating the Center

LUNCH PROGRAM

To join us for lunch, please sign up **in advance** in the lunch book located at the front desk. Call **410-313-1400** to cancel your lunch reservation if you are not coming.



Meals are available for persons 60 years and older, and their spouses, regardless of age. Voluntary anonymous contributions are requested from eligible participants. Please contribute generously to ensure the continued viability of this program. The full cost of a regular meal is \$4.10 and \$5.39 for special meals.

SIGN-UP & PAYMENT FOR CLASSES

Membership to a Howard County 50+ Center is required prior to enrolling in any program, pass or class. The front desk is open for transactions between 8:30 am and 4 pm. Payments can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done at the ActiveNet website: <http://apm.activecommunities.com/howardcounty>.

We recognize that there are times when you may need to withdraw from a class. At a minimum, all refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

TRANSPORTATION

Transportation is available to the Center through Regional Transit/RTA Ride. Riders must be certified. For certification, reservations and cancellations please call the Customer Service Line at **1-800-270-9553** and select option 3 for "paratransit and RTA Ride service". Visit their website at www.transitRTA.com.

Services and Programs

Please Note

Ellicott City 50+ Center membership is required to attend or register for any class, program or activity. Membership is free and available to those age 50+ who fill out an application packet. For additional information stop by the front desk or call **410-313-1400**.

Maryland Access Point (MAP)

Friday

January 8 & February 12

10 am - 12 noon

Jill Kamenetz, MAP Specialist, will be available at the Center, by appointment on selected Fridays, to help with homeowners and rental tax credit paperwork. She is also available to help with information, referrals for assessments or general information about Office on Aging programs. Make an appointment by calling the Maryland Access Point office at **410-313-5980**.

Blood Pressure Screenings

Tuesdays

9 am - 12 noon

Understanding high blood pressure and knowing how to manage it is an important part of maintaining your health. Don't pass up this opportunity to have your blood pressure checked to avoid serious health conditions.

Sponsored by Howard County General Hospital.

State Health Insurance Assistance Program (SHIP)

Appointments

Wednesday 9 am or 10:30 am

Thursday 1 pm or 2:30 pm

Meet with a trained volunteer for confidential assistance with health insurance concerns.

This is a free service. For a SHIP appointment at the Ellicott City 50+ Center, please call **410-313-1400**.



LOCAL HELP FOR PEOPLE WITH MEDICARE

AARP Income Tax Preparation

Starting Monday, February 1st

Appointment is Required

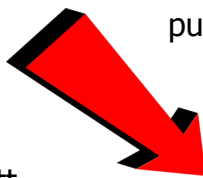
Mondays & Fridays 10 am-3 pm

Tuesday evenings: 5-7 pm

AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. Appointments will be held in the Classroom of the Ellicott City 50+ Fitness Center on the days and times listed above.

All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service. Each appointment is for one single or joint return.

- Bring Social Security cards for anyone listed on your return.
- Bring your 2014 state and federal tax returns.
- Bring 2015 tax records with you.
- If you had investment transactions during 2015, be sure to bring the purchase cost for those transactions.



To schedule an appointment at Ellicott City 50+ Fitness Center, please call **443-574-5373**

TAX APPOINTMENTS ARE NO LONGER SCHEDULED BY CENTER STAFF.

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-1400** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

Classes, Clubs & Comments

Howard Community College Continuing Education



Ellicott City 50+ is pleased to be able to offer the following HCC classes. Please note that all registration for these classes must be done through the college. You can register online at www.howardcc.edu.

Please direct all continuing education questions to **443-518-1000**. To get a full detailed description for each class, please pick up a flier at the Front Desk.

