

WELCOME TO THE GLENWOOD 50+ CENTER



JUNE 2016

www.glenwoodseneiorcenter.org



2400 Route 97
Cooksville, MD 21723
(410) 313 - 5440 Front Desk
Fax: (410) 313 - 4846
Center Email:
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
www.glenwoodseneiorcenter.org

Volunteer Website:
www.hocovolunteer.org

Saturday, June 4th kicks off HoCo Walks, a first Saturday program through November. The first walk is scheduled for 9 am at the Gary J. Arthur Community Center with guest walker, Allan H. Kittleman, County Executive. Participants choose either a 1 or 2 mile route. See details at the front desk. This month brings Makeup Mavens, a talk and luncheon on June 6th, and Glamour at Glenwood on June 8th, our annual Fashion Event catered by Nora's Kabob. June also features speakers on, Star Spangled Town, C&O Canal, Flag Day, History of Spices, Princeton Incident and an in person Mr. & Mrs. Robert E. Lee. The Lyric will be here and presents, "A Grand Night of Singing." Tickets go on sale for our New York Trip on June 1. All sales on June 1 must be in person. Telephone registration will begin on the 2nd.

See you around the center!

Regina, Cathy, Chris, Torry and Evan

SPOTLIGHT ON CRAB CAKE FUNDRAISER JULY 22 @ NOON



Support the center and come to our Crab Cake Luncheon on Friday, July 22 at noon. Cost is only \$15 and includes a homemade large crab cake, roll, lettuce, tomato, coleslaw, chips, pickle, sauces and dessert. The proceeds go to support speakers, programs and trips at the Glenwood 50+Center. Tickets go on sale June 13. Carryout option is available. Must pay in advance.

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**GLAMOUR
 AT
 GLENWOOD
 JUNE 8
 \$15**

50+CENTER NEWS TO USE

Center Information and Closings

Wednesday, June 1, No lunch

Tuesday, June 28, No lunch

Monday, July 4, Independence Day

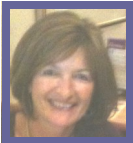
50+ Programs: The Glenwood 50+ Center follows the policy of Recreation and Parks and does not pro-rate for classes missed. Interested in trying a class? Try out one class for free.

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.



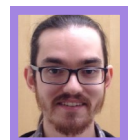
Regina Jenkins, Director
(410) 313-5443
rjenkins@howardcountymd.gov



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

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:

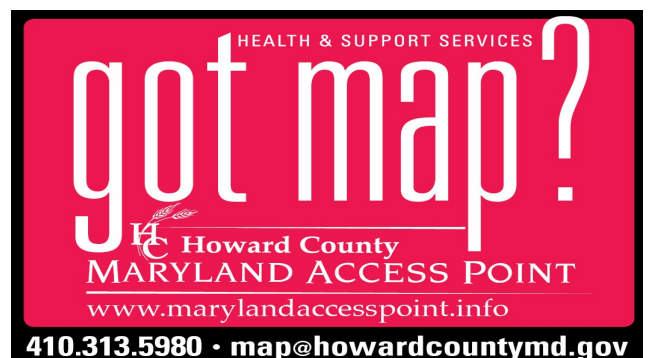
Laurel Gafke	Carl Hood
Joann Brown	Barbara Cornell
Doug Hillmuth	Laura Grant
Laura Wilson	Erin Matthews
Linda Deffinbaugh	Linda Behsudi
Lee Hartman	Alysa Simms
Katie Roe	

Meetings: June 14, 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)



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, Kindred Spirits Director and Facilitator
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



WESTERN HOWARD COUNTY SENIOR COUNCIL

SPOTLIGHT ON COMMUNITY AT LARGE MEMBER: ERIN MATTHEWS, BOOKS WITH A PAST

Erin joined the Western Howard County Senior Council as a Community at Large Member in 2015 and has already joined forces with our staff to bring new authors to the Glenwood 50+Center. She has also provided the books to sell at these author events. Erin owns Books with a Past, just across 97 from the center. Books With A Past is an independent bookstore. They offer a variety of genres, both in fiction and non-fiction, for your perusal. You are welcome to come in and browse, though of course we hope you will fall in love with some of our book or gift offerings and decide to give them a good home. Books With A Past was opened in 1996 by Marvin and Mary Alice Schaefer. In December 2009, the Schaefer's sold Books With A Past, name and all, to Erin Matthews. Erin, is an avid reader who has wanted to own a bookstore since she was 15. She is grateful to the Schaefer's and to the local community who have made this dream possible. www.bookswithapast.com

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

EXERCISE AND FITNESS CLASSES

Sit & Fit

Tuesday and Thursday, 11 am

Cost: \$48 for 16 classes

Next session begins August 2

Instructor: Susan Kain

No class August 16, 18, 23, 25, 30 and September 1, 6

Energize H.I.I.T.

