



9411 Whiskey Bottom Road
 Laurel MD 20723
 (410) 313 - 0380
 Fax: (240) 568-3030

nlaurel50center@
 howardcountymd.gov

50+Center Hours

Monday - Friday
 8:30 am - 4:30 pm

Website:
 www.howardcountyaging.org

NORTH LAUREL 50+ CENTER NEWS & NOTES

Five Years

This month North Laurel will celebrate its 5th anniversary. The 50+ Center opened in June 2011 with 1 fitness class, 3 employees and no Senior Center Plus program. Today there are 12 fitness classes, 8 employees and 60 members that have been served by the Plus program. Together, 50+ and Senior Center Plus have logged over 110,000 units of service to its' over 3,000 members and many visitors.

Thank you for your commitment to the programs and offerings and for sharing with others what is happening at North Laurel. Looking forward to many more years of service to our members and to the community.

The Center will be celebrating it's 5 Year Anniversary all day on Friday, June 3, 2016. Please come by -

Stop by and enjoy all the Center has to offer -

Trisha, Michelle, Carmen & Lauren

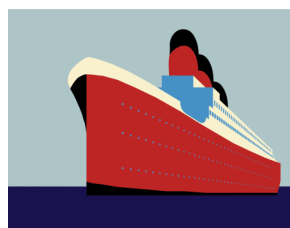
INSIDE THIS ISSUE:

News & Notes	2
Membership/Registration	3
Fitness, Health & Wellness	4 - 5
On-going Programs	6
June Offerings	7
Monthly Calendar	8
Menu & Nutrition Notes	INSERT

CENTER HIGHLIGHTS



Flag Day Ceremony
Tuesday, June 14
11 am



Day on the Deck Party
Wednesday, June 15
11 am

The North Laurel 50+ and Senior Center Plus programs & Community Center are closed on Monday, July 4 for Independence Day. Have a Happy and Safe Holiday!



In Your Neighborhood

North Laurel 50+ Center, located within the North Laurel Community Center, offers a variety of programs and activities for persons age 50 and older. The monthly newsletter with Center activities and events is available for pick-up at the Center and on-line at www.howardcountyaging.org.

If you need accommodations to attend North Laurel events or if you need this document in an alternative format, contact the 50+ Center at 410-313-0380. People who have a hearing or speech disability June contact us through Maryland Relay by calling 7-1-1.

North Laurel Senior Council

The Council supports North Laurel 50+, Senior Center Plus & Kindred Spirits operations, serves as an advisory group, plays a leadership role and represents the Center to the community. Assistance with events is always welcome.

Coffee w/ the Council	June 1	10 am
Music with Kay	June 1	10:30 am
Rack 'Em Up Pool Party	June 2	12:30 pm
Matinee Movie	June 16	1 pm
Birthday Bash	June 21	12 pm

COMING AUGUST 2nd - National Night Out

MEET THE STAFF

- Trisha Olsen** 410-313-0389
Director, 50+ Center
- Michelle Feng** 410-313-0388
Assistant Director, 50+ Center
- Carmen Faye** 410-313-0380
Front Desk, 50+ Center
- Lauren Hilinski** 410-313-0387
Nutrition Specialist, 50+ Center
- Nancy Riley** 410-313-7218
Director, Senior Center Plus & Kindred Spirits Social Club
- Rachel McCracken** 410-313-7691
Assistant Director, Senior Ctr Plus
- Nancy Gabie** 410-313-0396
Program Assistant, Senior Ctr Plus
- Nicholas Keplinger** 410-313-0398
Program Assistant, Senior Ctr Plus

Helpful Numbers

- State Health Insurance Program**
(410) 313-7392
- Maryland Access Point (MAP)**
(410) 313-5980
- RTA Mobility** www.transitRTA.com
1-800-270-9553

Senior Center Plus

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, a certified social model day program, offers a safe, affordable & stimulating option. Directed by a Certified Occupational Therapy Assistant, the staff is dedicated to providing a place for your loved one to socialize in a structured and supportive environment. The 4-hour program provides therapeutic programming, a well balanced lunch time meal and snacks. For more information, contact Nancy Riley, Director at (410) 313-7218 or nriley@howardcountymd.gov.

