



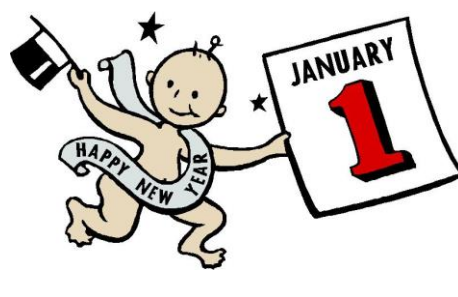
North Laurel Senior Center Plus

January, 2016



9411 Whiskey Bottom Road
 Laurel, MD 20723
 410-313-7218

Hours: Monday through Friday 9:30am - 1:30pm
Nancy Riley, Director: nriley@howardcountymd.gov
Rachel McCracken, Asst. Dir.: mccracken@howardcountymd.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  				<p style="color: red; font-weight: bold;">Closed for New Year's Day</p> <p style="font-size: 2em; font-weight: bold;">1</p>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Puzzles and Games 12:00 Lunch 12:45 Good Old Days <p style="text-align: right; font-weight: bold;">4</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Broadway Songs Singalong 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right; font-weight: bold;">5</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music with Al 12:00 Lunch 12:45 Tai Chi w/ Dave <p style="text-align: right; font-weight: bold;">6</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Sing-a-long with Kay 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right; font-weight: bold;">7</p>	9:30 Coffee Talk 10:30 Exercise with Liz 11:30 Good Old Days 12:00 Lunch 12:45 Bingo <p style="text-align: right; font-weight: bold;">8</p>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music with Ed 12:00 Lunch 12:45 Good Old Days <p style="text-align: right; font-weight: bold;">11</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Cooking Activity 12:00 Lunch 12:45 Exercise with Liz <p style="text-align: right; font-weight: bold;">12</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Travel to Europe- Italy 12:00 Lunch 12:45 45 Tai Chi w/ Dave <p style="text-align: right; font-weight: bold;">13</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Jewelry Craft 12:00 Lunch 12:45 Exercise with Liz <p style="text-align: right; font-weight: bold;">14</p>	9:30 Coffee Talk 10:00 Good Old Days 10:30 Music with Charlie E 12:00 Lunch 12:45 Bingo <p style="text-align: right; font-weight: bold;">15</p>
<p style="color: red; font-weight: bold;">Closed for Martin Luther King Day</p> <p style="font-size: 2em; font-weight: bold;">18</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Copper Tooling 12:00 Lunch 12:45 Exercise with Liz <p style="text-align: right; font-weight: bold;">19</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music Trivia Name that Tune 12:00 Lunch 12:45 Tai Chi w/ Dave <p style="text-align: right; font-weight: bold;">20</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Polymer Clay 12:00 Lunch 12:45 Exercise with Liz <p style="text-align: right; font-weight: bold;">21</p>	9:30 Coffee Talk 10:30 Exercise w/Liz 11:30 Good Old Days 12:00 Lunch 12:45 Bingo <p style="text-align: right; font-weight: bold;">22</p>
<p style="color: red; font-weight: bold;">Bob Evans Restaurant 9:30am – 1:30pm (410) 290-0004</p> <p style="text-align: right; font-weight: bold;">25</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Drumming with James 12:00 Lunch 12:45 Exercise with Liz <p style="text-align: right; font-weight: bold;">26</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Pets Day 12:00 Lunch 12:45 45 Tai Chi w/ Dave <p style="text-align: right; font-weight: bold;">27</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music with Al 12:00 Lunch 12:45 Exercise with Liz <p style="text-align: right; font-weight: bold;">28</p>	9:30 Coffee Talk 10:30 Exercise with Liz 11:30 Good Old Days 12:00 Lunch 12:45 Bingo <p style="text-align: right; font-weight: bold;">29</p>

January Notes and News

**Best wishes from North Laurel Senior Center Plus for
a Happy and Healthy New Year!**

**We are updating our phone and email information this month.
Please send back the attached form with your correct email, home phone and cell phone
numbers and those of your emergency contact persons.**

Thank you!

Important Dates and Reminders

As we are wearing cold weather gear in colder temperatures, please be sure to label your outer wear with your name to help keep track of everyone's belongings.

Closings:

The Center will be closed on **Friday, January 1st** for New Year's Day!

The Center will be closed on **Monday, January 18th** for Martin Luther King, Jr. Day.

Outings:

Monday, January 25th Bob Evans Restaurant 9:30am - 1:30pm.

It is often cool in our rooms, so please dress appropriately and bring/wear a lightweight jacket or sweater.

Resource and Referral Information

Maryland Access Point, (MAP): Provides free information, assistance, and future planning for older adults and persons with disabilities. Contact them at 410-313-5980, 1-800-506-5806 or map@howardcountymd.gov.

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Senior Center Plus Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV or contact the center at 410-313-7218 to hear a recorded message regarding center operations..

If you need this publication in an alternate format, call 410-313-7218.