Drawing for Beginners, Intermediate and Advanced

Thursdays, January 14 - February 11
10am-12pm
Instructor: Ann Wiker

The Evolution of Picasso's Portraits

Thursday, January 14
1-3pm
Instructor: Ann Wiker

The Evolution of Matisse's Portraits

Thursday, January 28
1-3pm
Instructor: Ann Wiker

The Big Debate: Free Will vs. Determinism

Thursday, February 18 - March 10
1-3pm
Ellicott City 50+ Fitness
Instructor: Patrick Dempsey

Alexander the Great

Tuesdays March 8 - March 15
10am-12pm
Ellicott City 50+ Fitness Center
Instructor: Bill McGowan

Valentine Paper Crafting with Diane

**Friday, January 22
1-3pm**

Cost: \$7.50 + Supplies fee

Make that special Valentine card created by you for someone special. Must sign up one week prior. A \$3.00 supply fee is to be made payable to Diane on the day of this class. Space is limited.

Ask the Pharmacist

**Monday, January 25 & February 22
11 am**

Don Hamilton, P.D., Consultant Pharmacist, will provide updates and important information concerning your medications. Please bring your questions, your drug lists, or your prescription containers to confidentially discuss your current medication concerns.

New Release Movie Day! Everest

Wednesday, January 27 at 1pm

Join us in the Fitness Center Classroom for a riveting movie where a climbing expedition on Mt. Everest is devastated by a severe snow storm. This movie is based on a true story. Refreshments will be available while supplies last.

Picture This

**Tuesday, January 26 & February 23
Between 11 am-1 pm
30 minute appointments**

It's time to "develop" a better relationship with your camera! Do you have a digital camera that you find confusing or do you own a smart phone and haven't figured out how to take pictures with it? Sign up at the front desk for a free 30 minute appointment for individual help with your digital SLR camera or your smart phone. Bring whatever picture taking device you have with you to the appointment.

NOTE: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

Classes, Clubs & Comments

Beginners Line Dancing

Stay in shape by learning to dance at your own pace....step by step! Class will get you dancing to country, rock and roll, Latin and Broadway music. Men welcome too!

Monday 2:30 pm
January 11 thru March 14
8 classes for \$60 (A02426.601)
No class 1/18 or 2/15

Beyond Beginners Line Dancing

Join a great group of dancers who will have you up movin' and groovin'! This line dancing class is designed for students who are familiar with basic line dancing. Come get fit the fun way!

Thursday 3:30 pm
January 7 thru March 10
10 classes for \$74 (A02418.601)

Easy Technology Navigation

Thursdays
10-11:30 am

1/7	Navigating your System
1/14	Navigating the Internet
1/21	Navigating your E-mail
1/28	Creating a Document
2/4	Downloading Apps
2/11	Facebook
2/18	Internet Games
2/25	Music and more

Learn how to navigate computers, the internet, Facebook or email with Claire DeCunzo. This free basic instructional class is limited to two sign-ups. Computers are not provided so bring your own laptop, Ipad or Kindle Fire and get the latest and easiest tips and tricks for navigating your technology! Sign up at the Front Desk.

Book Club

Wednesday, January 27 at 1 pm
The group will discuss "*Orphan Train*" by Christina Baker Kline.

Wednesday, February 24 at 1 pm
The group will discuss "*The Boys in the Boat*" by Daniel James Brown.

Weekend Workout!

Available in the Fitness Center on
Saturday, January 9, 23 and February 6, 20
\$10 each Saturday

(includes two classes each Saturday)

This program is not part of the Group Exercise Pass and any member can participate by pre-registering. New class options include Zumba, Pilates, Flow Yoga, Tai Chi Chin and Floor, Core & More. See the Front Desk for specific class details or to enroll. Bad weather? Check Center recording at **410-313-0727** for class status.

Watercolor Basics Class

Wednesdays 10am-12pm
February 3, 10, 17, 24 and March 2, 9
6 classes for \$43

Master the fundamentals of drawing, shapes, values, textures and design.

Learn the use of tools and materials as well. Sign up at the front desk. For the supply list call instructor Anny Steensen at **301-593-4303**.



Mission: Nutrition!

Thursday, January 21-Proteins
Thursday, February 18-Carbohydrates
10:30-12:30 pm in the Fitness Center

Take a closer look at some important ingredients in your diet. Join us on the dates listed above to hear a short presentation by our registered dietitian. Be proactive! Knowledge is power so stop in to learn!

