

Welcome to Ellicott City 50+ Center



May-June 2016



May is our Month to Celebrate

May is a month of fresh beginnings. Perennials bloom once again, blazing a trail of bright color.

OLDER AMERICANS MONTH



BLAZE A TRAIL: MAY 2016

May is also when we celebrate Older American's Month (OAM), acknowledging the perennial contributions of older adults to our nation. The 2016 Older Americans Month theme is **Blaze a Trail**. It is a perfect opportunity to raise awareness about important issues facing older adults. It is also vital that we highlight the ways that older Americans are advocating for themselves, their peers, and their communities.

Be a trailblazer! Join us as we promote activities, inclusion, and wellness for all older Americans in our community this month.

**9401 Frederick Road
Ellicott City, MD 21042**

Front Desk
410-313-1400

Fitness Center
410-313-0727

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

Center Email
ecsc@howardcountymd.gov

Newsletters Online
www.howardcountymd.gov
/50pluscenters

Volunteer Website
www.hocovolunteer.org

Facebook
www.facebook.com/HoCoCitizen

On-Line Resource Guide
http://bluetoad.com/publication
?i=276149

Get Our Newsletter Electronically!

Stay informed and up to date by getting our program information right from your home computer. Sign up at the Front Desk to be added to the Center Newsletter Email Distribution List.

Scan In: Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance.

ShowTime Singers Concert

Saturday, May 14
2 pm

The Ellicott City 50+ Center proudly presents the sensational sounds of the ShowTime Singers, dedicated to staging high quality musical performances for the community at large. Singing both a cappella and accompanied singing, they provide vocal education with Broadway Tunes as well as the Popular Standards. **This performance is supported by grants from**

the Howard County Arts Council and Howard County Government.

Tickets are free but must be picked up at the front desk.



General Information

Meet the Center Staff

Director	Cindy Saathoff
Assistant Director	Vicki Stahly
Admin/Registrar	Jodi Bargamian
Admin/Registrar	Dayle Rudel
Fiscal Technician	David Irwin
Utility Worker	Dominick Collins
Fitness Center Staff	Sam Stahly
Fitness Center Staff	Jeannie DeCray
Fitness Center Staff	Kari Weidner
Plus Program Director	Felicia Stein
Plus Assistant Director	Joyce Nagel-Mortell
Plus Program Asst	Alyson Olmstead
Plus Program Asst	Margaret Fries

Sign-Up & Payment For Programs & Classes

Membership to a Howard County 50+ Center is required prior to enrolling in any program, pass or class. Membership is free, but a registration packet must be filled out completely. The front desk in the main building is open for transactions between 8:30 am and 4 pm. Payments can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>.

We recognize that there are times when you may need to withdraw from a class. At a minimum, all refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

Meet the Center Council

President	Nancy Cudmore
Vice President	Marian O'Byrne
Secretary	Dorothy Biller
Treasurer	Gary Pon
Members at Large	Leo Bianco
	Marie Dodge
	Darlene Grund
	Anne Kaiser
	Susan Malmgren
	Carol Sutton
Member Emeritus	Velva Howard

Ellicott City 50+ Center Council Notes

The Center Council had several vacant seats available to fill during this past election which was conducted during the first two weeks of March. The results have been tabulated and it's time to extend congratulations to the newest members of our Center Council: Leo Dodge, Marie Dodge, Darlene Grund, Agnes Halsor, Susan Malmgren, Gary Pon, Gigi Rammling and Carol Sutton. This Center Council class began their renewable two year term in April.

See the back page of this Newsletter for the latest Council fundraisers!



**Next Council meetings are
May 9 & June 13 at 1 pm
All are welcome.**

General Information

Please Note

Membership to a Howard County 50+ Center is required to attend or register for any class, program or activity. Membership is free for those age 50+ who have completed an application packet.

Senior Center Plus Program

**Monday-Friday
10 am-2 pm**

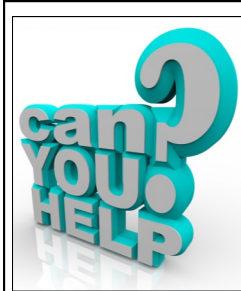
The Senior Center Plus program is co-located in the Ellicott City 50+ Center. This is a supervised four-hour licensed program that promotes a balance of well-being, self-reliance, socialization and independence of older adults who may require some assistance with daily activities.

The program features exercise, memory enhancement activities, arts & crafts, educational programs, entertainment, recreational opportunities, a daily lunch and more. This is a fee for service program for eligible individuals. For more information, please call **410-313-1425**.

Coffee Service

**Monday-Friday
9 am-1 pm**

Coffee service is available in the Great Room during the listed times. A donation box is provided and all contributions are greatly appreciated.



Volunteers are needed to assist the front desk in both buildings. Are you a "people person" who feels comfortable operating computers? If so, see the front desk for details.

Take a **closer** look!

If you are a new resident of **Miller's Grant**, have never been to the Center or haven't been around in awhile, please stop in and allow us to give you a first hand look at all the great things we have to offer. We look forward to touring you through our Center soon!

Transportation Options

Many of our members travel to the Center by their own automobile. If this is not a viable option for you, transportation is available to the Center through Regional Transit/RTA Ride. Riders must be certified. For certification, reservations and cancellations please call the Customer Service Line at **1-800-270-9553** and select option 3 for "mobility and RTA Ride service". Visit the RTA website at www.transitRTA.com.

Program Suggestions?

If you have a program idea that you think would be well received at the Center or know someone who is a great instructor, please let our Assistant Director Vicki know. She is always on the look-out for new programs and engaging presenters.

