

January 2016

Monday	Tuesday	Wednesday	Thursday	Friday
4 Walking Club 8 Coffee with the Council 10 Chair Yoga 10 Gentle Yoga 11 Talkin' Broadway 1 Open Art 1	5 Walking Club 8 Fit 4 All 10 Line Dance 11:15	6 Walking Club 8 Zumba Gold 9:30 Tap Aerobics 10 Pilates 11:15 Open Art 1	7 Walking Club 8 S.H.I.P. 9:30/10:45 Fit 4 All 10 News Talk 10 Music w/ Kay 10:30 Pool Party 12:30 Open Games 1 Gentle Yoga 1:30	8 Walking Club 8 Brain Health 10 Massage 10 MD Insurance Administration 10 Sit, Stitch 'n Give 11 Pilates 11:15
11 Walking Club 8 Chair Yoga 10 Gentle Yoga 11 Open Art 1	12 Walking Club 8 Agewell 10 Zentangle® 101 Workshop 10:30 Line Dance 11:15 Council Meeting 1	13 Walking Club 8 Zumba Gold 9:30 Tap Aerobics 10 Re-wrap Holiday Sip & Swap 11 Open Art 1	14 Walking Club 8 Exercise Counseling 9 Agewell 10 News Talk 10 Exercise Guidance 1 Open Games 1	15 Walking Club 8 Brain Health 10 Massage 10 Q & A with Officer Lingham 10:30 Sit, Stitch 'n Give 11 New Year's Brunch 11 Pilates 11:15
18 Martin Luther King Holiday 50+ Center Closed NLCC Open for Fitness & Walking	19 Walking Club 8 Agewell 10 Healthy Tastings 10:30 Intermediate Zentangle® 10:30 Line Dance 11:15	20 Walking Club 8 Nutrition Counseling 9:30 Tap Aerobics 10 Baltimore Museum of Industry 11 Pilates 11:15 Computer Chat 1 Open Art 1	21 Walking Club 8 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Open Games 1 Matinee Movie 1 Gentle Yoga 1:30	22 Walking Club 8 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
25 Walking Club 8 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Open Art 1	26 Walking Club 8 Agewell 10 Intermediate Zentangle® 10:30 Travel Talk 10:30 Line Dance 11:15 Birthday Bash 12	27 Walking Club 8 Zumba Gold 9:30 Tap Aerobics 10 Pilates 11:15 Open Art 1	28 Walking Club 8 Agewell 10 News Talk 10 Open Games 1 Gentle Yoga 1:30	29 Walking Club 8 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11 Football Friday 12

Lunch is served Monday - Friday at Noon except where indicated; see insert for Menu & Nutrition Notes

JANUARY 2016 OFFERINGS

Maryland Insurance Administration

Friday, January 8 10 am - 12 pm
Need help to better understand coverage on your insurance policy or confused about rate increases? A MIA specialist will be available to answer questions and share information.

Zentangle® 101 Workshop

Tuesday, January 12 10:30 am - 12:30 pm
Cost: \$5 includes materials
Sample the relaxing and intricate art of tangles with Ginny Lockhart, a certified Zentangle® instructor. No Zentangle® or artistic experience required.

Intermediate Zentangle®

Tuesdays 10:30 am - 12:30 pm
January 19 to February 16
No Class 2/2
Cost: \$32 inc. \$10 materials fee due 1st day to instructor
Learn new and more intricate tangles and delve deeper into strings, shadings and enhancing your tangles. Bring your kit from a previous class and reading glasses.
Prerequisite: Beginner Zentangle® or 2 hour workshop

Re-Wrap Holiday Sip & Swap

Wednesday, January 13 11 am
Bring in a wrapped holiday item to swap with fellow members. A perfect occasion to re-gift a holiday knick knack. Light refreshments will be served. One item per person. Items not swapped will be donated to a local charity.

New Year's Brunch

Friday, January 15 11 am - 1 pm
Cost: \$3.00 for concert; Lunch donation for those 60+
Enjoy hits from Frank Sinatra, Bobby Darin and Dean Martin while welcoming 2016 with a delicious nutritious brunch. Purchase ticket at 50+ Front Desk and reserve lunch by 1/6.

Q & A with Officer Lingham

Friday, January 15 10:30 am
Join HCPD Senior Liaison, Andre Lingham, in the lobby for information on public safety.

Baltimore Museum of Industry Baltimore Enters the Industrial Age: Colonial Town to Manufacturing Center

Wednesday, January 20 11 am - 12 pm
This presentation surveys the very roots of Baltimore as a center for commerce, business and industry between 1815 & 1875. See the history that shaped and urbanized the city. Followed by a special lunch - reserve by 1/13.

Travel Talk -

Road Trip Around New Zealand

Tuesday, January 26 10:30 am - 12 pm
Explore Auckland, Wellington, Bay of Islands and the spectacular Milford Sound in this presentation from travel enthusiast, Rick.

Football Friday

Friday, January 29 12 pm
Cost: Lunch donation for those 60+
Cheer on your favorite team at this sport social and enjoy a meal of your game day favorites. Reserve your lunch by 1/20.

Sign - up for programs at 50+ Front Desk