

WELCOME TO THE GLENWOOD 50+ CENTER



JANUARY - FEBRUARY 2016
www.glenwoodseniorcenter.org



Happy New Year

Resolution: *reze' looSH(ə)n/* - A firm decision to do or not to do something. It's that time when we make resolutions for the new year. It's also a perfect time to think about taking care of you. Feed your spirit, do what makes you happy, carve out that "me" time. With that in mind, we are adding two new programs this winter. Try Yogalates, a mix of yoga and pilates offered Wednesday afternoons at 3 pm taught by Susan Kain, or join the new History Discussion Group the second Wednesday of each month at 10:30 am. Whatever you decide, take a step in the right direction and do something you love. Is there anything you would like to learn? A place that you always wanted to visit? Email us your suggestions, as we are always open to your ideas. Have a safe and happy January! 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

glenwoodsc@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

INSIDE THIS ISSUE:

| | |
|---------------------------|-----|
| News & Notes | 2 |
| Fitness & Exercise | 4-5 |
| Health & Wellness | 5-6 |
| January & February Events | 7-9 |
| January Menu | 11 |
| January at a Glance | 12 |

A HUGE THANK YOU!



To everyone who baked, bought, and staffed the most successful cookie sale ever!

SPOTLIGHT ON CHILI COOKOFF

FRIDAY, JANUARY 29, 12 NOON

It's back! Our Chili Cook Off. Put on your chef hat and enter your favorite chili recipe. Free for all who enter a recipe. \$5 for all others. Enjoy chili, cornbread, salad and prizes! Sign up today at the front desk! See who has the best chili at Glenwood. Please register in advance.



50+CENTER NEWS TO USE

Center Information and Closings

Friday, January 1, New Years

Monday, January 18, Martin Luther King Day

Monday, February 15, Presidents Day

Fitness Program: Go 50+, See page 11

50+ Programs: The Glenwood 50+ Center follows the policy of Recreation and Parks and does not pro-rate for classes missed.

Maryland Access Point: (410) 313-5980.

Contact the MAP line for questions, information and referrals to services in Howard County.

State Health Insurance Assistance Program

(410) 313-7392. Appointments are held at Glenwood 50+Center on the second Tuesday of each month.

Cooksville Corner Café: Why not join us for lunch in our café? Check out our menu in advance in the newsletter or in the lunch book located at the Front Desk. Please remember to call 410-313-5440 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.

Council Corner

Members:

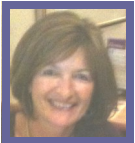
| | |
|---------------|-----------------|
| Pete Adams | Linda Adams |
| Gul Behsudi | Laurel Gafke |
| Carl Hood | Joan Smith |
| Dave Smith | Harrison Morson |
| Joann Brown | Barbara Cornell |
| Doug Hillmuth | Laura Grant |

Next Meeting: January 12, 1 pm

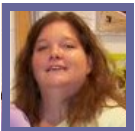
Interested in having a voice at the Center and getting more engaged? Think about joining the 50+Center Council. The Council meets the second Tuesday of each month and meetings are open to all.

Are you on Facebook?

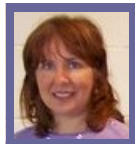
Check out the Council's page and "Like" it! Find us at [Facebook.com/Glenwood 50+Senior Council](https://www.facebook.com/Glenwood50+SeniorCouncil)



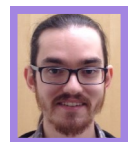
Regina Jenkins, Director
(410) 313-5443
rjenkins@howardcountymd.gov



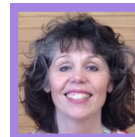
Cathy Burkett, Assistant Director
(410) 313-4832
cburkett@howardcountymd.gov



Chris Ferraro, Registrar
(410) 313-5440
cferraro@howardcountymd.gov




Evan Larkin, Utility Technician
(410) 313-4836
elarkin@howardcountymd.gov



Torry Brecht, Nutrition Specialist
(410) 313-4833
vbrecht@howardcountymd.gov

HEALTH & SUPPORT SERVICES

got map?