High Intensity Interval Training

Monday and Wednesdays, 8:20 am

Cost: \$68 for 16 classes

Next session begins August 15

Instructor: Sara Schwab

No class June 1, 6, 8, and July 4, 6, 11

Gentle Yoga

Tuesdays or Thursdays, 10:15 am

Cost: \$60 for 10 weeks

Next Tuesday session begins September 6

Next Thursday session begins August 18

Instructor: Mary Garratt

Gentle Yoga,

Fridays, 10:15 am

Cost: \$60 for 10 weeks

Next session begins

Instructor: Susan Kain

No class August 19, 26, 29 and September 2

Hatha Yoga 1-2

Fridays, 9-10 am

Cost: \$60 for 10 weeks

Next session begins July 22

Instructor: Susan Kain

No class August 19, 26, 29, and September 2

Hatha Yoga

Tuesdays or Thursdays, 9 am

Cost: \$60 for 10 weeks

Next Tuesday session begins September 6

Next Thursday session begins August 18

Instructor: Mary Garratt

Yogalates

Mondays, 3 pm

Cost: \$60 for 10 classes

Session begins July 25

Instructor: Susan Kain

No class August 22, 29, and September 5

Pilates

Mondays, 9:45 am

Cost: \$41 for 7 classes

Next session begins September 12

Instructor: Bob McDowell

Pilates

Wednesdays, 11 am

Cost: \$46 for 8 classes

Next session begins September 7

Instructor: Bob McDowell

Prime Time Tone, Balance & Flex

Monday, Wednesday, 1-2 pm

Cost: \$48 for 16 classes

Next session begins July 11 **a mini session**

Instructors: Sara Schwab, Marianne Larkin

Mini Session, 8 classes, \$24

No Primetime in August

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

East meets West in Yogalates, a combination of the best of the disciplines of yoga and Pilates. By fusing yoga, the tradition from India, with Pilates, a system of exercises developed in the 1920's by Joseph Pilates, participants will gain strength, stability, flexibility and stress reducing techniques along with attention given to the core muscles. Participants need to be able to get up and down from the floor.

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.

Ask the Pharmacist

Monday, June 13, 9 am

Monday, July 11, 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.

Blood Pressure Screenings

Tuesdays, June 7, 21, 9 - 11 am

Tuesdays, July 12, 19, 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.

Nutrition Counseling

Wednesday, June 8, 9:30 - 11 am

Friday, July 8, 9:30 - 11 am

Schedule an individual appointment with Mary Kuttler, RD. Mary 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.

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!



SHIP Counseling

Tuesday, June 14, 9 am - 12 noon

Tuesday, July 12, 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.

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. Players age 62 and better can enjoy playing with members in their age group beginning at 11 am.



JUNE & JULY 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.

Star Spangled Town

Friday, June 3, 11 am

Historian and educator Wayne Schaumburg will discuss the "Battle of Baltimore" that inspired Francis Scott Key to compose the poem "Defense of Fort McHenry" which later became the lyrics for "The Star-Spangled Banner."

Make-up Mavens and Lunch

Monday, June 6, 10 am

Cost: \$5

The women behind our Make-Up. Learn how these early cosmetic businesses became part of a multi-billion dollar industry due in part to the innovations, drive and creativity of these five mavens: Helena Rubinstein, Elizabeth Arden, Estee Lauder, Mary Kay and Avon. Presentation by: Barbara Blumberg. Followed by a luncheon for attendees. Register in advance.

History Discussion Group

Wednesday, June 8, 10:30 am

Join this group for a lively and interesting monthly discussion on history topics.

Bagels with TED

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



Tuesday, June 14, 9:30 am

The Magic Ingredients that bring Pixar to Life
Inside the Mind of a Master Procrastinator

Tuesday, July 12, 9:30 am

JUNE & JULY PROGRAMS AND EVENTS

C & O Canal Program

Tuesdays, June 7 and 14, 1 pm

Ever wonder why the long canal from Cumberland to Georgetown is important enough to be a National Park? Learn how the Chesapeake and Ohio Canal on the Potomac River was conceived, built and functioned. Learn about life on the canal and the role it played in the Civil War. Find out how one Supreme Court judge saved the canal from being turned into a scenic parkway. Instructor: James Rada, Jr. has written three books and dozens of articles about the C&O Canal.

Glamour at Glenwood

Wednesday, June 8, 12 pm

Cost: \$15



Don't miss out as Christopher and Banks presents Glamour at Glenwood! Put your best fashion foot forward and enjoy a gourmet catered

lunch, lovely music and the latest in "Comfortable & Casual" clothes from the summer collection and accessories. Event sells out every year. Purchase your tickets by June 1, by calling the front desk at (410) 313-5440.

