



ELKRIDGE 50+ CENTER

6540 Washington Boulevard
Elkridge, MD 21075

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

MARCH/APRIL 2016

WHAT'S HAPPENING AT THE ELKRIDGE 50+ CENTER

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Staff

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

Website
www.howardcountyaging.org

DIRECTOR'S GREETING

Its good to be back home!

I'm looking forward to Spring with new life, new programs and soon, a big new 50+ Center! We anticipate that beginning sometime in June there will be trucks and other equipment in the parking lot beginning the renovation. We do not have an exact date that we will relocate but expect it to be mid-June.

Stay tuned for progress reports on our renovation. The excitement is building!
Jeanne

Don't Miss the Fun, Excitement and Energy!

The 8th Annual WomenFest – designed for women of all ages to live a more balanced, healthier and fulfilled life

strong • savvy • sage

WOMENFEST

A Health & Wellness Event for Women

Saturday, April 30 • 10 am - 3 pm

Gary J. Arthur Community Center at Glenwood
2400 Route 97, Cooksville, MD 21723

HIGHLIGHTS

- Free Admission
- On-Site Parking
- 100+ Exhibitors/Vendors
- Dynamic Seminars
- Engaging Workshops
- Important Health Screenings
- Cooking and Fitness Demos
- All Day Door Prizes

New for 2016!

CORE CAMP

Grab a Friend & Meet Us at the Mat!

45-minute Energizing Sessions

PILATES: 10:30 – 11:15 a.m.

YOGA: 12:30 – 1:15 p.m.

YOGALATES: 2:00 – 2:45 p.m.

Howard County
OFFICE ON AGING
Department of Citizen Services

410-313-5440 or www.howardcountymd.gov/womenfest

Closings for March/April

March 16—Staff meeting- Center Closed
March 25—Good Friday-Center Closed

SPECIAL EVENTS & NEW PROGRAMS

March



“LET’S DISH”

Shrimp Pesto

Wednesday, March 2nd
11:00am-12:00pm

Fee by Donation

Watch us prepare this delicious dish and enjoy generous samples enough to call lunch. Bring a friend; reservations required by 2/25.

AARP TAX ASSISTANCE

Wednesdays— March 9th and 23rd
10:00am-2:00pm

Appointments by
reservation only, call
(410)-313-5192



iPAD CLASS

Friday, March 11th
10:00am-11:30am
Free Program

This class covers the basics, along with special features of your iPad. Please sign-up at the 50+ Center or by calling (410) 313-5192.



ATLANTIC CITY

Resorts Casino

Monday, March 14th
8:00am—8:00pm
\$35.00/person

Price of the trip includes a comfortable coach bus, snacks and \$25.00 FREE slot play. Tickets go fast, reserve now!

ST. PATTY’S DAY PARTY

Thursday, March 17th
10:30am-1:30pm
\$5.00/person

(plus donation for lunch)



Celebrate the Irish culture with a traditional Irish lunch followed by live music, games and prizes.



ELKRIDGE 50+ BINGO

Monday, March 7th & March 28th
April 11th & April 25th
11:00am-2:00pm

Enjoy great bingo fun with many new prizes. Delicious lunch is available with a reservation, one week in advance. Call (410) 313-5192.

SPECIAL EVENTS & NEW PROGRAMS

April



Aromatherapy and Skincare

Friday, April 1st
10:30am-12:00pm
Cost is \$3.00

Andrienne Hausman will discuss how aromatherapy and essential oils can help with skincare. Samples provided.
Please call 410-313-5192 to sign-up.



BALANCE FOR ALL

Thursday, April 7th
10:15am—12:00pm
Free

Learn more about age-related balance changes! Find out how balanced you are and how you can improve.
Participate in a series of balance tests and get stronger today!
Register at the center or call 410-313-5192.

“LET’S DISH”
Spring Veggie Salad
Wednesday, April 6th
11:00am-12:00pm
Fee by donation



Watch as we prepare a delicious, healthy, veggie dish and learn how to fall in love with veggies!

BASIC ART CLASS

Monday, April 4th
10:30am-12:00pm
Free of charge



Local artist, Gary Pedicore, will guide you as you create a beautiful masterpiece.
All materials are included!
Bring a friend and enjoy this wonderful opportunity!
Reserve your space today.



Android Phone Class

Friday, April 8th
10:00am-11:30pm
Free Program

Class covers the basics of an Android phone and also special features.



Please sign-up at the 50+ Center or call 410-313-5192 to reserve a spot.

HISTORY OF PATAPSCO RIVER VALLEY ELKRIDGE TO ELLICOTT CITY

Wednesday, April 20th
10:00am-11:30pm
No Charge

Enjoy a wonderful presentation featuring many interesting facts about the historic area in which we live.



ONGOING PROGRAMS

Mondays:

- 10:00am—11:00am: Walking Club (meet in parking lot)
- 11:00am—2:00pm: Bingo (March 7 & 28 and April 11 & 25)
- 10:30am—12:00pm: Simple Drawing
- 11:00am—12:00pm: Lunch and Movie

Tuesdays:

- 8:45am—9:15am: Blood Pressure check (in the library meeting room)
- 9:00am—10:00am: Age Well Exercise
- 10:00am—11:00pm: Coffee chat (except on days with programming)
- 10:00am—12:00pm: Rummikub
- 10:00am—11:00am: Brain Fitness (March 1 & April 26)
- 11:00am—12:00pm: Basic Knitting/Crochet Class
- 12:30pm—1:30pm: Book Club (March 8 & April 12)
- 2:00pm—3:00pm: Chair Yoga

Wednesdays:

- 10:00am—11:00am: Walking Club (meet in front parking lot)
- 9:00am—12:00pm: Pancake Breakfast (March 30 & April 13)
- 10:00am—11:30am: Wii Fitness—Bowling (March 30 & April 13)
- 2:00pm—3:30pm: Line Dance

After 12:00 Noon: FREE bread and pastries are available.

Thursdays:

- 8:45am—9:15am: Blood Pressure check (in the library meeting room)
- 9:00am—10:00am: Age Well Exercise
- 10:00am—11:00am: Nutrition Education & Counseling (March 17 & April 21)
- 10:30am—11:30am: Howard County Police Q&A (March 31 & April 28)
- 10:00am—11:00pm: Coffee chat (except on days with programming)
- 10:00am—12:00pm: Rummikub
- 1:30pm—3:00pm: Easy Jewelry Class (March 3 & April 7)

Fridays:

- 10:00am—11:00am: Walking Club (meet in parking lot)
- 11:00am—Noon: Basic Chair Yoga
- 1:00pm—3:00pm: Drop in Cards and Games

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. People with a hearing or speech disability may contact us through Maryland Relay by calling 711.

Join Us For Lunch!

Days that we are serving lunch or pancake breakfast:

MARCH:

Mondays: 7th & 28th

Tuesdays: 1st, 8th, 15th, 22nd, & 29th

Wednesday: 30th(Pancakes)

Thursdays: 3rd, 10th, 17th, 24th, & 31st

Fridays: 4th



APRIL:

Mondays: 11th & 25th

Tuesdays: 5th, 12th, 19th, & 26th

Wednesdays: 13th (Pancakes)

Thursdays: 7th, 14th, 21st, & 28th

**The menus will be posted at the Center or you can call (410) 313-5192.*

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.

Very Important:

In an effort to avoid food wastage, please be advised that if we do not have at least 10 lunches reserved on the days we are offering lunch, we will have to cancel lunch for that day. We must verify the order at least 3 business days before the day of the lunch. That is why it is imperative to sign up in advance in order to enjoy a great lunch with your Elkridge friends.