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-1400** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

Services and Programs

Blood Pressure Screenings

**Tuesdays
9 am-12 noon**

Understanding high blood pressure and knowing how to manage it is an important part of maintaining your health. Don't pass up this opportunity to have your blood pressure checked to avoid serious health conditions. *Sponsored by Howard County General Hospital.*

State Health Insurance Assistance Program (SHIP)

Appointments

Wednesday 9 am or 10:30 am

Thursday 1 pm or 2:30 pm

Meet with a trained volunteer for confidential assistance with health insurance concerns.



LOCAL HELP FOR PEOPLE WITH MEDICARE

This is a free service. For a SHIP appointment at the Ellicott City 50+ Center, please call **410-313-1400**.

Maryland Access Point (MAP)

**Friday
May 13 & June 10
10 am-12 noon**

Jill Kamenetz, MAP Specialist, is available at the Center, by appointment, on selected Fridays, to help with homeowners and rental tax credit paperwork. She is also available to help with information, referrals for assessments or general information about Office on Aging programs.

Make an appointment by calling MAP at **410-313-5980**.

Lunch Program

**Monday-Friday
12 Noon**

To see what is being offered for lunch, you can find monthly menus available at the front desk. To join us for lunch, please sign up at least **3 days in advance** in the lunch book located at the front desk. Since the food is brought in by



a caterer, this provides us with the number of meals to order. Please call **410-313-1400** to cancel your lunch reservation if you are not coming.

Meals are available for persons 60 years and older, and their spouses, regardless of age. Voluntary anonymous contributions are requested from eligible participants. Please contribute generously to ensure the continued viability of this program. The full cost of a regular meal is \$4.10 and \$5.39 for special meals.

Blue Plate Specials

**May 19—Crabcake Lunch
June 17—Chicken & Waffles**



Exciting things are happening in our kitchen! Once a month we offer a special lunch menu called the Blue Plate Special. Check the menu for the exact selection as it changes month to month. It may be a pay-in-advance meal or lunch by donation (prices will vary). Either way, reservations are required one week in advance. Come for the food, stay for the friends! Lunch is always served at noon.



A non-competitive, peer-led, bicycling club for adults of all ages and riding abilities. The 2016 season begins in May. For more information, visit www.howardcountymd.gov/C2H or call Jen Lee @ **410-313-5940**

Services and Programs

MOVIE OF THE MONTH

(Movies are held in the 50+ Fitness Center)

Spotlight

Wednesday, May 25 at 1 pm



The true story of how The Boston Globe uncovered the massive scandal of child molestation and cover-up within the local Catholic Archdiocese, shaking the entire Catholic Church to its core. It was

the Academy Award winner for Best Motion Picture of the Year, Best Writing and Original Screenplay. Rated R.

Bridge of Spies

Wednesday, June 29 at 1 pm

During the Cold War, an American lawyer is recruited to defend an arrested Soviet spy in court, and then help the CIA facilitate an exchange of the spy for the Soviet captured American U2 spy plane pilot, Francis Gary Powers. Academy Award Winner for Best Supporting Actor (Mary Rylance). Rated PG-13.

B Games

Mondays

10:30-11:30 am

Drop in for an hour of some entertaining game action! Engage in team-play for Brainbusters to see if your trivia knowledge reigns supreme, try your hand at Wii Bowling or create words from a jumbled grid. A guaranteed hour of fun & friends. FREE!

Boggle	May 2 & June 6
Brainbusters	May 9 & June 13
Bowling	May 16 & June 20
Bunches Pick	May 23 & June 27

Easy Technology Navigation

Thursdays

10-11:30 am

5/5	Navigating your System
5/12	Navigating the Internet
5/19	Navigating your E-mail
5/26	Creating a Document
6/2	Downloading Apps
6/9	Facebook
6/16	Navigating your E-mail
6/23	Music and More
6/30	Computer Maintenance

Learn to navigate computers, the internet, email, Facebook and more. This free basic instructional class is designed for those who are familiar with their computer. Please limit sign-ups to two sessions. Computers are not provided so bring your own portable device with you and get the latest and easiest tips and tricks for navigating your technology! Sign up at the Front Desk.

Howard County Police Department

Tuesday, May 17

Thursday, June 9

11:30 am

Pfc. Andre Lingham, Senior Citizen Liaison, will be at the Center to discuss current safety tips and fraud prevention. Find out about local community concerns and scams.



Ask the Pharmacist

Mondays

May 23 & June 27

11 am

Don Hamilton, P.D., Consultant Pharmacist, will provide updates and important information about your medications. Please bring your questions, your drug lists, or your prescription containers to confidentially discuss your current medication concerns.

Classes, Clubs & Comments

HCC Classes

**Howard Community College
Continuing Education Classes**
(Held in the 50+ Fitness Center)

The Evolution of Matisse's Portraits

Tuesday, June 7 from 9:30-11:30 am
\$11
Instructor: Ann Wiker

Drawing Techniques: Landscapes

Tuesday, June 7 from 12-3 pm
\$19
Instructor: Ann Wiker

Drawing Techniques: Portraits

Thursday, June 9 from 9:30 am-12:30 pm
\$19
Instructor: Ann Wiker

**All registration is done through the college,
and online at www.howardcc.edu.**

For Continuing Education Class information, call
the College at **443-518-1000**.

Mission: Nutrition!

Thursday, May 26-Hydration

Thursday, June 23-Summer Fruits

10:30-11:30 am

(Held in the 50+ Fitness Center)

Take a closer look at some important
ingredients in your diet. Join us on the dates
listed above to hear a short presentation by
our registered dietitian. Be proactive!
Knowledge is power so stop in and learn!

