



**WHAT'S HAPPENING AT  
ELKRIDGE SENIOR CENTER  
IN  
July & August**

**Special Events.....2**

**On-Going Events.....3**

**Lunch Menu .....4**

**Staff**

**Jeanne Slater, Director**  
Office: 410-313-5192  
(410) 313-4930  
FAX: 410-313-4929

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

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

**ELKRIDGE SENIOR CENTER**

**5660 Furnace Ave.  
Elkridge, MD 21075**

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

**JULY/AUGUST 2016**

***SPECIAL NOTICE***

**The move is done! We are now in our new temporary location at the fellowship hall of Melville Chapel United Methodist Church  
5660 Furnace Avenue  
Elkridge, Maryland 21075.**

**Our phone numbers have NOT changed, so feel free to continue to reach us at the numbers listed to the left.**

**As soon as the renovations begin we will keep you updated with pictures so you can follow the progress! Thank you to all the wonderful volunteers who helped with the move.**

**I could not have done it without your help.  
Elkridge Rocks!  
*Jeanne***

**Effective July 1, the Office on Aging will become the Office on Aging and Independence. This name more accurately reflects the work that we do providing information about resources for older adults and persons with disabilities.**

**Also, Effective July 1, Maryland Access Point of Howard County (MAP) will be changing their number to (410) 313-1234!**

***CLOSINGS FOR JULY/AUGUST*  
Monday, July 4th Holiday**



## SPECIAL EVENTS & NEW PROGRAMS

### INDEPENDENCE DAY CELEBRATION

July 1, 2016

10:30-1:30

\$5.00 & Lunch donation



Enjoy a delicious, fresh salad bar with all your favorite toppings, then relax for some fun trivia and made-to-order ice cream.

### NUTRITION TIPS WITH RONA

July 7, 2016

10:00-11:00

FREE

Enjoy an interesting talk with Rona and learn how to eat healthy in the warm months.



### iPHONE CLASS

July 15, 2016

### ANDROID CLASS

August 12, 2016

10:00-12:00 (both classes)

Today's smart phones can do a lot! Learn all the great features of your phone and make your life easier.



### LET'S DISH

Shrimp and Veggies

July 22, 2016

11:00-12:00

Watch us make a healthy, delicious summer dish that is sure to please any guest.

It's fun and easy.

Donations accepted

### SENIOR DAY AT THE FAIR

August 9, 2016

10:00-3:00

Free admission for those 62 and over. Corn dogs, cotton candy, funnel cakes, bingo, rides and so much more! There is nothing like a day at the fair. Discount food coupons available at all 50+ Centers.



### LET'S DISH

Chicken Broccoli Alfredo

August 19, 2016

11:00-12:00

You will be amazed how easy this wonderful dish is to make!

Watch and then enjoy yummy samples of this great dish.

Donations accepted

***SAVE THE DATE!!***

***September 16th, 2016***

***CRAB FEAST at Elkridge 50+ Center***

***\$20.00/person***

***Featuring fresh, hot, Maryland Crabs, Crab Soup, BBQ Chicken, Slaw,***

***Macaroni Salad and Watermelon.***

***A delicious way to celebrate the end of summer!!***

# ONGOING PROGRAMS

## **Mondays:**

8:00am—9:00am: *Walking Club (meet in front parking lot)*

10:30am—2:00pm: *Bridge/Card Group*

11:00am—2:00pm: *Bingo with Lunch (reserve one week in advance) (July 25 & August 29)*

## **Tuesdays:**

9:00am—10:00am: *Age Well Exercise*

11:00am—Noon: *Brain Fitness (July 12 & August 16)*

10:00am—12 Noon: *Knitting Club*

12 Noon—*Lunch (reserve one week in advance)*

12:30pm—1:30pm: *Book Club (July 12 & August 9)*

## **Wednesdays:**

8:00am —9:00am: *Walking Club (meet in front parking lot)*

9:00am—11:00am: *Pancake Breakfast (July 20 & August 17)*

10:00am—11:30am: *Wii Fitness/Bowling (July 20 & August 17)*

12 Noon—*Lunch (reserve one week in advance)*

2:00pm—3:30pm: *Line Dance*

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

## **Thursdays:**

9:00am—10:00am: *Age Well Exercise*

10:00am—3:00pm: *Open card games*

10:00am—12:00 pm: *Nutrition Education & Counseling (July 7 & August 18)*

10:00am—12 Noon: *Coffee chat*

12 Noon—*Lunch (reserve one week in advance)*

1:00pm—4:00pm: *Bridge Club (new members welcome)*

## **Fridays:**

8:00am—9:00am: *Walking Club (meet in front parking lot)*

10:30am—11:30pm: *Chair Yoga*

10:00am—1:00pm: *Legal Aide (second and fourth Fridays)*

12 Noon—*Lunch (reserve one week in advance) (July 22 & August 19 Let's Dish)*

## **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.**

## *Join Us For Lunch!*

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



**Friday, July 1– salad bar—tuna salad, lettuce, cheese, tomatoes, cucumber, egg, garbanzo beans, cucumbers, croutons and milk**

**Tuesday, July 5– 8oz grilled ribeye steak, large baked potato, creamed spinach, Mediterranean salad, split top roll, apple pie, and milk**

**Thursday, July 7– pot roast in gravy, potatoes, carrots, and onions, corn bread, pumpkin pie, milk, orange-pineapple juice**

**Monday, July 11– buttermilk fried chicken, oven roasted potatoes, succotash, green salad, fruit cobbler, cornbread, and milk**

**Tuesday, July 12– Tuscan bean soup with assorted crackers, stuffed pepper, whole baby carrots, spiced apples, split top roll, and milk**

**Thursday, July 14– thick cut pork chop with gravy, savory stuffing, green bean almandine, seasonal fruit, cornbread, apple pie, and milk**

**Tuesday, July 19– grape juice, braised beef, mashed potatoes, mixed green salad, white/wheat bread, tropical fruit, and milk**

**Wednesday, July 20– pancakes, sausage, apple sauce, milk**

**Thursday, July 21– roast beef, green salad, mashed potatoes, Brussel sprouts, split top roll, pumpkin cheesecake, and milk**

**Friday, July 22– Cooking class—shrimp and veggies**

**Monday, July 25– 1/4 lb cheddar cheeseburger, LTO, potato salad, coleslaw, Kaiser roll, watermelon, and milk**

**Tuesday, July 26– pot roast in gravy, potatoes, carrots, and onions, corn bread, pumpkin pie, milk, orange-pineapple juice**

**Thursday, July 28– cheese lasagna, green salad, watermelon, cucumber-mandarin salad, garlic bread stick, brown trifle, and milk**

### *Dates lunches is scheduled in August:*

*Mondays: 8th & 29th*

*Tuesdays: 2nd, 9th, 23rd, 30th*

*Wednesdays: 17th (Pancakes)*

*Thursdays: 4th, 11th, 18th, 25th*

*Friday: 19th (Cooking class)*

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.