 Howard County
MARYLAND ACCESS POINT
www.marylandaccesspoint.info
410.313.5980 • map@howardcountymd.gov

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 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, Facilitator Kindred Spirits Director
jumiller@howardcountymd.gov



Call to schedule an appointment (410) 313-5441

PLUS 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 Senior Center Plus program offers a safe, affordable, stimulating option. The Plus 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, Senior Center Plus,
jumiller@howardcountymd.gov



Call to schedule an appointment (410)313-5441

INCLEMENT WEATHER POLICY

- A reminder of our Inclement Weather Policy. The main number will always have an updated recording. Call (410) 313-5440.
- If **Howard County Schools are Closed, the Glenwood 50+ Center is closed.**
- If Howard County Schools are **2 hours late**, the building will open at **10:30 am**, programs before 10:30 am are cancelled, programs scheduled after 10:30 am go on as planned unless the instructor cancels, **no lunch and no paratransit, no Plus Program or Kindred Spirits.**
- If Howard County Schools are **1 hour late**, the center opens at **9:30 am.**



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 February 8
Instructor: Susan Kain

Energize H.I.I.T.

High Intensity Interval Training

Monday and Wednesdays, 8:20 am
Cost: \$68 for 16 classes
Next session begins February 22
Instructor: Sara Schwab

Gentle Yoga

Tuesdays or Thursdays, 10:15 am
Cost: \$60 for 10 weeks
Next Tuesday session begins March 29
Next Thursday session begins March 17
Instructor: Mary Garratt

Gentle Yoga,

Fridays, 10:15 am
Cost: \$60 for 10 weeks
Next session begins February 19
Instructor: Susan Kain

Hatha Yoga 1-2

Fridays, 9-10 am
Cost: \$60 for 10 weeks
Next session begins February 12
Instructor: Susan Kain

Hatha Yoga

Tuesdays or Thursdays, 9 am
Cost: \$60 for 10 weeks
Next Tuesday session begins March 29
Next Thursday session begins March 17
Instructor: Mary Garratt

Yogalates

Mondays, 3 pm
Cost: \$60 for 10 classes
Session begins February 22
Instructor: Susan Kain

NEW!

Line Dance Basics

Thursdays, 12:45 pm
Cost: \$55 for 10 weeks
Next session begins January 11
Instructor: Mary McCormick

Line Dancing Beyond Beginners

Thursdays, 1:45 pm
Cost: \$55 for 10 weeks
Next session begins March 24
Instructor: Mary McCormick

Pilates

Mondays, 9:45 am
Cost: \$46 for 8 classes
Next session begins February 8
Instructor: Bob McDowell

Pilates

Wednesdays, 11 am
Cost: \$46 for 8 classes
Next session begins March 9
Instructor: Bob McDowell

Prime Time Tone, Balance & Flex

Monday, Wednesday, 1-2 pm
Cost: \$48 for 16 classes
Next session begins February 22
Instructors: Sara Schwab, Marianne Larkin

EXERCISE CLASS DESCRIPTIONS

Energize I.T. – Interval Training

This fun choreographed class alternates between floor aerobics, power development, and resistance strength training with the use of Free Weights, Dyna-bands and Exertubes, Medicine Ball, Stability Ball and Flex Ball. Core Development and Balance Training.

Gentle Yoga

Through creativity and modifications, everyone can do yoga with a chair. In this gentle/beginner's level class, yoga poses are done seated in a chair or standing using the chair as a prop for support and stability. Reap the benefits of greater flexibility, increased energy, improved memory and clarity, better concentration, and improved overall health.

Hatha Yoga

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

Hatha Yoga 1-2

Find the benefits of greater flexibility, increased energy, and improved overall health by expanding your yoga practice. Each class ends with deep relaxation and breathing techniques.

Line Dancing Basics

Dancing is great exercise and fun. Come join us for one of these two options. Basics or Beyond Beginners for individuals who have taken a beginner class. Please wear leather soled shoes.

Pilates

Pilates is an exercise program emphasizing core stability, balance, and abdominal strength. It is based on 34 basic movements that are performed on a mat. Pilates supports a healthy back and invigorates overall fitness. This class is open to all fitness levels and modifications are available.

Prime Time Tone, Balance & Flex

A class focusing on functional fitness for everyday living. Have fun getting fit and strong and improve your range of motion and balance. Tone your major muscle groups with both seated and standing exercises. Instructor will show modifications for a seated option.

Sit & Fit

Are you interested in getting stronger? Join our 'Sit and Fit' class. Everyone works at their own pace and ability level, using bands, balls, and hand weights, while also enjoying the social benefits, in a seated position.

Yogalates

Try this new class which is a combination of the stretching and lengthening of pilates combined with the benefits of Yoga.



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 register yourself and one other individual. You may also register online using a credit card at <http://apm.activecommunities.com/howardcounty>

HEALTH & WELLNESS

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.