Chess Play

Tuesdays

10 am

Instructor and Chess enthusiast, Gene Crawford
will be at the Ellicott City 50+ Center to instruct
and play the game. If you would like to learn
the basic fundamentals of Chess-playing, we
invite you to join this new club. Please bring in
your own chess set if you have one, we do have
some to share!

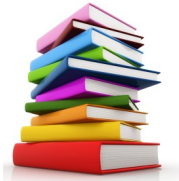
Book Club

Wednesday, May 25 at 1 pm

The group will discuss "*Me Before
You*" by Jojo Moyes.

Wednesday, June 22 at 1 pm

The group will discuss
"*Longbourn*" by Jo Baker.



Needlework Club

Wednesdays

1-3 pm

Knitters, crocheters, fabric crafters and more
come together to share their talents each
week. Drop in on this fun and youthful group
who happily share fellowship and friendly
conversation.

Seniors Together Men's Forum

Thursdays

10:15-11:45 am

Stop in and join this great group of gentlemen
who meet weekly to engage in lively
conversation about current events or other
issues in the news.



Congrats Table Tennis Tournament Winners

The Center held its first Table Tennis
Tournament on Friday, April 1 and our
winners are pictured L to R: Tournament
Runners Up, Don Holliday & Carl Bumiller,
Tournament Winners, Rich Asendorf & Carl
Gundersdorf. Great talent, great tourney!

Classes, Clubs & Comments

Beginners Line Dancing

Stay in shape by learning to dance at your own pace....step by step! Class will get you dancing to country, rock and roll, Latin and Broadway music. Class welcomes both men and women and is taught by Ellen Laupus.

Monday

June 6 thru August 1

8 classes for \$60

No class: 7/4

2:30 pm

(A02426.801)

Wednesday

June 8 thru July 27

8 classes for \$60

2:30 pm

(A02426.802)

Prepare to Care

Monday, May 16

1-3 pm

Have you had the "talk" with your children? Not *that* talk, but rather a conversation you and your family should have regarding personal health, legal, and financial matters? Part of aging with dignity is knowing you have some control over these matters. Don't be reluctant to have this discussion about health, money, insurance, wills, estates and end of life decisions. The time to have this talk is now.

The Village in Howard is the sponsor of this event. Those who are not members of The Village should call 443-367-9043 to register for this program.

Piano Lessons or Vocal Lessons with Diane

By Appointment:

\$30 per half hour session

Looking to improve your pitch or play a tune on the ivories? Private piano and voice lessons are offered at the Center. The student is responsible for purchasing music books and materials. Please direct all questions to the instructor, Diane Waslick at **410-978-9974**.

Beyond Beginners Line Dancing

Join a great group of dancers who will have you up movin' and groovin'! This line dancing class is designed for students who are familiar with basic line dancing. Come get fit the fun way with Mary McCormick!

Thursday

June 9 thru July 28

8 classes for \$60

3:30 pm

(A02418.801)

Living Meditation Class

(Held in the 50+ Fitness Center)

Have you ever thought you can't calm your mind enough for meditation? Then this fun and stimulating class is for you! Discover pathways into your own inner peace.

Leave with new skills, understanding and a stronger personal foundation for the challenges of life. This is a seated class led by Betty Caldwell, author and private healer.



Tuesday

April 26 thru May 17

4 classes for \$28

11 am

(A02428.701)

Mah Jongg Instruction

Ellen Laupus will teach beginners who wish to get an overview of how the game is played. Participants will learn about the tiles, play practice hands, and learn how best to play the tiles dealt to them. No Mah Jongg set or cards required. Register at the Front Desk.

Tuesday

May 17 thru June 14

5 classes for \$54

11 am

(A02719.700)

May/June Events

Law Day **Monday, May 2** **9 am-1:30 pm**

Take advantage of an opportunity to meet with an Attorney to prepare an Advance Directive at no charge to you! Name your health care agent, state your desire about life sustaining procedures and your wishes about organ donation. See the Front Desk to sign-up for an appointment.

Genealogy **Wednesday, May 11** **Wednesday, June 8** **10 am**

(Held in the 50+ Fitness Center)

May Topic:

5 Steps to a healthy family tree

We invest a lot of time, money, and heart into our family tree. It's important to make sure that the links between generations and the links between our ancestors and the records we've attached to them are strong and healthy. We will explore five steps which make up the Genealogical Proof Standard.

June Topic:

Timelines. Profiles and Other Fancy Stuff

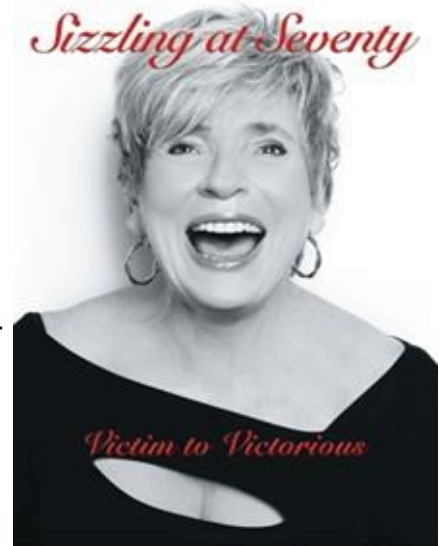
Take a look at how analytical methods and techniques can help you bring your ancestors stories to life. What once was a very tedious and time consuming endeavor is now made much more simple and easier. Learn new tools that will help you with your analysis.

