



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



Blaze a Trail

May is a month of fresh beginnings. Perennials flower once again; blazing a trail of bright color. May is also when we celebrate Older Americans Month, acknowledging the perennial contributions of older adults in our nation.

Be a trail blazer! Join in promoting activities, inclusion and wellness for older Americans in our community.

North Laurel will celebrate Older Americans Month on May 18th with a BBQ and special entertainment. Please join us! Visit the Administration for Community Living for more on Older Americans Month at www.acl.gov.

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
May Offerings	7
Monthly Calendar	8
Menu & Nutrition Notes	INSERT

The North Laurel 50+ and Senior Center Plus programs are closed on Monday, May 30 for Memorial Day.

NLCC is open for walking and fitness.

CENTER HIGHLIGHTS



Spring Dance Recital

**Thursday, May 12
 11 am to 11:30 am**



**War On The Homefront
 Wednesday, May 25
 11 am**



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 may 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.

Spring Plant Sale	May 2	9:30 am
Coffee w/ the Council	May 3	10 am
Rack 'Em Up Pool Party	May 5	12:30 pm
Book 'n Bake Sale	May 6	9 am
Music with Kay	May 11	10:30 am
Council Meeting	May 17	1 pm
Matinee Movie	May 19	1 pm
Birthday Bash	May 24	12 pm

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 may 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 may 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.



The Mosaic Project Art Reception

Thursday, May 19
1 pm to 2:30 pm

Installation of the mosaic created in partnership with 50+ members and the American Visionary Art Museum

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 sessions 4/12 to 5/5
Next Session: 5/12 to 6/7

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 sessions 5/4 to 5/27
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 sessions 4/4 to 5/9
Next Session: 5/23 to 7/11 No Class 5/30 & 7/4
Fridays 9:30 am to 10:15 am
Cost: \$42 for 6 sessions 4/8 to 5/13
Next Session: 5/27 to 7/1

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 sessions 4/5 to 5/17
No class 5/10 Next session: 5/31 to 7/5

Learn basic steps to a variety of fun & versatile dance styles. Singles & Couples welcome. Instructor: Linda White.

***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
Thursday 1:30 pm to 2:45 pm
Cost: \$56 for 8 classes 4/7 to 5/26

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
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 sessions 4/6 to 5/25

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

Tap Aerobics

Wednesday 10 am to 11 am
Cost: \$43 for 8 classes 3/23 to 5/11

The class combines the rhythm of tap dancing with a healthy low impact aerobic workout. Tap shoes optional; smooth soled shoes required. Instructor: Ronnie Mack.

Age Well Exercise

Tuesday & Thursday 10 am to 11 am
Cost: \$44 for 16 classes 3/29 to 5/19

Next Session: 5/26 to 7/19

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, May 3, 17 & 31 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 May 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

Tues, May 17 American Cookout 10:30 am
Join Lauren in the Hammond Branch Room for healthy nutrition information, recipes and sampling.

Exercise Counseling

Thursday, May 12 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, May 12 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

Monday, May 16 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 May 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, May 5 & 19 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
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.

Travel Talk: Scotland - Cruising the Inner Hebrides & Caledonian Canal

Tuesday, May 3 10:30 am to 12 noon
Follow an epic journey from coast to coast exploring the scenery, heritage and wildlife of Scotland in this presentation from travel enthusiast, Rick.

Rack 'Em Up Pool Party

Thursday, May 5 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

Book 'n Bake Sale

Friday, May 6 9 am to 1 pm
Choose from a variety of gently used adult & children's books.

Talkin' Broadway Series

Monday, May 9 1 pm to 2 pm

Musicals the Critics panned but audiences loved

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

Computer Chat: Open Session

Wednesday, May 11 1 pm to 4 pm
Drop in to get help with questions related to emails, searching the internet, using iphones & ipads and more. Led by a tech volunteer.

Matinee Movie

Thursday, May 19 1 pm to 3 pm
Free viewing of **The Intern** shown in the comfort of the Center. Snacks & popcorn for sale. Sign-up in the Matinee Movie binder.

Sponsored by the North Laurel Senior Council

Q & A with Officer Lingham

Friday, May 20 10:30 am
Join HCPD Senior Liaison, Andre Lingham, for information on public safety and scams.

Birthday Bash

Tuesday, May 24 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 5/17.

Sign - up for programs at 50+ Front Desk

MAY OFFERINGS

Howard County Law Day

Monday, May 2 9 am to 2 pm
Volunteer attorneys offer free preparation of Medical Decision Documents. Appointment required; call or visit the 50+ Front Desk.

Spring Plant Sale

Monday, May 2 9:30 am to 1 pm
Shop a selection of spring plantings from eMerge including hanging baskets, herbs and annuals. Cash, check or charge accepted.