The **Kindred Spirits Social Club at North Laurel** is a place for people diagnosed with an early stage memory disorder to interact with others who are walking the same journey. The club provides education, socialization, support and companionship in a safe and nurturing environment. For more information, contact Nancy Riley at 410-313- 7218 or nriley@howardcountymd.gov.

MEMBERSHIP & REGISTRATION

Membership

You must be a registered member to use the North Laurel 50+ Center. Membership is free and it is a quick application process. It is required to register for programs & activities. Stop by the 50+ Center Front Desk between 9 am and 4 pm Monday through Friday for your membership card with photo ID.

Registration

Sign-up for classes and activities at the 50+ Center's Front Desk. Some programs and activities require pre-registration and fees. Information on classes at North Laurel:
<http://apm.activecommunities.com/howardcounty>

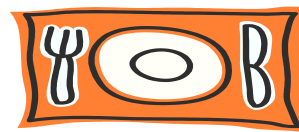
We recognize at times members June need to withdraw from a class. All refund requests are subject to a minimum 20% administrative fee and there are no refunds for missed sessions. Additional fees June be assessed to recover costs associated with the program.

Go 50+ Fitness Center Membership

The Howard County Go 50+ fitness center membership is available to Howard County 50+ Center members with access to 4 fitness rooms throughout Howard County. The cost is \$75 per year for residents and \$100 for non-residents. For more information, call 410-313-0390 or visit the North Laurel 50+ Front Desk.

Coffee Service

The North Laurel 50+ Center has coffee service Mondays thru Fridays when the 50+ Center is open. Regular and decaffeinated coffee and hot water are available. At times, breakfast snacks are offered courtesy of the North Laurel Senior Council. Donations are appreciated to continue this service.



Lunch Program

To join us for lunch, please sign up **in advance** in the lunch book located at the Front Desk. Please remember to call 410-313-0380 to cancel your reservation if you are not coming.

The full cost of a regular meal is \$4.10 and \$5.39 for special meals. Those 60+ are requested to contribute toward the cost of the meal. Those under 60 pay the full cost of the meal. Contributions ensure the continued viability of this program. Lunch is served Monday through Friday (unless noted otherwise) at 12 noon.



Senior Farmers Market Coupons

Thursday, July 14

9 am

Income eligible Howard County residents may apply for free coupons good at participating Farmers Market for local fresh produce. Distribution at East Columbia 50+ Center 410-313-7680

Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County Senior & 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

FITNESS OFFERINGS

Fab Fusion

Tuesdays & Thursdays 11:15 am to 12 pm
Cost: \$ 48 for 8 classes 5/12 to 6/7
Next Session: 6/14 to 7/7

Light cardio and strength routines to increase range of motion, balance and flexibility. Includes seated exercises & use of bands & weights. Instructor: Liz Presti.

Mat Pilates

Wednesday & Friday 11:15 am to 12:05 pm
Cost: \$46 for 8 classes 6/8 to 7/1
Build flexibility, lean muscle, strength and endurance with emphasis on breathing to relieve stress and develop a strong core. Instructor: Maggie Lockhart.

Total Toning

Mondays 8:45 am to 9:30 am
Cost: \$42 for 6 classes 5/23 to 7/11
No Class 5/30 & 7/4

Fridays 9:30 am to 10:15 am
Cost: \$42 for 6 classes 6/3 to 7/8
An all-over workout of targeted areas to tone & strengthen. Instructor: Leah Daniels.

Ballroom Basics

Tuesdays 1:30 pm to 2:30 pm
Cost: \$52 for 6 classes 5/31 to 7/5
Learn basic steps to a variety of fun & versatile dance styles. Singles & Couples welcome. Instructor: Linda White.