Music with Julie Hall **Wednesday, May 11** **12:30 pm**

Join the fabulous Ms. Julie Hall as she sings the classics, standards, oldie but goodies and more. Julie is a native of Baltimore, Maryland who performs in the Baltimore/Washington metropolitan area. She has been the opening act for Whitney Houston, Natalie Cole, BeBe Winans, Grover Washington Jr. and Les McCann.

Author, Lyn Traill **Presents** **"Sizzling at Seventy"** **Tuesday, May 10** **1 pm**

For Lyn Traill, childhood was scarred by violence and abuse ranging from the emotional to the physical. But through it all, a shimmering flicker of hope stubbornly refused to be extinguished. Lyn's resilience in the face of abuse illustrates how life can change dramatically when we are open to becoming better observers. Her journey traveled down some dark pathways before revealing a remarkable transformation. In *Sizzling at Seventy*, she shares the strategies that have taken her from victim to victorious. Lyn Traill is living proof that it is never too late to find your fabulous. **Book Signing to follow.**



LYN TRAILL

ShowTime Singers **Saturday, May 14** **2 pm**

Ticketed event, see Front Page for info.

J & J Musical Duo **Thursday, May 19** **12:30 pm**

Do you love country music? If so, stop by and enjoy these good old boys. J & J will play songs from the 50's & 60's, Rock and Roll and county classics.

May/June Events

Care Patrol **Tuesday, May 24** **1 pm**

(Held in the 50+ Fitness Center)

Bonnie Danker from Care Patrol will be at the Center to discuss Senior Living Options and give information on the types of care and housing available to meet your needs when the time comes to transition to a care community.

Brain Aerobics **Wednesday** **May 4 & June 1** **1 pm**

(Held in the 50+ Fitness Center)

Join Robin Zahor R.N. B.S.N. for an hour of Brain Aerobics. Strengthen your brain while having fun in the process. Robin will share healthy tips along with mental aerobics to help make your brain more powerful!

Brain Fitness **Wednesday, May 25** **Thursday, June 23** **11 am**

Robin Zahor R.N., B.S.N. presents an innovative brain exercise program to help keep the mind sharp. She addresses topics that will keep the brain healthy and in tip-top shape.

BINGO

Morning Bingo & Pizza Day **Friday, May 27 & June 24** **10:30 am**

Cost: \$4 Bingo + \$5 Pizza

Why not grab a friend and start lining up your lucky stars to join us for a fun morning of Bingo? The grand prize is provided by **Heartlands**. To take part in the pizza lunch please sign up and pay at the front desk one week prior.

"Hooray for Love" **Friday, June 10** **Doors open at 11:30 am** **Cost: \$12**

Musical Cabaret Show featuring Leo Bianco with special guest Diane Waslick. Enjoy a special catered luncheon by Bon Fresco at noon with the musical show to follow at 1pm. Check flier for exact menu selections. Be sure to sign-up for this event, as seating is limited!

Healthy Aging Trivia **Tuesday, June 21** **12:30 pm**

Join Renuka Jain DPT, COMT from Revive Physical Therapy to play healthy aging trivia.

Special Comedy Event **Wednesday, June 22** **12:30 pm**

JOHN HADFIELD

**Comedy
Variety
Show**

**And his
piano
playing dog
Reggie!**



John Hadfield hits the bulls-eye with this outrageous musical comedy/variety show. The presentation features original funny songs, plate spinning, amazing magic, comedy, vaudeville style juggling, audience participation, whoopee cushion percussion, a heckling robot bird and a lovable (real) piano playing dog named Reggie who steals every show. **Participants must reserve a seat to see the show, as seating is limited.** See the front desk or call 410-313-1400.

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

50+ Fitness Center

The Ellicott City 50+ Fitness Center is available to help put you on the path to lifelong fitness. It can be found directly across the parking lot from the main 50+ Center building.



- ◆ Participants must be 50 years of age and a member of a Howard County 50+ Center.
- ◆ Passes are established from the date of purchase.
- ◆ Refunds are not provided.
- ◆ Room key fobs must be returned to the front desk before you leave the 50+ Fitness Center or a \$10 replacement fee will be charged to your account.

WORK OUT WITH US—WE'RE NOW OPEN ON TUESDAY NIGHTS!

Lobby Hours:

Monday, Tuesday & Wednesday
8:30 am-8 pm

Thursday & Friday
8:30 am-4:30 pm

410-313-0727

Go50+ Fitness Package
\$75/year County Resident
\$100/year Non-Resident
\$5/daily Drop-in Fee

This package is a collaborative program with Recreation and Parks that provides more locations for your 50+ work-out. Included in your payment is unlimited use of the fitness equipment rooms Ellicott City 50+ Fitness Center, Roger Carter, North Laurel or Gary J. Arthur at Glenwood Community Centers.

Group Exercise Quarterly Passes

\$125 For 3 Month Pass

This package allows you to take part in any of the 16 classes on the weekly pass schedule and as often as you would like. Participants should be able to get up and down off the floor to benefit from most classes.



Our GO50+ membership packages are designed to enhance the quality of life for the 50+ adult population that lives, works and plays in Howard County. Effective January 4.

Live longer, healthier lives... join today!