B Games

Mondays 10:30-11:30 am

Drop in for an hour of some serious boisterous business! Each week features one of four activities bursting with fun. Be ready for either some brain or some brawny excitement! FREE!

Baggo	January 4 & February 1
Brainbusters	January 11 & February 8
Wii Bowling	February 22
Boggle	January 25 & February 29

January/February Events

Brain Fitness
Thursday, January 7
Thursday, February 25
11 am

Robin Zahor R.N., B.S.N. presents an innovative brain exercise program to help keep the mind sharp. She addresses topics that will keep the brain healthy and in tip-top shape.

***NEW* Brain Aerobics**
Wednesday, January 13
Wednesday, February 17
1 pm

Held in the 50+ Fitness Center

Join Robin Zahor R.N. B.S.N. for an hour of BRAIN Aerobics. Strengthen your brain while having fun in the process. Robin will share healthy tips along with mental aerobics to help make your brain grow!

Howard County
Police Department

Tuesday, January 12 at 11:30 am

Thursday, February 18 at 11:30 am

Pfc. Andre Lingham, Senior Citizen Liaison, will be at the Center to discuss current safety tips and fraud prevention. This is a great way to find out about local community concerns and scams.

Genealogy

Wednesday, January 13

Wednesday, February 10

10 am

Held in the 50+ Fitness Center

January Topic: The Basics

Have you wanted to get into genealogy but haven't found out how and where to start the process? No matter what your level of experience, your ancestry searches will benefit from this review of the basics.

February Topic: German Roots

Many of us have German roots. Research of German ancestors presents special challenges. These challenges do not differ greatly from other non-English speaking cultures.

Morning Bingo & Pizza Day
Friday, January 22 & February 26
10:30 am - Cost: \$4 Bingo + \$5 Pizza

Why not grab a friend (or make new ones when you get here!) and start lining up your lucky stars to join us for a fun morning of Bingo? The grand prize is generously provided by our friends at "**Heartlands Senior Living**". You can take part in either activity or both but please sign up and pay for Pizza Day at least one week prior.

Black History Month
Feature Presentations

Stop in the 50+ Fitness Center and enjoy these great movies! Refreshments available while supplies last! See a flier for movie description.

Wednesday, February 10 at 1 pm

Selma

Wednesday, February 24 at 1 pm

Gifted Hands: The Ben Carson Story

Medicare 101

Tuesday, February 9 from 1-2:30 pm

This presentation covers how Medicare Parts A (hospital), B (medical) and D (prescription drug) work, what benefits are and when you should make decisions related to your coverage. Pre-register at **410-313-7391**.

Medicare 102

Tuesday, February 16 from 1-2:30 pm

Learn about Medicare Part C (health plans) and Medicare Supplement Policies. What should you consider when deciding if a Medicare Health Plan is right for you. Understand how Medigap plans work, how they are priced and know when the best time to enroll. Learn how to protect yourself from health care fraud. Pre-register at **410-313-7391**.

Medicare Plan Finder

Tuesday, February 23 from 1-2:30 pm

Learn how to use the Plan Finder tool on Medicare's website and see what a powerful aid it is for comparing and reviewing drug plans available to you. Pre-register at **410-313-7391**.

50+ Fitness Center



The Ellicott City 50+ Fitness Center is available to put you on the path to lifelong fitness. It can be found directly across the parking lot from the main 50+ Center building.

Lobby Hours:

Monday & Wednesday 8:30 am-8 pm
 Tuesday, Thursday & Friday 8:30 am-4:30 pm

410-313-0727

Go50+ Fitness Package

\$75/year County Resident \$100/year Non-Resident

Ellicott City 50+ Equipment Monthly Pass

\$10 County Resident \$15 Non-Resident

Group Exercise Quarterly Passes

\$125 For 3 Month Pass

Go50+ Fitness Package

This Package is a collaborative program with Recreation and Parks that provides more locations for your 50+ work-out and gives you an annual pay option. It includes unlimited fitness equipment room use at Ellicott City 50+ Fitness Center, Roger Carter, North Laurel or Glenwood Community Centers. The new Go50+ package goes on sale **January 4**. See the front desk staff for additional information.