History Of Broadway

Thursday, June 9, 11 am

Monday, June 13, 11 am

June 9 topic is, The Evolution of the Plotless Musical 1970's. June 13 topic is, Musicals with a Backdrop in Show Business. Instructor: Steve Friedman

Genealogy Analyzing Your Pedigree

Thursday, June 9, 10 am

You've been gathering and recording lots of information about your ancestors. You've added lots of names, dates and places to your family tree when suddenly you realize there's something wrong. STOP!! Don't go any further until you analyze what you've gathered and the sources you used. If you've hit such a "brick wall", bring your pedigree chart to this class and we'll analyze it together. Instructor: Dottie Aleshire

Medically Curious

Friday, June 10, 10 am

Dr. Larry Romane continues his Medically Curious series. June topic is Strokes.

New Member & Volunteer Coffee

Tuesday, June 14, 9 am

Tuesday, July 12, 9 am

Join the staff for coffee and an introduction to the center. Learn about center programs and ways you can get involved. Pick up your binder of information on the center, receive a tour and get your questions answered. Please sign up in advance at the front desk.

JUNE & JULY PROGRAMS AND EVENTS

New Release Movies

Fridays, 1 pm, Cost: \$1 donation



June 10: Creed PG 13, 2 hours, 13 min.

June 24: Joy, PG 13, 2 hours, 4 min.

July 8: The Letters, PG, 1 hour, 54 min.

July 22: The Revenant, R, 2 hours, 36 min.

Civil War Series

Wednesday, June 15, 10 am

Mr. & Mrs. Robert E. Lee are presented as friends, husband & wife, father and mother, military genius, the Lady of Arlington, and educator. The presenters will show the human side of these two famous Americans.

Flag Day Lecture:

Thursday, June 16, 10 am

Amanda Shores Davis, executive director of the Star-Spangled Banner Flag House and Museum, a National Historic Landmark in Baltimore, will discuss the history of the American flag, origins of National Flag Day, and the Flag House's involvement in Baltimore City and Maryland State celebrations of National Flag Week.

Princeton Incident - Brad Berger

Friday, June 17, 11 am

The Princeton Disaster of 1844 occurred on February 28 aboard the newly built USS Princeton when one of the ship's long guns, the "Peacemaker", then the world's longest naval gun, exploded during a display of the ship. Six people were killed. Instructor: Brad Berger.

Lyric Opera Presents:

A Grand Night Of Singing

Wednesday, June 22, 11 am

A collection of songs by Rodgers and Hammerstein from five of their most famous musicals: Oklahoma!, Carousel, South Pacific, King & I and The Sound of Music. Audience members will not only hear the favorites, but learn interesting facts about the composers and the shows while they are transported back to the Golden Age of music.

Fells Point Walking Tour & Factory Tour

Thursday, June 23

Cost: \$55

Merchant Seamen from all over the world stepped ashore in Fell's Point. Trip begins with a walking tour of this neighborhood then a quick jaunt to one of the last industries on the waterfront for an insider's tour to watch as some of the tastiest sauces in the world are being made. Lunch will be at Ikaros in Greektown. Led by Zippy Larson, chosen by **Baltimore Magazine** and **City Paper** as Best Baltimore Guide. **Sponsored by the Western Howard County Senior Council.**



JUNE & JULY PROGRAMS AND EVENTS

A History of Spices

Friday, June 24, 10 am



Our guest speaker, Jerry Kahan, is a retiree of McCormick & Company where he worked for 38 years in various technical and administrative positions. His 90 minute talk will focus on the history of spices, a story which spans the history of Western Civilization. During ancient times, transporting spices from far- away lands was bound to prove difficult and expensive, and that forms the basis of a saga filled with exotic lands, myths, legends, brave souls, and numerous adventures.

The Colonel's Way

Wednesday, June 29, 10 am

From a true hero with a military career that bridges five decades comes a titanic story of survival; a compassionate leader with unsurpassed integrity who was "... made of steel, dipped in stardust." In this book, compiled by the granddaughter of Colonel Shreve, are the original diaries he kept in Cabanatuan Camp plus the historical context before and after the War and what went on in the amazing MIS-X Underground.

Adventure with Raptors

Friday, July 8, 11 am

Come learn about these beautiful birds of prey up close and in person. Sign up at the front desk.

History of Advertising

Friday July 8, 15, 22, 10 am

Learn about the history of advertising and the 15 ads that changed the way we live. Who was the first corporate face, when did we associate Michael Jordan with Nike and more. Instructor: Barbara Blumberg.