50+ CENTERS	GO50+ FITNESS	GO50+ POOL	
<p><i>Membership includes access to Gary J. Arthur and N. Laurel Community Centers and all Howard County 50+ Centers.</i></p> <ul style="list-style-type: none"> • Game Room Areas • Gymnasiums • Walking Tracks • Wellness Programs <p style="font-size: 24px; font-weight: bold; text-align: center;">FREE</p>	<p><i>Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.</i></p> <ul style="list-style-type: none"> • All 50+ Center Benefits • Fitness Rooms • Dance/Aerobics Studio* <p style="text-align: center;">Resident: \$75 per year Nonresident: \$100 per year</p>	<p><i>Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.</i></p> <ul style="list-style-type: none"> • All 50+ Fitness Benefits • Pool Access During Open Swim Hours <p style="text-align: center;">Resident: \$175 per year Nonresident: \$225 per year</p>	
<p>* Dance/Aerobics Studio not available at Ellicott City 50+ Center.</p>			
<p>ELLICOTT CITY 50+ FITNESS CENTER 9401 Frederick Road, Ellicott City, 21042 Voice/helpline: 410-313-0727 www.howardcountyparks.org 8:30 AM-7:30 PM, M-W, 8:30 AM-4 PM, Th & F</p>	<p>GARY J. ARTHUR COMMUNITY CENTER 2400 Rte 97, Colesville, 21723 Voice/helpline: 410-313-4040 Status line: 410-313-4452 www.howardcountymd.gov/GJACC.htm 7 AM-9 PM, M-Sa; 9 AM-4 PM, Su</p>	<p>NORTH LAUREL COMMUNITY CENTER 9911 Whiskey Bottom Road, Laurel, 20723 Voice/helpline: 410-313-0390 Status line: 410-313-4452 www.howardcountymd.gov/NLCC.htm 8 AM-9 PM, M-Sa; 9 AM-6 PM, Su</p>	<p>ROGER CARTER COMMUNITY CENTER 3000 Millstone Drive, Ellicott City, 21043 Voice/helpline: 410-313-2764 Status line: 410-313-4452 www.howardcountymd.gov/RCCC.htm 6 AM-10 PM, M-F; 7 AM-10 PM, Sa; 7 AM-9 PM, Su</p>
 <p>Howard County RECREATION & PARKS</p>		 <p>Howard County OFFICE ON AGING Department of Citizen Services</p>	

50+ Fitness Center

Group Exercise Quarterly Pass Class Schedule

Day/Time	9 am - 9:45 am	10 am - 10:45 am	11 am - 5:30 pm	5:30 - 6:15 pm	6:30 - 7:15 pm	
Monday	Power	Zumba Gold Toning	Non-Pass Programming	Zumba Gold	Gentle Yoga	
Tuesday	Zumba Gold	Gentle Yoga	↓	Pilates	All in One	
Wednesday	All in One	Zumba Gold Toning		Zumba Gold	Gentle Yoga	
Thursday	Zumba Gold	Gentle Yoga		<i>All classes on this schedule are a part of the Exercise Quarterly Pass = \$125</i>		
Friday	Power	All in One				

The **Group Exercise Quarterly Pass** (\$125 for 3 months of classes) allows you to participate in any or all of the 16 designated exercise classes listed on the table above. A detailed description of each class is provided below. For questions about pass classes or if you need additional information, a staff member at the front desk will be happy to help you.

Group Exercise Class Descriptions

All in One - Get it all in, in one class!

Take in all the elements of fitness in one class; a good cardio work-out, strength training, balance and flexibility. Bring a mat for floor work.

Gentle Yoga - A perfect class for those looking to build strength through gentle yoga stretches and strengthening exercises. An additional component helps build bone density and range of motion.

Pilates - Class focuses on centering the body and drawing from the "powerhouse" of the core. Using precise movement and specific breathing, you can achieve total body strength and toning. This class is predominantly done on the floor and a mat is required.

Power - A great class to help retain or regain muscle tone. This strength training class includes a cardio warm up along with use of hand held weights to help improve body composition and increase lean muscle mass.

Zumba Gold® - Turns exciting Latin and international rhythms into a fun, safe and effective format for the active older adult. It's an easy to follow program that lets you move to the beat at your own speed.

Zumba Gold Toning - This high energy class combines targeted body sculpting exercises and cardio work with Latin infused Zumba moves. Students use lightweight, maraca-like toning sticks to enhance rhythm and tone their bodies. Sticks available for purchase through instructor.



50+ Fitness Center

Fitness Equipment Room Schedule

Day	Available Time	Notes
Monday	Open: 8:30 am-7:30 pm	Equipment Orientation as scheduled.
Tuesday	Open: 8:30 am-7:30 pm	Equipment Orientation as scheduled.
Wednesday	Open: 8:30 am-7:30 pm	Equipment Orientation as scheduled.
Thursday	Open: 8:30 am-4 pm	Equipment Orientation as scheduled.
Friday	Open: 8:30 am-4 pm	Equipment Orientation as scheduled.

The **Fitness Equipment Room** is open for drop-in use during the open hours noted above. A complimentary equipment orientation for those interested in learning how to properly use each piece of equipment is offered. Orientation is free and prior sign-up at the Fitness Center front desk is required.

Pay By Session Exercise Classes

11 am ECity Aerobics is the only Pay by Session classes held in the 50+ Fitness Center. All other exercise classes meet in the Center's main building.

NEW!



Walk and Stretch

Try this new exercise offering and get outside to walk through the community (weather permitting), followed by a full body stretch indoors. Please dress appropriately for the weather, wear outdoor walking shoes and bring a watch or other time-telling device with you.

Tuesday & Thursday

June 7 thru July 28

15 classes for \$41

No class: 6/28

10 am

(A02423.801)

ECity Aerobics

Learn basic cardio combinations, burn calories, increase cardiovascular endurance, build lean muscle tone and bone density. End each class with a dedicated portion to strength and stretches. This class is conducted in the 50+ Fitness Center.