Silver Sneakers 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. This is a safe and weatherproof way to exercise!



Ask the Pharmacist

Monday, January 11, 9 am

Monday, February 8, 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 medication concerns.

SHIP Counseling

Tuesday, January 12, 9 am - 12 noon

Tuesday, February 9, 9 am - 12 noon

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. Sign up in advance for an individual appointment.

Blood Pressure Screenings

Tuesdays, January 12, 26, 9 - 11 am

Tuesdays, February 9, 23, 9 - 11 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.

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.

Nutrition Counseling

Tuesday, January 12, 9:30 am

Wednesday, February 10, 9:30 am

Schedule an individual appointment with Ashli Greenwald, MS, RD, LDN. Ashli helps adults improve on their quality of life through nutrition counseling and education. Sign up for a 30 minute session or 1 hour for diabetics.



JANUARY AND FEBRUARY PROGRAMS AND EVENTS

Open Studio: Craft & Painting

Wednesdays, 9am - noon

Do you enjoy doing a craft or painting? Are you working on a project or knitting? The art room will be open for you, bring your own supplies.

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!

Pickleball

Tuesdays, Thursdays, 11 am - 2 pm

Come join the fun! Pickleball combines elements of tennis, badminton and ping-pong. Give it a try!

Chinese Mahjong

Tuesdays 1 - 3 pm

Come and learn how to play and enjoy the friendships that are created. Sign up to stay for lunch.

Pinochle

Mondays, Fridays, 10 am - 4:30 pm

Looking for new players! Beginners are welcome.

Duplicate Bridge

Mondays, Wednesdays, 12:45 - 4:00 pm

Come for an afternoon of bridge. Cost is \$1 per day which includes coffee and tea.

History of Broadway Series

Monday, January 4, 11 am

Thursday, February 4, 11 am

Monday, February 1, 11 am

Steve Freidman continues his very popular series with more on "Broadway musicals based on the silver screen". January's topic is Great Musicals that Faded Away. February 1st topic is "More Great Musicals that have Faded Away," February 4th topic is Tin Pan Alley to Broadway, musicals of the 1930's.

Medically Curious

Friday, January 8, 10 am - 12 noon

Friday, February 5, 10 am - 12 noon

Dr. Larry Romaine continues his Medically Curious series. January's topic is physical exams and medical information. February's topic covers psychiatry, learn a basic understanding of depression, schizophrenia, bipolar etc. Includes diagnosis and treatments.

New Member Coffee

Tuesday, January 12, 9 am

Tuesday, February 9, 9 am

Join the staff for coffee and an introduction to the center. Learn about center programs and ways you can get involved. Sign up at the front desk.

JANUARY AND FEBRUARY PROGRAMS AND EVENTS

Bagels with TED

Join us for a thought provoking presentation and enjoy bagels and coffee.



January 12, 9:30 am, Topics:

One More Reason to Get a Good Nights Sleep

Gorgeous Portraits of the Worlds

Vanishing People

February 9, 9:30 am, Topics:

Religion, understanding Islam

The Future of Flying Robots

New Release Movies

Fridays, 1 pm Cost: \$1 donation



January 8: The Intern, PG 13, 121

min, comedy. Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers.

January 22: Inside Out, PG, 95 min, animation, adventure, comedy. Growing up can be a bumpy road, and it's no exception for Riley, who is uprooted from her Midwest life when her father starts a new job in San Francisco. Like all of us, Riley is guided by her emotions – Joy (Amy Poehler), Fear (Bill Hader), Anger (Lewis Black), Disgust (Mindy Kaling) and Sadness (Phyllis Smith). The emotions live in Headquarters, the control center inside Riley's mind, where they help advise her.

New Release Movies

February 12: Red Army, PG, 76 min, history, documentary.

February 26: Bridge of Spies, PG 13, 141 min, biography, drama.

Genealogy

Thursday, January 14, 10 am

Thursday, February 11, 10 am

Join Dottie Aleshire for a monthly presentation on Genealogy. Check the bulletin board for updated topics for January and February. This class is ongoing and new participants are welcome at any time.

iPhone and iPad Class

Wednesday, January 6, 10 am

Thursday, February 11, 10 am

Friday, March 11, 10 am

Center member and resident expert, Mike Vecera will continue with his iPad and iPhone course. Stop by and you will be amazed at what you can learn.