Tap Aerobics

Wednesday 10 am to 11 am
Cost: \$43 for 8 classes ON HIATUS

***Class schedules are subject to change.
Please confirm latest dates with staff.***

Gentle Yoga

Monday 11 am to 12:15 pm
Cost: \$56 for 8 classes 4/18 to 6/13
No Class 5/30
Next Session: 6/27 to 8/29
No Class 7/4 & 7/25

Thursday 1:30 pm to 2:45 pm
Cost: \$56 for 8 classes 6/9 to 8/11
No Class 7/21 & 7/28

Reduce stress, tone muscles and increase strength & energy with fluid breathing. Instructor: Lisa Rados, RYT.

Chair Yoga

Monday 10 am to 10:50 am
Cost: \$52 for 8 classes 4/18 to 6/13
No Class 5/30
Next Session: 6/27 to 8/29
No Class 7/4 & 7/25

Enjoy all the benefits of yoga in this seated exercise to reduce stress, increase strength & tone muscles. Instructor: Lisa Rados, RYT.

Zumba Gold

Wednesday 9:30 am to 10:30 am
Cost: \$54 for 8 classes 6/8 to 8/3
No Class 7/13

A fun, Latin - inspired workout designed for the active older adult, incorporating Zumba's contagious rhythms at a lower intensity. Instructor: Roxanne Hartman.

Age Well Exercise

Tuesday & Thursday 10 am to 11 am
Cost: \$23 for 8 classes 5/26 to 6/21
Next Session: September

Learn basic cardio combinations in an easy format to increase endurance, build muscle tone & bone density. Instructor: Jeanne Sealing.

HEALTH & WELLNESS OFFERINGS

Walking Club

Monday - Friday 8 am

The Walking Club meets five days a week for a brisk walk around the indoor track-12 laps equals one mile. A safe & weatherproof way to stay fit! Cards to record distance and time are available to track your "tracks."

Line Dance Drop-In

Tuesdays 11:15 am to 12:45 pm

Cost: \$1/day drop-in fee

Learn today's popular step sequences in these fun weekly sessions. First half of class is basic/beginner refresher steps and the second half is more advanced sequences. Line dancing led by Linda Pohland.

Blood Pressure Screening

Tuesdays, June 7 & 21 10 am to 12 pm

Meet with a registered nurse in the lobby to monitor your blood pressure.

Massage Therapy with Ellen Consoli

Fridays in June 10 am to 1 pm

Experience the relaxing benefits of massage therapy to help relieve the stress in your life.

\$22 for 15 minutes - \$32 for 25 minutes

\$52 for 50 minutes

Healthy Tastings

No Healthy Tastings in June

Join us on Tuesday, July 12 at 10:30 am for

Herbal Sorbets

Join Lauren in the Hammond Branch Room for healthy nutrition information, recipes and sampling.

Exercise Counseling

Thursday, June 30 9 am to 12 pm

Through individual appointments, Jennifer Lee, exercise specialist, provides a free consultation on an array of exercise related topics including getting started, selecting the right program and working out at home.

Fitness Center Guidance

Thursday, June 30 1 pm to 3 pm

Meet Jennifer Lee in the Fitness Room for group coaching and guidance on using the fitness equipment. Must have fitness pass.

Nutrition Counseling

Wednesday, June 22 9:30 am to 12 pm

Cost: By donation for members 60+; \$33/ half hour or \$60/ hour for members under 60

Schedule an individual appointment with Mary Kuttler, MS, RD, LDN, and improve your health and quality of life through nutrition counseling. Sign up at Front Desk for a 30 minute session or 1 hour for diabetics.



Brain Health

Fridays in June 10 am to 12:30 pm

Find out the health of your brain with psychologist, Dr. Jennifer Schwartz-Mitchell. On-site services include memory evaluation and assessment with practical strategies to maintain your independence. Covered by most health insurances. Call 410-381-7596 for an appointment.