Monday & Wednesday

June 6 thru July 27

15 classes for \$64

No class: 7/4

11 am

(A02400.801)

Tuesday & Thursday

June 7 thru July 28

15 classes for \$64

No class: 6/28

11 am

(A02401.801)

Sign-up for "Pay by Session" classes 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 can register on-line using a credit card at <http://apm.activecommunities.com/howardcounty>.

**Registration will open on Friday, May 6, 2016
for all Pay by Session classes listed on pages 12 & 13.**

Pay by Session Exercise Classes

The following Pay by Session classes are held in the main building of the Center

Chair Yoga

Experience the benefits of yoga with the security of a chair! Increase strength, flexibility & balance through standing and seated postures. Yoga helps to relieve tension, improve breathing, and promotes an overall sense of well-being. No prior yoga experience needed. Bring a non-slip mat to place under your chair.

Monday & Wednesday

June 6 thru July 27

10 am

15 classes for \$64

(A02421.801)

No class: 7/4

ECity Seated Aerobics

This seated aerobics class covers warm up and stretching exercises. It also includes the use of hand weights and improves your overall balance. A great choice for those looking for a workout from a seated perspective.

Tuesday & Thursday

June 21 thru August 11

12:30 pm

15 classes for \$64

(A02403.801)

No class: 6/28

Better Balance

This is an effective program for those with chronic conditions impacting their balance or who feel unsteady on their feet. Those participants 60 years of age and older can contribute up to the full cost of the program to ensure viability. Those participants under age 60 pay the fee listed below. A Pre-screen is required. Call Jen Lee at **410-313-5940** before registering.

Monday & Wednesday

June 20 thru August 10

12:30 pm

15 classes for \$48

(A02413.801)

Exercise Essentials

Master essential exercises to manage your arthritis. Learn gentle activities, both seated or standing, to increase joint flexibility, range of motion and strength. Proper techniques for exercising within your limitations will be taught so you can attain better fitness.

Tuesday & Thursday

June 21 thru August 11

1:30 pm

15 classes for \$64

(A02404.801)

No class: 6/28

Balance "4" All

Join one of our most sought after offerings. This class combines a perfect blend of 4 components: balance, flexibility, posture and strength which together add up to safe and active living.

Monday & Wednesday

June 20 thru August 10

1:30 pm

15 classes for \$64

(A02405.801)

No class: 7/4

Tuesday & Thursday

June 21 thru August 11

2:30 pm

15 classes for \$64

(A02405.802)

No class: 6/28

NEW!

T'ai Chi Chih

Experience a moving meditation practice to help enhance your health and peace of mind. Class involves specific sequence of slow and gentle movements to help balance "chi" energy in the body.



Wednesday

June 8 thru August 3

3:30 pm

8 classes for \$45

(A02429.801)

No class: 7/13

All classes are scheduled to run between 45 and 55 minutes in duration. Please check with your physician before starting any exercise program.

Daily Schedule

MONDAY

TIME	PROGRAM	ROOM
8:30 am - 12 noon	Billiards (Monday thru Friday)	Game
8:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (Power, Zumba Gold Tone) \$	Fitness Center
10 - 10:45 am	Chair Yoga (Mon/Wed) \$	Exercise
10 am - 12 noon	Painting Together (Lorraine Norris)	Arts & Crafts
10:30 - 11:30 am	B Games	Activity
11 - 11:45 am	ECity Aerobics (Mon/Wed) \$	Fitness Center
12:30 - 1:15 pm	Better Balance (Mon/Wed) \$	Exercise
12:30 - 3:30 pm	Open Bridge	Activity Room
12:30 - 4 pm	Pinochle (Monday thru Friday)	Great Room
1 - 4 pm	Table Tennis	Fitness Center
1:30 - 2:15 pm	Balance for All (Mon/Wed) \$	Exercise
2:30 - 3:30 pm	Beginner Line Dancing (Mondays) \$	Exercise
5:30 & 6:30 pm	Exercise Pass Classes (Zumba Gold, Gentle Yoga) \$	Fitness Center

TUESDAY

8:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (Zumba Gold, Gentle Yoga) \$	Fitness Center
9 am - 12 noon	Mah Jongg	Activity
9 am - 12 noon	Blood Pressure Screening	Health
10 am - 12 noon	Chess Club	Conference
10 - 10:45 am	Walk & Stretch (Tues/Thur) \$	Exercise
11 - 11:45 am	ECity Aerobics (Tues/Thur) \$	Fitness Center
11 - 11:45 am	Living Meditation \$	Fitness Center
12 noon - 4 pm	Painting Together (Carole Zink)	Arts & Crafts
12:30 - 1:15 pm	ECity Seated Aerobic Class (Tues/Thur) \$	Exercise
1 - 4 pm	Hand and Foot	Activity
1:30 - 2:15 pm	Exercise Essentials (Tues/Thur) \$	Exercise
2:30 - 3:15 pm	Balance for All (Tues/Thur) \$	Exercise
5:30 & 6:30 pm	Exercise Pass Classes (Pilates, All in One) \$	Fitness Center

WEDNESDAY

8:30 am - 7:30 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (All in One, Zumba Gold Tone) \$	Fitness Center
9 am - 12 noon	Kings & Queens Bridge	Activity

(Room assignments may change at times to accommodate the needs of other events/programs.)