Waterfront Baltimore

Friday, January 15, 11 am

Wayne Schaumberg will be on hand to discuss Baltimore's historic waterfront communities, Fells Point, Canton and others.



JANUARY & FEBRUARY PROGRAMS AND EVENTS

Waffle Bar

Thursday, January 14, 9 - 10:30 am

We will be in the lobby with waffles, sausage and your favorite toppings! Come out and spend some time with friends. Donations welcome.

Civil War Series: The Grand Review

Wednesday, January 20, 10 am

Brad Berger of the National Park Service is back. As the end of May, 1865 approached, the space of almost two months passed since the assassination of President Abraham Lincoln. The black crepe decorating the sides of buildings in Washington reflected a city still very much in mourning. However, great preparations were underway for an event meant to lift the spirits of those who sorely needed something to cheer about. The armies of General Grant and General Sherman were to converge upon the nation's capital for a grand review.

Chili Cook-off

Friday, January 29, 12 noon

Cost: \$5

Get in the kitchen and perfect that bowl of chili!

Join us at the center to taste and judge member creations. Enjoy salad and cornbread. Enter a chili and it's free. Come to taste and pay only \$5. Please register in advance.



Pancake Bar

Tuesday, February 9, 9 - 10:30 am

We will be back in the lobby with pancakes, sausage and your favorite toppings! Come out and spend some time with friends. Donations welcome.

Two for the Show

Friday, February 12, 11 am

This duo is back for another performance, enjoy as they use props, share the background of the music and sing.

Presidents

Friday, February 12, 11 am

Ken Serfass presents on Lincoln's birthday and the presidency from a Washington outsider looking in.

Lyric Opera Cares:

Made in America, The American Songbook

Wednesday, February 24, 11 am


Two vocalists and a pianist will perform popular favorite songs by American composers. The December program was fabulous. Make sure you mark your calendar for the wonderful treat.

Drumming

Friday, February 26, 11 am

Join us for a hour of stress reduction! First timers welcome. Spend time relaxing and put a smile on your face.

JANUARY 2016 MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| January 4, 2016 | January 5, 2016 | January 6, 2016 | January 7, 2016 | January 8, 2016 |
| Salad Meat Lasagna Green Beans Broccoli Garlic Bread Cheesecake Cup | Salisbury Steak Gravy Mashed Potato Collard Greens Bread Peaches | Spilt Pea Soup Chicken Salad LTO Roll Orange | Carrot Raisin Salad Swsh Meatballs Rotini Kale Bread | Ranch Salad Rotisserie Chicken Mashed Potatoes Oriental Blend Bread Fresh Fruit |
| January 11, 2016 | January 12, 2016 | January 13, 2016 | January 14, 2016 | January 15, 2016 |
| Cream of Potato Cold Cuts/Cheese Roll Peaches | Chicken fajita Pepper/onions Diced Tomatoes Tortilla Hot Apples | Sliced Turkey Gravy Mashed Potato Carrots Bread Peaches | Chicken & rice Chef Salad Veggie Pasta Salad Cornbread Fruit cocktail | Pork Chop/Gry Mashed Potatoes Marin Cucs/Tom Kale Bread Cran Applesauce |
| January 18, 2016 | January 19, 2016 | January 20, 2016 | January 21, 2016 | January 22, 2016 |
| CLOSED MARTIN LUTHER KING HOLIDAY | Carrot Raisin Sld Meatloaf/Gry Scalloped Pot Stewed Tomatoes Bread Fresh Fruit | Gelatin Beef Stew Biscuit Apple | Bean Soup Fried Chicken Coleslaw Potatoes Green Bean Biscuit | Tomato Soup Hamburger Baked Beans LTO Roll Fresh Fruit |
| January 25, 2016 | January 26, 2016 | January 27, 2016 | January 28, 2016 | January 29, 2016 |
| Italian Meatballs 3 Bean Salad Roll Fresh Fruit | Pot Roast/Gry Potatoes Carrots Cornbread Hot Apples | Carrot Raisin Sld Salisbury Steak/ Gravy Mashed Potato Broccoli Roll Fresh Fruit | Baked Fish Brown Rice Mar Cucs Oriental Blend Bread Fresh Fruit | Chili Cook-off \$5  |

GO50+

Our GO50+ membership packages are designed to enhance the quality of life for the 50+ adult population that lives, works and plays in Howard County. Effective January 4.