Sponsored by the North Laurel Senior Council

Mother's Day: Downton Abbey Tea

Wednesday, May 4 12 pm
Cost: \$10 Tap Dance Demo at 11:45 am
Celebrate the strong and witty women in your lives at this Mother's Day tea. Cost includes assortment of teas, pastries, sandwiches, desserts and live music.

Sponsored by the North Laurel Senior Council

Cinco de Mayo Fiesta

Thursday, May 5 10 am & 12 pm
Cost: Lunch contribution for those 60+
Nacho bar in the Lobby at 10 am; Special lunch at 12 noon. Reserve lunch by 4/27.

Spring Dance Recital

Thursday, May 12 11 pm to 11:30 pm
The Reservoir High School Dance Troupe performs a special spring recital of lyrical, jazz and contemporary dance.

Master Gardeners Program: Herbs through the Ages

Tuesday, May 17 10 am to 11 am
A look at the historical uses of herbs and how to use herbal mixes in your life today.

Older Americans Month BBQ

Wednesday, May 18 11 am to 1 pm
Cost: Lunch contribution for those 60+
Join in the celebration of Older Americans Month as we "Blaze a Trail" with music from "Just Us" band and a Western Themed BBQ. Register by 5/11.

The Mosaic Project Art Reception:

Roots & Branches

Thursday, May 19 1 pm to 2:30 pm
Join us for the installation of a collective art piece created by members in partnership with the American Visionary Art Museum. Light refreshments. RSVP by 5/16.

War On The Homefront: BMI

Wednesday, May 25 11 am to 12 pm
In this special presentation from the Baltimore Museum of Industry, learn more about Charm City, its citizens, and the various industries that employed them during World War II.

Spring Art Workshop:

Tassel Necklace

Friday, May 27 9:30 am to 11 am
Cost: \$8 includes all materials & instruction
Make a trendy bohemian-style necklace, to wear on its own or to layer. Sign up by 5/25.

Hero Dogs, Inc. Meet & Greet

Friday, May 27 10 am to 12 pm
Learn more about this local organization that raises and trains service dogs to promote independence for Veterans with disabilities. Supported by your generous contributions from Veterans Day 2015.

May 2016

Monday	Tuesday	Wednesday	Thursday	Friday
2 Total Toning 8:45 Law Day 9 - 2 Plant Sale 9:30 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	3 Agewell 10 Blood Pressure 10 Coffee with the Council 10 Travel Talk 10:30 Fab Fusion 11:15 Line Dance 11:15 Ballroom Dance 1:30	4 Zumba Gold 9:30 Tap Aerobics 10 Mother's Day: Downton Abbey Tea 12 Pilates 11:15 Open Art Studio 1	5 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Cinco de Mayo 10/12 Fab Fusion 11:15 Pool Party 12:30 Open Games Day 1 Gentle Yoga 1:30	6 Book 'n Bake Sale 9 Total Toning 9:30 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
9 Total Toning 8:45 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1 Talkin' Broadway 1	10 Agewell 10 Line Dance 11:15	11 Zumba Gold 9:30 Tap Aerobics 10 Music w/ Kay 10:30 Pilates 11:15 Computer Chat: Open Session 1 Open Art Studio 1	12 Exercise Counseling 9 Agewell 10 News Talk 10 Spring Dance Recital 11 Fab Fusion 11:15 Exercise Guidance 1 Open Games Day 1 Gentle Yoga 1:30	13 Total Toning 9:30 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15 Salad Bar Lunch 12
16 Nutrition Counseling 9:30 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	17 Agewell 10 Blood Pressure 10 Master Gardeners 10 Healthy Tastings 10:30 Fab Fusion 11:15 Line Dance 11:15 Council Meeting 1 Ballroom Dance 1:30	18 Zumba Gold 9:30 Pilates 11:15 Older Americans Day BBQ 11 Open Art Studio 1	19 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Fab Fusion 11:15 The Mosaic Project Art Reception 1 Matinee Movie 1 Open Games Day 1 Gentle Yoga 1:30	20 Brain Health 10 Massage 10 Ofc. Lingham 10:30 Sit, Stitch 'n Give 11 Pilates 11:15
23 Total Toning 8:45 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Open Art Studio 1	24 Fab Fusion 11:15 Line Dance 11:15 Birthday Bash 12	25 Zumba Gold 9:30 War On The Homefront: BMI 11 Pilates 11:15 Open Art Studio 1	26 Agewell 10 News Talk 10 Fab Fusion 11:15 Open Games Day 1 Gentle Yoga 1:30	27 Total Toning 9:30 Art Workshop 9:30 Brain Health 10 Massage 10 Hero Dogs, Inc. 10 Sit, Stitch 'n Give 11 Pilates 11:15
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 Open Art Studio 1	2 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Fab Fusion 11:15 Open Games Day 1	3 ANNIVERSARY CELEBRATION 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