\$75/year County Resident
\$100/year Non-Resident

- ◆ Participants must be 50 years of age and a member of a Howard County 50+ Center.
- ◆ Passes are established from the date of purchase.
- ◆ Refunds are not provided.
- ◆ Room key fobs must be returned to the front desk before you leave the 50+ Fitness Center or a \$10 replacement fee will be charged to your account.

Fitness Equipment Room Schedule

Day	Time/Program		
Monday	Circuit Training Class 8:30-9:30am (\$) Date: 1/4-3/9	Open: 9:30am-7:30pm Open at 8:30am when Circuit is not in session.	Equipment Orientation as scheduled.
Tuesday	Open: 8:30am-4pm		Equipment Orientation as scheduled.
Wednesday	Circuit Training Class 8:30-9:30am (\$) Date: 1/4-3/9	Open: 9:30am-7:30pm Open at 8:30am when Circuit is not in session.	Equipment Orientation as scheduled.
Thursday	Open: 8:30am-4pm		Equipment Orientation as scheduled.
Friday	Open: 8:30am-4pm		Equipment Orientation as scheduled.

The **Fitness Equipment Room** is open for drop-in use during the open hours on the table above. It also offers a complimentary equipment orientation for those interested in learning how to properly use each piece of equipment. Orientation is free, but prior sign-up at the Fitness Center front desk is required.

50+ Fitness Center Exercise Classes

Group Exercise Quarterly Pass Class Schedule

Day/Time	9 am - 9:45 am	10 am - 10:45 am	11 am - 5:30 pm	5:30 - 6:15 pm	6:30 - 7:15 pm	
Monday	Power	Zumba Gold Toning	Non-Pass Programming ↓	Zumba Gold	Gentle Yoga	
Tuesday	Zumba Gold	Gentle Yoga				
Wednesday	All in One	Zumba Gold Toning			Zumba Gold	Gentle Yoga
Thursday	Zumba Gold	Gentle Yoga			All classes on this schedule are a part of the Exercise Quarterly Pass = \$125	
Friday	Power	All in One				

The **Group Exercise Quarterly Pass** (\$125 for 3 months of classes) program allows you to participate in any of the 14 designated exercise classes listed on the table above. To get a detailed description of each class or if you are unsure about purchasing a pass, additional information is available at the front desk.

Pay By Session Exercise Classes

Circuit Training and 11 am Agewell are the only Pay by Session classes held in the Fitness Center

Circuit Training

This circuit class combines an aerobic workout with weight training on Precor equipment. Take advantage of personal fitness instruction without the extra cost of a personal trainer. This class is conducted in the 50+ Fitness Center.



Monday & Wednesday
January 4 thru March 9
 18 classes for \$95
 (no class 1/18, 2/15)

8:30 am
 (A02420.601)

Agewell Aerobics

*In partnership with
 Howard County General Hospital*

Learn basic cardio combinations, burn calories, increase cardiovascular endurance, build lean muscle tone and bone density. End each class with a dedicated portion to strength and stretches. This class is conducted in the 50+ Fitness Center.

Monday & Wednesday
January 4 thru March 9
 18 classes for \$48
 (no class 1/18, 2/15)

11 am
 (A02400.601)

Tuesday & Thursday
January 5 thru March 10
 20 classes for \$54

11 am
 (A02401.601)

Sign-up for "Pay by Session" classes 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 register yourself and one other individual. You may also register on-line using a credit card at <http://apm.activecommunities.com/howardcounty>.

**Registration opened on Friday, November 13, 2015 for all
 Pay by Session classes listed on pages 8 & 9.**

Pay by Session Exercise Classes

The following Pay by Session classes are held in the main building of the Center

Qi Gong

Experience a series of gentle movements synchronized with breathing to promote positive energy movement through your body. Enhance your immune function, calm your mind and improve your sleep!

Friday

January 8 thru March 11 **9:30 am**
10 classes for \$57 (A02406.601)

Morning Stretch

Welcome the new day with greater flexibility. Class will improve muscle and joint flexibility, promote an increased fluidity of movement and includes a light cardio warm up and various stretches for the major muscle groups. Bring a mat and be ready to work standing as well as on the floor.