Daily Schedule

WEDNESDAY (continued)

TIME	PROGRAM	ROOM
9 am - 12 noon	State Health Insurance Program	Health
10 - 10:45 am	Chair Yoga (Mon/Wed) \$	Exercise
11 - 11:45 am	ECity Aerobics Class (Mon/Wed) \$	Fitness Center
12:30 - 1:15 pm	Better Balance (Mon/Wed) \$	Exercise
1 - 2 pm	Book Club (4th Wednesday)	Activity
1 - 3 pm	Needlework Club	Conference
1 - 4 pm	Table Tennis	Fitness Center
1 - 4 pm	Painting Together (Anne Maurer)	Arts & Crafts
1:30 - 2:15 pm	Balance 4 All (Mon/Wed) \$	Exercise
2:30 - 3:30 pm	Beginner Line Dancing (Wednesdays) \$	Exercise
3:30 - 4:30 pm	T'ai Chi Chih \$	Exercise
5:30 & 6:30 pm	Exercise Pass Classes \$ (Zumba Gold, Gentle Yoga)	Fitness Center

THURSDAY

8:30 am - 4 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (Zumba Gold, Gentle Yoga) \$	Fitness Center
9 am - 12 noon	Painting Together (Pat Weir)	Arts & Crafts
10 - 10:45 am	Walk & Stretch (Tues/Thur) \$	Exercise
10 - 11:30 am	Easy Technology Navigation (sign up required)	Conference
10:15 - 11:45 am	Seniors Together Men's Forum	Activity
11 - 11:45 am	ECity Aerobics Class (Tues/Thur) \$	Fitness Center
12:30 - 1:15 pm	ECity Seated Aerobics Class (Tues/Thur) \$	Exercise
1 - 4 pm	State Health Insurance Program (SHIP)	Health
1 - 4 pm	Canasta	Activity
1:30 - 2:15 pm	Exercise Essentials for Arthritis (Tues/Thur) \$	Exercise
2:30 - 3:15 pm	Balance 4 All (Tues/Thur) \$	Exercise

FRIDAY

8:30 am - 4 pm	Fitness Equipment \$	Fitness Center
9 & 10 am	Exercise Pass Classes (Power, All in One) \$	Fitness Center
12:30 - 3:30 pm	Open Bridge	Activity
1 - 4 pm	Table Tennis	Fitness Center

(Room assignments may change at times to accommodate the needs of other events/programs.)

Special Events & Notices

WORLD ELDER ABUSE AWARENESS DAY FORUM

June 15, 2016

Sollers Point Multi-Purpose Center
320 Sollers Point Road
Dundalk, Maryland

9:30 a.m.—1:00 p.m.

- Learn the red flags of elder abuse and how to report it
- Hear from the experts on elder abuse prevention and prosecution
- Visit resource tables with valuable information for seniors, families and advocates

BC-REST

Baltimore County Restoring Elder Safety Today
Elder Abuse Prevention Coalition

Sponsored by



Elder Abuse is a Crying Shame



For more details, call **410-887-4200**
www.bcpl.info/stopelderabuse

A Warm Welcome to Dayle & Best Wishes to Rebecca

Center Staff is excited to welcome **Dayle Rudel** as our new Administrative Support/Front Desk Registrar. Dayle has a solid background in Human Resources and most recently comes to us from Howard County's Recreation and Parks Department. She is eager to meet and help assist our Center members.



After wishing farewell to Gigi just a few short months ago, we now wish a happy retirement to our Nutrition Specialist, **Rebecca Mengel**. Rebecca has only been at Ellicott City 50+ Center since September but she has been with the Office on Aging for several years, serving at other Centers throughout the County. We wish her all the best in her coming days of R-n-R!

ID Lanyards & Raffle Basket Tickets for Sale

Do you get frustrated or fumble through your purse or wallet trying to locate your Center ID card when you enter the building? Why not purchase a lanyard, complete with ID card holder, that will help make locating your ID card a snap! Throw it in your purse or keep it hanging around the car mirror. Beaded lanyards are available for \$5 or crocheted lanyards can be purchased for \$3.

Council members will also be selling chances to win a Summer Basket of Cheer. Purchase a chance to win for \$1 or 6 chances for \$5. Raffle will take place on Wednesday, June 22.

Adjusted Center Hours

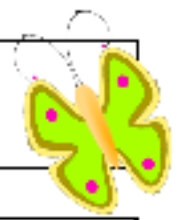
Monday, May 30
Tuesday, June 28

CLOSED (Memorial Day)
Main Building **CLOSED** (Department Meeting)
50+ Fitness Center **OPEN ALL DAY**