History of Broadway

Monday, July 11, 11 am

Thursday, July 14, 11 am

Steve Freidman presents, Best Musical Revivals Ever on the 11th and The British Invasion on the 14th. Enjoy history and performance.

Genealogy

Thursday, July 14, 10 am

Dottie Aleshire continues her monthly series with the topic, Five Ways to Recharge Your Family Reunion.

Cooking Demo: Grilling with Torry

Friday, July 15, 9:30 am

Cost: \$7

Join us for a delicious cooking demo with a variety of grilled fruits and veggies. Grilled pineapple, grilled pound cake with peaches, bacon wrapped asparagus for starters!

Civil War Series

Wednesday, July 20, 10 am

The Siege at Petersburg, presented by Richard J. Sommers. Sponsored by the Western Howard County Senior Council and Books with a Past Bookstore.

UPCOMING TRIP

NEW YORK CITY BUS TRIP

Wednesday, September 7, 2016

TONY NOMINATED BROADWAY SHOW

"WAITRESS"

FEATURING JESSIE MUELLER

Cost: \$255 per person, includes travel on motor coach, snacks and water on bus, discussion on Powerful Women in Musicals by Steve Freidman on bus. Orchestra seats at the theater, lunch at the Palm and a box dinner from the Palm on the return trip. Leaves at 7 am and returns by 9:30 pm. \$100 deposit due at time of registration. Remainder is due August 7, 2016. (410) 313-5440. Trip requires walking.



Department of
CITIZEN SERVICES
OFFICE ON AGING

JUNE AT A GLANCE

		<p>1</p> <p>Basketball 9 Energize HIT 8:20 Open Arts & Crafts 9 Bridge 12:45 Pilates 11 Prime Time 1</p>	<p>2</p> <p>Hatha Yoga 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11</p>	<p>3</p> <p>Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 Star Spangled Town 11 Acupuncture All Day</p>
<p>6</p> <p>Energize HIT 8:20 Basketball 9 Pilates 9:45 Pinochle 10 Make Up Mavens 10 Bridge 12:45 Prime Time 1 Yogalates</p>	<p>7</p> <p>Hatha Yoga 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11 Chinese Mahjong 1 C&O Canal Course 1</p>	<p>8</p> <p>Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 Nutrition Counseling 9:30 History Discussion 10:30 Glamour @ Glenwood 12 Bridge 12:45 Pilates 11</p>	<p>9</p> <p>Hatha Yoga 9 Genealogy 10 Gentle Yoga 10:15 History of Broadway 11 Sit & Fit 11 Pickleball 11</p>	<p>10</p> <p>Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 Medically Curious 10 Acupuncture All Day Movie: Creed 1</p>
<p>13</p> <p>Energize HIT 8:20 Basketball 9 Ask the Pharmacist 9 Pilates 9:45 Pinochle 10 History of Broadway 11 Bridge 12:45 Prime Time 1 Yogalates</p>	<p>14</p> <p>Hatha Yoga 9 Blood Pressure 9 New Member Coffee 9 Ted Talk 9:30 SHIP 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11 Chinese Mahjong 1 Council Meeting 1 C&O Canal Course 1</p>	<p>15</p> <p>Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 Civil War Series 10 Bridge 12:45 Pilates 11</p>	<p>16</p> <p>Hatha Yoga 9 Flag Day Lecture 10 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11</p>	<p>17</p> <p>Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 Princeton Incident 11 Cookout Lunch 12 Acupuncture All Day</p>
<p>20</p> <p>Energize HIT 8:20 Basketball 9 Pilates 9:45 Pinochle 10 Bridge 12:45 Prime Time 1 Yogalates</p>	<p>21</p> <p>Hatha Yoga 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11 Chinese Mahjong 1</p>	<p>22</p> <p>Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 Bridge 12:45 Pilates 11 Lyric Opera 11</p>	<p>23</p> <p>Trip to Fells Point Hatha Yoga 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11</p>	<p>24</p> <p>Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 History of Spices 10 Pinochle 10 Acupuncture All Day Movie: Joy 1</p>
<p>27</p> <p>Energize HIT 8:20 Basketball 9 Pilates 9:45 Pinochle 10 Bridge 12:45 Prime Time 1 Yogalates</p>	<p>28</p> <p>Hatha Yoga 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11 Chinese Mahjong 1</p>	<p>29</p> <p>Energize HIT 8:20 Basketball 9 Open Arts & Crafts 9 Colonel's Way 10 Bridge 12:45 Pilates 11</p>	<p>30</p> <p>Hatha Yoga 9 Gentle Yoga 10:15 Sit & Fit 11 Pickleball 11</p>	<p>1</p> <p>Basketball 9 Yoga 1/2 9 Gentle Yoga 10:15 Pinochle 10 Acupuncture All Day</p>