Tuesday & Thursday

January 5 thru March 10 **10 am**
20 classes for \$85 (A02423.601)

Chair Yoga

Experience the benefits of yoga with the security of a chair! Increase strength, flexibility and balance through standing and seated postures. Yoga helps to relieve tension, improve breathing, and promotes an overall sense of well-being. No prior yoga experience needed. Bring a non-slip mat to place under your chair.

Monday & Wednesday

January 4 thru March 9 **10 am**
18 classes for \$76 (A02421.601)
(no class 1/18, 2/15)

Better Balance

This is an effective program for those with chronic conditions impacting their balance or who feel unsteady on their feet. Pre-screening is required. Call Jen Lee at **410-313-5940** before registering.

Monday & Wednesday

January 4 thru March 9 **12:30 pm**
18 classes for \$58 (A02413.601)
(no class 1/18, 2/15)

Agewell Seated Aerobics

*In partnership with
Howard County General Hospital*

This seated aerobics class covers warm up and stretching exercises. It also includes the use of hand weights and improves your overall balance. A great choice for those looking for a workout from a seated perspective.

Tuesday & Thursday

January 5 thru March 10 **12:30 pm**
20 classes for \$54 (A02403.601)

Exercise Essentials

Master essential exercises to manage your arthritis. Learn gentle activities, both seated or standing, to increase joint flexibility, range of motion and strength. Proper techniques for exercising within your limitations will be taught so you can attain better fitness.



Tuesday & Thursday

January 5 thru March 10 **1:30 pm**
20 classes for \$85 (A02404.601)

Balance "4" All

Join one of our most sought after offerings. This class combines a perfect blend of 4 components: balance, flexibility, posture and strength which together add up to safe and active living.

Monday & Wednesday

January 4 thru March 9 **1:30 pm**
18 classes for \$76 (A02405.601)
(no class 1/18, 2/15)

Tuesday & Thursday

January 5 thru March 10 **2:30 pm**
20 classes for \$85 (A02405.602)

All classes are scheduled to run between 45 and 55 minutes in duration.
Please check with your physician before participating in any physically demanding activity.

Daily Schedule

MONDAY

TIME	PROGRAM	ROOM
8:30 am - 12 noon	Billiards (Monday thru Friday)	Game
8:30 - 9:30 am	Circuit Training (Mon/Wed) \$	Fitness Center
9 & 10 am	Exercise Pass Classes \$	Fitness Center
9:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
10 - 10:45 am	Chair Yoga (Mon/Wed) \$	Exercise
10 am - 12 noon	Painting Together (Lorraine Norris)	Arts & Crafts
10:30 - 11:30 am	B Games (Baggo, Brainbusters, Bowling & Boggle)	Activity
11 - 11:45 am	Agewell Aerobics (Mon/Wed) \$	Fitness Center
11 am - 12 noon	Ask the Pharmacist (check newsletter for dates)	Great Room
12:30 - 1:15 pm	Better Balance (Mon/Wed) \$	Exercise
12:30 - 3:30 pm	Open Bridge	Activity Room
12:30 - 4 pm	Pinochle (Monday thru Friday)	Great Room
1 - 4 pm	Table Tennis	Fitness Center
1:30 - 2:15 pm	Balance for All (Mon/Wed) \$	Exercise
5:30 & 6:30 pm	Exercise Pass Classes \$	Fitness Center

TUESDAY

8:30 am - 4 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes \$	Fitness Center
9 am - 12 noon	Mah Jongg	Activity
9 am - 12 noon	Blood Pressure Screening	Health
10 - 10:45 am	Morning Stretch (Tues/Thur) \$	Exercise
11 am - 1 pm	Picture This (check newsletter for dates)	Fitness Center
11 - 11:45 am	Agewell Aerobics (Tues/Thur) \$	Fitness Center
12 noon - 4 pm	Painting Together (Carole Zink)	Arts & Crafts
12:30 - 1:15 pm	Agewell Seated Aerobic Class (Tues/Thur) \$	Exercise
1 - 4 pm	Hand and Foot	Activity
1:30 - 2:15 pm	Exercise Essentials (Tues/Thur) \$	Exercise
2:30 - 3:15 pm	Balance for All (Tues/Thur) \$	Exercise