Sign - up for programs at 50+ Front Desk

ON-GOING PROGRAMS

State Health Insurance Program (SHIP)

Thursday, June 2 & 16 9:30 am & 10:45 am
Free and confidential assistance with health insurance concerns. Schedule through the 50+ Front Desk by calling 410-313-0380.

Open Art Studio

Mondays & Wednesdays 1 pm to 4 pm

NO OPEN ART 6/8

Drop-in to work on individual projects in the Patuxent Art Studio.

Open Games Day

Thursdays 1 pm to 3 pm

Bring your own games or choose from ones at the center.

News Talk: A Current Events Group

Thursdays 10 am to 11:30 am

A lively discussion group focusing on current news locally, nationally and globally.

Sit, Stitch 'n Give

Fridays 11 am to 3 pm

Gather to socialize and stitch projects for personal use or community giving.

Rack 'Em Up Pool Party

Thursday, June 2 12:30 pm to 2:30 pm

Friendly competition at the pool tables in Rocky Gorge Room. All players welcome

Sponsored by the North Laurel Senior Council

Computer Chat: Tablet and Phone

Wednesday, June 8 12 pm to 4 pm

Drop in to get help with questions related to emails, searching the internet, using tablets and smart phones. Led by a tech volunteer.

Talkin' Broadway Series

Monday, June 13 1 pm to 2 pm

More Musicals the Critics panned but the audiences loved

Follow the evolution of Broadway's rich history through discussion and live song presentation.

Matinee Movie

Thursday, June 16 1 pm to 3 pm

James Bond continues his run of romance and foreign intrigue in **Spectra**; free viewing shown in the comfort of the Center. Snacks and popcorn for sale. Sign-up in the Matinee Movie binder.

Sponsored by the North Laurel Senior Council

Travel Talk:

Using the Internet to Locate and Book Travel Services

Tuesday, June 21 10:30 am to 12 noon

Learn how to use technology in planning your next travel adventure in this informative presentation from travel enthusiast, Rick.

Birthday Bash

Tuesday, June 21 12 noon

Celebrate your birthday with a free lunch and cake courtesy of the North Laurel Senior Council. Sign up in the birthday binder by 6/14.

Q & A with Officer Lingham

Wednesday, June 22 10:30 am

Join HCPD Senior Liaison, Andre Lingham, in the Lobby for information on public safety, scams and elder abuse.

Sign - up for programs at 50+ Front Desk

JUNE OFFERINGS

5th Anniversary Celebration

Friday, June 3 10 am
Explore the Center and its current program offerings as we celebrate the past and dance our way into the future with Motown and Soul hits by the Lovestory Duo. Light refreshments.

Make It and Take It: Collage in a Day

Howard Community College #XE-393 7881 #8464
Wednesday, June 8 9:30 am to 3 pm
Cost: \$45 (Fee based, no waivers)
Spend a day creating a unique and personal work of art. Bring a stretched artist's canvas (up to 11 X 14), small, sharp scissors and photocopies of old pictures, clippings, cards, invitations, lace or fabric. Instructor supplies paints, brushes, collage medium & additional supplies. Please pack a lunch.

*** All registration is through Howard Community College online at www.howardcc.edu. For info call the college at 443-518-1000.**

Multi-Service Center Community Fair All Saints Shopping Center

Saturday, June 11 10 am to 2 pm
Get information on community resources and services available in Howard County. Stop by and visit the North Laurel 50+ and North Laurel Senior Center Plus table.

Flag Day Ceremony & Luncheon

Tuesday, June 14 11 am to 1 pm
Cost: Lunch contribution for those 60+
Learn the history and significance of Flag Day. This program includes recitation of the Pledge of Allegiance and singing of the National Anthem. Presented by members of American Legion Post 300. Followed by a special lunch. Reserve lunch by 6/8.

