



9401 Frederick Road
 Ellicott City, MD 21042
 410-313-1425

Hours: Monday-Thursday 10:00am – 2:00pm, Friday 10:00am-1:00pm
 Felicia Stein, Senior Center Plus Director; fstein@howardcountymd.gov
 Joyce Nagel-Mortell, Senior Center Plus Assistant Director; jnagel@howardcountymd.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Birthstone – Bloodstone (Courage)</i> <i>Flower –Jonquil or Daffodil</i></p>  <p><i>Color – White</i></p>	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise with Jeannie 12:00 Lunch 12:45 Art with a Purpose <p style="text-align: center;">1</p>	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise with Vickie 12:00 Lunch 12:45 Music with Peter <p style="text-align: center;">2</p>	<p>Aquatic Wellness Program, Exercise, Music and Lunch at Roger Carter Center 3000 Milltowne Drive Ellicott City, MD 10:00-2:00</p> <p style="text-align: center;">3</p>	<p>Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00-1:00</p> <p style="text-align: center;">4</p>
10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise with Vickie 12:00 Lunch 12:45 Paws4Comfort 1:15 iPad or Games <p style="text-align: center;">7</p>	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise with Jeannie 12:00 Lunch 12:45 Music with Ed 1:30 Paws4Comfort <p style="text-align: center;">8</p>	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise with Vickie 12:00 Lunch 12:45 Art with a Purpose <p style="text-align: center;">9</p>	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise with Vickie 12:00 Lunch 12:30 50+ Players <p style="text-align: center;">10</p>	<p>Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00-1:00</p> <p style="text-align: center;">11</p>
10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise with Vickie 12:00 Lunch 12:45 Paws4Comfort 1:15 iPad or Games <p style="text-align: center;">14</p>	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise with Jeannie 12:00 Lunch 12:45 Music with Peter 1:30 Paws4Comfort <p style="text-align: center;">15</p>	<p style="text-align: center;">Senior Center Plus Closed</p> <p style="text-align: center;">Staff Meeting</p> <p style="text-align: center;">16</p>	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise with Vickie 12:00 Lunch 12:45 St. Patrick's Day <p style="text-align: center;">17</p>	<p>Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 10:00-1:00</p> <p style="text-align: center;">18</p>
10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise w/Vickie 12:00 Lunch 12:45 Paws4Comfort 1:00 Spring Craft 1:15 iPad or Games <p style="text-align: center;">21</p>	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise with Jeannie 12:00 Lunch 12:45 Music with Tom <p style="text-align: center;">22</p>	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise with Vickie 12:00 Lunch 12:45 Music with Peter <p style="text-align: center;">23</p>	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise with Vickie 12:00 Lunch 12:45 Art with Purpose <p style="text-align: center;">24</p>	<p style="text-align: center;">Senior Center Plus Closed</p> <p style="text-align: center;">Good Friday</p> <p style="text-align: center;">25</p>
10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise w/Vickie 12:00 Lunch 12:45 Paws4Comfort 1:15 iPad or Games <p style="text-align: center;">28</p>	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise with Jeannie 12:00 Lunch 12:45 Who am I? <p style="text-align: center;">29</p>	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise with Vickie 12:00 Lunch 12:45 Ceramics 12:45 Birthday Party <p style="text-align: center;">30</p>	10:00 Coffee Talk 10:15 Good Old Days 10:45 Exercise with Vickie 12:00 Lunch 12:45 Music with Tom <p style="text-align: center;">31</p>	

Let's Celebrate our March Birthdays!



A big thank you to Gary Pon for the delicious cakes he bakes for our monthly birthday celebrations!
This month we will be celebrating birthdays on Wednesday, March 30th.

Please feel free to join us as we wish
a very happy birthday to Eddie, Blanche, Sandy and Carl!

Thank you to HoneyBaked Ham for their continuous support of our program.

IMPORTANT DATES TO PUT ON YOUR CALENDAR

Silver Dolphin Aquatic Wellness Program @ Roger Carter Center – **Thursday, March 3rd**
(Please remember to bring your bathing suit or swim trunks, towel and water shoes)

ECSC+ CLOSED – Wednesday, March 16th Staff Meeting

ECSC+ CLOSED – Friday, March 25th for Good Friday

To inquire about resources, respite care needs, and/or caregiver support, contact
Maryland Access Point of Howard County (MAP) at 410-313-5980 or
Email: map@howardcountymd.gov

Inclement Weather Policy:

When Howard County Schools are closed or delayed two hours due to inclement weather,
Ellicott City Senior Center Plus is closed.

If the schools are delayed by one hour, the center is open.

When the schools have a scheduled day off, please tune to WBAL-TV for possible weather related
closures of the center.

Contact the center at 410-313-1425 to hear a recorded message regarding center operations.

RTA Contact Information: 1-800-270-9553...Press 3 and follow prompts

What is Art with a Purpose?

Older adults at Ellicott City Senior Center Plus Program are creating beautiful art to auction at local events. The goals of the Senior Center Plus Program are to support the continued independence of community-based, older persons who may have functional limitations, and to provide respite for their caregivers.

Half of the money collected from the auctions is given to the Vivian L. Reid Community Fund, a community assistance fund started by the first Administrator of the Office on Aging. The fund provides emergency financial assistance to older adults and adults with disabilities in Howard County whose essential needs are not covered by Medicare and Medical Assistance. The most frequent requests include help with utility bills, eviction prevention, or dental and medical expenses, such as eyeglasses or pharmaceuticals not covered by a prescription drug plan. The other half of the money collected goes back to Senior Center Plus to help fund the Art with a Purpose Program.



For additional information about Senior Center Plus or Art with a Purpose, contact Felicia Stein at 410-313-1425 or Joyce Nagel-Mortell at 410-313-1426.