WEDNESDAY

8:30 - 9:30 am	Circuit Training (Mon/Wed) \$	Fitness Center
9 & 10 am	Exercise Pass Classes \$	Fitness Center
9:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
9 am - 12 noon	Kings & Queens Bridge	Activity

(Room assignments may change at times to accommodate the needs of other events/programs.)

Daily Schedule

WEDNESDAY - continued

TIME	PROGRAM	ROOM
9 am - 12 noon	State Health Insurance Program	Health
9:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
10 - 10:45 am	Chair Yoga (Mon/Wed) \$	Exercise
11 - 11:45 am	Agewell Aerobics Class \$ (Mon/Wed)	Fitness Center
10 am - 12 noon	Genealogy (check newsletter for dates)	Fitness Center
12:30 - 1:15 pm	Better Balance \$ (Mon/Wed)	Exercise
1 - 2 pm	Book Club (4th Wednesday)	Activity
1 - 3 pm	Needlework Club	Conference
1 - 4 pm	Table Tennis	Fitness Center
1 - 4 pm	Painting Together (Anne Maurer)	Arts & Crafts
1:30 - 2:15 pm	Balance 4 All (Mon/Wed) \$	Exercise
5:30 & 6:30 pm	Exercise Pass Classes \$	Fitness Center

THURSDAY

8:30 am - 4 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes \$	Fitness Center
9 am - 12 noon	Painting Together (Pat Weir)	Arts & Crafts
10 - 10:45 am	Morning Stretch (Tues/Thur) \$	Exercise
10 - 11:30 am	Easy Technology Navigation (sign up required)	Conference
10:15 - 11:45 am	Seniors Together Men's Forum	Activity
11 - 11:45 am	Agewell Aerobics Class \$ (Tue/Thur)	Fitness Center
12:30 - 1:15 pm	Agewell Seated Aerobics Class \$ (Tue/Thur)	Exercise
11 am - 12 noon	Brain Fitness (check newsletter for dates)	Conference
1 - 4 pm	State Health Insurance Program (SHIP)	Health
1 - 4 pm	Canasta	Activity
1:30 - 2:15 pm	Exercise Essentials for Arthritis \$ (Tue/Thur)	Exercise
2:30 - 3:15 pm	Balance 4 All \$ (Tue/Thur)	Exercise

FRIDAY

8:30 am - 4 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes \$	Fitness Center
9:30 - 10:30 am	Qi Gong \$	Exercise
10:30 am - 12 noon	Bingo (check newsletter for dates)	Great Room
12:30 - 3:30 pm	Open Bridge	Activity
1 - 4 pm	Table Tennis	Fitness Center

(Room assignments may change at times to accommodate the needs of other events/programs.)

Special Events & Notices



We Want You!

Center Council Elections

Are you interested in becoming more involved at the Ellicott City 50+ Center? Why not consider running for a vacant seat on the Center Council? Elections will take place in March. If you are interested, or know someone who is, please see the front desk with any questions and to obtain an information packet.

Inclement Weather Policy

Please watch or listen for school closings. If

HOWARD COUNTY SCHOOLS are:

CLOSED—ALL 50+ Centers and Senior Center Plus Sites are CLOSED.

2 HOUR DELAY— ALL 50+ Centers open at 10 am with the exception of the Senior Center Plus Sites, which are closed. There will be NO lunches served or transportation. Programs that begin before 10 am will not be held.

1 HOUR DELAY— All 50+ Centers are open with programming as usual.

AFTERNOON & EVENING ACTIVITIES

CANCELLED—All 50+ Centers will not hold activities or rentals after 4:30 pm.

Suggestions?

If you have a program idea that you think would be well received at the Center or know someone who is a great instructor, please let our Assistant Director Vicki know. She is always on the lookout for new programs and engaging presenters.