May 2016 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>OPEN FACE TURKEY SANDWICH MASHED POTATOES MIXED VEGETABLES WHITE WHEAT BREAD FRUIT ORANGE JUICE</p>	<p style="text-align: right;">3</p> <p>BEEF BARLEY SOUP ITALIAN MEATBALLS HEALTH SALAD MINI SUB ROLL ORANGE</p>	<p style="text-align: right;">4</p> <p>SPLIT PEA SOUP TUNA SALAD RANCH SALAD POTATO ROLL APPLE</p>	<p style="text-align: right;">5</p> <p>SOUTHWEST CHICKEN BEAN SALAD SPINACH WHITE WHEAT BREAD PEARS APPLE JUICE</p>	<p style="text-align: right;">6</p> <p>MARYLAND CRAB SOUP BBQ BEEF CUBES POTATO SALAD TURNIP GREENS DINNER ROLL WHITE CAKE W/PEACH SAUCE</p>
<p style="text-align: right;">9</p> <p><u>BOX LUNCH</u> CHICKEN SALAD PICKLED BEETS WHEAT BREAD APPLESAUCE ORANGE JUICE</p>	<p style="text-align: right;">10</p> <p>CHICKEN CHOW MEIN BROWN RICE PEPPER CABBAGE DINNER ROLL FRESH FRUIT</p>	<p style="text-align: right;">11</p> <p><u>SUPER SPECIAL</u> SAUSAGE LASAGNA ITALIAN GREEN BEANS GREEN SALAD GARLIC BREAD HONEY ALMOND CHEESECAKE ORANGE</p>	<p style="text-align: right;">12</p> <p><u>DELI LUNCH</u> TURKEY & SWISS PEPPER CABBAGE WHEAT BREAD SLICED APPLES GRAPE JUICE</p>	<p style="text-align: right;">13</p> <p> NO LUNCH TODAY ROOM PREPARATION UNDERWAY FOR SHOWTIME SINGERS</p>
<p style="text-align: right;">16</p> <p>SALISBURY STEAK/ GRAVY MASHED POTATOES MARINATED CUKES & ONIONS ORIENTAL VEGETABLES SPLIT TOP ROLL FRESH FRUIT</p>	<p style="text-align: right;">17</p> <p>VEGETABLE SOUP KNOCKWURST BAKED BEANS COLESLAW HOTDOG BUN PINEAPPLE CHUNKS</p>	<p style="text-align: right;">18</p> <p><u>SUPER BOX</u> CHUNKY TURKEY SALAD W/CROISSANT VEGGIE ORZO SALAD MARINATED CUKES & TOMATOES AMBROSIA CRANBERRY JUICE</p>	<p style="text-align: right;">19</p> <p><u>BLUE PLATE SPECIAL</u> SIGN UP AT FRONT DESK MARYLAND CRAB SOUP CRAB CAKE COLE SLAW FRESH FRUIT & ROLL LUNCH BY DONATION SUGGESTED: \$12.15</p>	<p style="text-align: right;">20</p> <p>PORK CHOP W/GRAVY MASHED POTATOES CARROT RAISIN SALAD COLLARD GREENS WHITE WHEAT BREAD PINEAPPLE CHUNKS</p>
<p style="text-align: right;">23</p> <p><u>SUPER SPECIAL</u> CHICKEN FAJITAS SPANISH RICE BLACK BEANS TORTILLA PEPPERS AND ONIONS MELON</p>	<p style="text-align: right;">24</p> <p><u>BOX LUNCH</u> HAM DIXIE SLAW POTATO ROLL PUMPKIN PUDDING GRAPE JUICE</p>	<p style="text-align: right;">25</p> <p>BAKED CHICKEN W/GRAVY MASHED POTATOES MARINATED CUKES & ONIONS KALE WHITE WHEAT BREAD PINEAPPLE CHUNKS</p>	<p style="text-align: right;">26</p> <p>CHILI RANCH SALAD WHITE WHEAT BREAD FRESH FRUIT ORANGE JUICE</p>	<p style="text-align: right;">27</p> <p>\$5.00—SIGN UP  AT FRONT DESK</p>
<p style="text-align: right;">30</p> <p>MEMORIAL DAY CENTER CLOSED NO LUNCH </p>	<p style="text-align: right;">31</p> <p>TURKEY CHOW MEIN RICE WHITE WHEAT BREAD FRUIT COCKTAIL GRAPE JUICE</p>	<p style="text-align: right;">1</p> <p>PEPPER STEAK OVEN BROWN POTATOES HEALTH SALAD WHITE WHEAT BREAD FRESH FRUIT APPLE JUICE</p>	<p style="text-align: right;">2</p> <p><u>DELLUNCH</u> CHEF SALAD W/ TURKEY, HAM, CHEESE VEGGIE PASTA SALAD CORNBREAD FRUIT COCKTAIL ORANGE JUICE</p>	<p style="text-align: right;">3</p> <p><u>DELLUNCH</u> TUNA MARINATED CUKES & TOMATOES KAISER ROLL MANDARIN ORANGE APPLE JUICE</p>

*Milk is served with every meal

Do Herbs and Spices Have Nutritional Benefits?

Common herbs and spices may help protect against certain chronic conditions, such as cancer, diabetes and heart disease.

Herbs, like basil and parsley, are from plants and plant parts. Spices often come from the seeds, berries, bark, or roots of plants.

Certain herbs and spices curb inflammation in the body, which may give rise to heart disease and cancer. For example, antioxidants in cinnamon have been linked to lower inflammation, as well as lowering blood glucose concentrations in people with diabetes.

Instead of adding salt, fat (butter/oil) and/or sugar, use herbs and spices instead.

Ground cinnamon: Add 1¼ teaspoon to prepared oatmeal; 1 cup Greek yogurt mixed with 2 teaspoons molasses or honey, or add some the next time that you make French Toast.



Chili peppers: Add chopped peppers to chili, burgers, soups, stews, salsa and egg dishes.

Garlic: Add fresh chopped or minced garlic to pasta dishes, stir-fry dishes, pizza, fresh tomato sauce and meat and poultry dishes.

Oregano: Add 1/8 teaspoon dried to scrambled eggs, salad dressings, and store-bought or homemade marinara sauces.

Basil: Make a sandwich with low-fat mozzarella cheese, sliced tomatoes and fresh basil leaves; add fresh leaves to green salads.



Thyme:

Sprinkle dried thyme onto cooked vegetables in place of butter or margarine. Add 1/8 teaspoon dried thyme to two scrambled eggs, and to salad dressing. Use it in a rub when cooking salmon.

Rosemary: Add dried crushed rosemary to mashed potatoes and vegetable omelets.

Cloves: Sprinkle ground cloves on applesauce, add to quick bread batters, and add a pinch to hot tea.