Day on the Deck Party

Wednesday, June 15 11 am to 1 pm
Cost: \$3 + Lunch contribution for those 60+
Celebrate Father's Day with a cruise themed party with music by Panama Rex, the ultimate Jimmy Buffet tribute band. Followed by a special lunch. Register by 6/8.

Caregiver Education

Thursday, June 23 6 pm to 7:30 pm
Presentation by the Alzheimer's Association on "Know the 10 Signs". Light meal at 6 pm followed by the presentation at 6:30 to 7:30. For more information and/or to register for respite care, contact Kathy at 410-313-5955 or kwehr@howardcountymd.gov.

Spring Art Workshop:

Birdhouse Basics

Friday, June 24 9:30 am to 11 am
Cost: \$8 includes all materials & instruction
Learn easy floral painting techniques for a hand painted birdhouse. Class taught by a local artist. No art experience required. Sign up by 6/22.

Computer Basics: Intro to Windows

Wednesday, June 29 10 am to 12 pm
Learn basic computer skills to navigate your personal computer. This class covers basic computer terminology, computer usage and components. Please bring your own laptop. Class is free and space is limited.

Sign - up for programs at 50+ Front Desk

June 2016

Monday	Tuesday	Wednesday	Thursday	Friday
30 50+ Center Closed for Memorial Day	31 Agewell 10 Blood Pressure 10 Fab Fusion 11:15 Line Dance 11:15 Ballroom Dance 1:30	June 1 Coffee with the Council 10 Music w/ Kay 10:30 Pilates 11:15 Open Art Studio 1	2 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Fab Fusion 11:15 Pool Party 12:30 Open Games Day 1 HCOA Volunteer Appreciation Event 5	3 Total Toning 9:30 NL Anniversary Celebration 10 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11
6 Total Toning 8:45 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	7 Agewell 10 Blood Pressure 10 Fab Fusion 11:15 Line Dance 11:15 Ballroom Dance 1:30	8 Zumba Gold 9:30 Collage in a Day 9:30 Pilates 11:15 Computer Chat 12 - 4 NO OPEN ART	9 Agewell 10 News Talk 10 Open Games Day 1 Gentle Yoga 1:30	10 Total Toning 9:30 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15 Salad Bar Lunch 12 Saturday, June 11 Multi-Service Ctr Fair at All Saints
13 Total Toning 8:45 Chair Yoga 10 Gentle Yoga 11 Talkin' Broadway 1 Open Art Studio 1	14 Agewell 10 Flag Day Ceremony 11 Fab Fusion 11:15 Line Dance 11:15 Ballroom Dance 1:30	15 Zumba Gold 9:30 Pilates 11:15 Day on the Deck Party 11 Open Art Studio 1	16 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Fab Fusion 11:15 Matinee Movie 1 Open Games Day 1 Gentle Yoga 1:30	17 Total Toning 9:30 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
20 Total Toning 8:45 Open Art Studio 1	21 Agewell 10 Blood Pressure 10 Travel Talk 10:30 Fab Fusion 11:15 Line Dance 11:15 Birthday Bash 12 Ballroom Dance 1:30	22 Zumba Gold 9:30 Nutrition Counseling 9:30 Ofc. Lingham 10:30 Pilates 11:15 Open Art Studio 1	23 News Talk 10 Fab Fusion 11:15 Open Games Day 1 Gentle Yoga 1:30 Caregiver Program 6	24 Total Toning 9:30 Art Workshop 9:30 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
27 Total Toning 8:45 NO LUNCH Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	28 Fab Fusion 11:15 Line Dance 11:15 Ballroom Dance 1:30	29 Zumba Gold 9:30 Computer Basics 10 Pilates 11:15 Open Art Studio 1	30 Exercise Counseling 9 News Talk 10 Fab Fusion 11:15 Exercise Guidance 1 Open Games Day 1 Gentle Yoga 1:30	July 1 Total Toning 9:30 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15

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

Walking Club Monday to Friday 8 am or walk the indoor track whenever there is open gym time