Let's Do Lunch

Come for the food, stay for the friends! Lunch is served Monday thru Friday at noon and is available by voluntary anonymous contribution. Just be sure to sign up in advance at the Front Desk. *Bon Appetit!*

Holiday Craft Boutique Success

Despite the rainy weather, over 300 people were in attendance for this year's Holiday Craft Boutique. Our thanks to sponsor Home Instead for providing the shopping bags and to each vendor for donating one of their fabulous items to the Center. The Center Council presented these items as door prizes for the Holiday Party. Our sincere thanks to all who made this event another incredible success. See you next year!

Volunteers are needed to assist the front desk in both buildings. Are you a "people person" who feels comfortable working around computers? If so, see Gigi at the front desk for details.



Adjusted Center Hours

Friday, January 1
Monday, January 18
Monday, February 15

CLOSED (New Year's Day)
CLOSED (Martin Luther King Jr. Day)
CLOSED (President's Day)



JANUARY 2016 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Happy New Year! CENTER CLOSED
4 CAJUN PORK RED BEANS & RICE GREEN BEANS WHITE WHEAT BREAD FRESH FRUIT ORANGE JUICE	5 SALISBURY STEAK W/GRVY MARIN VEG SALAD MASHED POTATOES COLLARD GREENS WHITE WHEAT BREAD PEACHES	6 <u>BOX LUNCH</u> SLICED TURKEY SPICED BEETS WHEAT BREAD MANDARIN ORANGES PINEAPPLE JUICE	7 SWEDISH MEATBALLS ROTINI KALE WHEAT BREAD CARROT RAISIN SALAD APRICOTS	8 <u>DELI LUNCH</u> HAM & CHEESE DIXIE SLAW POTATO ROLL MIXED FRUIT CUP PINEAPPLE JUICE
11 <u>SUPER BOX LUNCH</u> CORNED BEEF & SWISS COLESLAW PICKLED BEETS MARBLE RYE CHEESE CAKE CUP	12 NAVY BEAN SOUP CHICKEN BBQ BROCCOLI SANDWICH BUN APPLE	13 SLICED TURKEY W/GVY MASHED POTATOES CARROTS WHITE WHEAT BREAD PEACHES APPLE JUICE	14 <u>SOUPER DELI</u> CHICKEN & WILD RICE SOUP CHEF SALAD W/ TURKEY/HAM/ CHEESE VEGGIE PASTA SALAD CORNBREAD FRUIT COCKTAIL ORANGE JUICE	15 <u>SOUPER DELI</u> TUSCAN BEAN SOUP TUNA SALAD MARIN CUCS & TOMATOES KAISER ROLL MANDARIN ORANGES APPLE JUICE
18 Martin Luther King Jr. Day CENTER CLOSED	19 MEATLOAF W/GVY SCALLOPED POTATOES STEWED TOMATOES CARROT RAISIN SALAD WHITE WHEAT BREAD FRESH FRUIT	20 BEEF STEW BISCUIT JELLO APPLE	21 <u>SOUPER DELI</u> CREAM OF CELERY SOUP TURKEY & SWISS CHEESE PEPPER CABBAGE WHEAT BREAD SLICED APPLES GRAPE JUICE	22 <u>PIZZA DAY</u> 
25 ITALIAN MEATBALLS 3 BEAN SALAD SUB ROLL FRESH FRUIT ORANGE JUICE	26 <u>SOUPER DELI</u> CHUNKY TOMATO SOUP HAM & SWISS CHEESE CHIPS KAISER ROLL SLICED PEARS	27 <u>BOX LUNCH</u> TUNA SALAD PEPPER CABBAGE POTATO ROLL APRICOT HALVES GRAPE JUICE	28 BAKED FISH W/ CREOLE SAUCE BROWN RICE ORIENTAL BLEND VEGGIES MARIN CUCS & ONIONS W/WHEAT BREAD FRESH FRUIT	29 TOMATO SOUP KNOCKWURST BAKED BEANS COLESLAW HOTDOG BUN MIXED FRUIT

***MILK IS SERVED WITH ALL MEALS.**