Live longer, healthier lives... join today!

| 50+ CENTERS | GO50+ FITNESS | GO50+ POOL |
|--|--|---|
| <p>Membership includes access to Gary J. Arthur and N. Laurel Community Centers and all Howard County 50+ Centers.</p> <ul style="list-style-type: none"> • Game Room Areas • Gymnasiums • Walking Tracks • Wellness Programs <p>FREE</p> | <p>Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.</p> <ul style="list-style-type: none"> • All 50+ Center Benefits • Fitness Rooms • Dance/Aerobics Studio* <p>Resident: \$75 per year Nonresident: \$100 per year</p> | <p>Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.</p> <ul style="list-style-type: none"> • All 50+ Fitness Benefits • Pool Access During Open Swim Hours <p>Resident: \$175 per year Nonresident: \$225 per year</p> |

* Dance/Aerobics Studio not available at Ellicott City 50+ Center.

ELLICOTT CITY 50+ FITNESS CENTER

9401 Frederick Road, Ellicott City, 21042
410-313-0727
www.howardcountygaging.org
8:30 AM-8 PM, M & W;
8:30 AM-4 PM, Tu, Th & F

GARY J. ARTHUR COMMUNITY CENTER

2400 Rte 97, Cooksville, 21723
410-313-4840 (status line: 410-313-4452)
www.howardcountymd.gov/GJACC.htm
7 AM-9 PM, M-Sa; 9 AM-6 PM, Su

NORTH LAUREL COMMUNITY CENTER

9411 Whiskey Bottom Road, Laurel, 20723
410-313-0390 (status line: 410-313-4452)
www.howardcountymd.gov/NLCC.htm
8 AM-9 PM, M-Sa; 9 AM-6 PM, Su

ROGER CARTER COMMUNITY CENTER

3000 Milltowne Drive, Ellicott City, 21043
410-313-2764 (status line: 410-313-4452)
www.howardcountymd.gov/RCCC.htm
6 AM-10 PM, M-F; 7 AM-10 PM, Sa;
7 AM-9 PM, Su



JANUARY AT A GLANCE



| | | | | |
|--|---|---|--|--|
| | | | | <p>1 Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 Acupuncture All Day</p> |
| <p>4 Energize IT 8:20 Basketball 9 Pilates 9:45 Pinochle 10 History of Broadway 11 Bridge 12:45 Prime Time 1</p> | <p>5 Hatha Yoga 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11 Chinese Mahjong 1</p> | <p>6 Energize IT 8:20 Basketball 9 Open Arts & Crafts 9 Bridge 12:45 Pilates 11 Prime Time 1</p> | <p>7 Hatha Yoga 9 Genealogy 10 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11</p> | <p>8 Basketball 9 Yoga 1/2 9 Medically Curious 10 Gentle Yoga 10:15 Pinochle 10 Acupuncture All Day Movie: The Intern 1</p> |
| <p>11 Energize IT 8:20 Ask the Pharmacist 9 Basketball 9 Pilates 9:45 Pinochle 10 Bridge 12:45 Prime Time 1</p> | <p>12 Hatha Yoga 9 New Member Coffee 9 Ted Talk 9:30 Blood Pressure 9 Council Meeting 1 SHIP Counselor Gentle Yoga 10:15 Pickleball 11 Sit & Fit 11 Chinese Mahjong 1</p> | <p>13 Basketball 9 Energize IT 8 Open Arts & Crafts 9 History Discussion 10:30 Bridge 12:45 Pilates 11 Prime Time 1</p> | <p>14 Hatha Yoga 9 Waffle Bar 9 Genealogy 10 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11</p> | <p>15 Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 Baltimore Waterfront 11 Acupuncture All Day</p> |
| <p>18 CLOSED MARTIN LUTHER KING HOLIDAY</p> | <p>19 Hatha Yoga 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11 Chinese Mahjong 1</p> | <p>20 Basketball 9 Open Arts & Crafts 9 Civil War Series 10 Bridge 12:45 Pilates 11</p> | <p>21 Hatha Yoga 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11</p> | <p>22 Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 Acupuncture All Day Movie: Inside Out 1</p> |
| <p>25 Energize IT 8:20 Basketball 9 Pilates 9:45 Pinochle 10 Bridge 12:45 Prime Time 1</p> | <p>26 Hatha Yoga 9 Blood Pressure 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11 Chinese Mahjong 1</p> | <p>27 Basketball 9 Open Arts & Crafts 9 Bridge 12:45 Pilates 11</p> | <p>28 Hatha Yoga 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11</p> | <p>29 Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 Acupuncture All Day Chili Cook Off 12</p> |