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nlaurel50center@
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50+Center Hours

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

Website:
www.howardcountyyaging.org

NORTH LAUREL 50+ CENTER NEWS & NOTES

Arts in April

Lifelong learning in the arts educates and engages older adults as teachers, learners and as creators. Community based arts programs create powerful interventions that contribute towards a positive quality of life.

The American Visionary Arts Museum brings The Mosaic Project to North Laurel. In a 4-week workshop, participants will collaborate on a mosaic wall piece for final display at the Center. On April 29th, create a custom charm bracelet.

Don't miss this month's performance art - with the crowd favorite, Lyric Opera Baltimore on April 15th and "Two for the Show" duet for the Spring Fling on April 27.

Nurture your creative side and get involved with the arts at North Laurel.

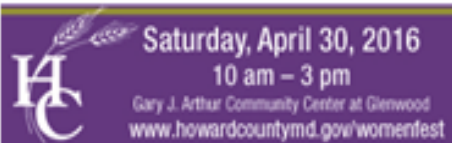
Stop by and enjoy all the Center has to offer -

Trisha, Michelle, Carmen & Lauren

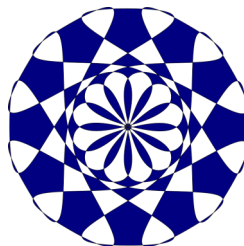
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Don't Miss the 8th Annual



CENTER HIGHLIGHTS



The Mosaic Project

Thursdays, April 7 - 28

10 am to 12 pm



Lyric Opera

Friday, April 15

11 am to 1pm

AARP Tax Preparation - call 410-313-0380



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.

Coffee w/ the Council	April 1	10 am
Music with Kay	April 7	10:30 am
Rack 'Em Up Pool Party	April 7	12:30 pm
Council Meeting	April 12	1 pm
Matinee Movie	April 21	1 pm
Birthday Bash	April 26	12 pm
Community Yard Sale	Sat, April 30	8 am

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.



Interested in volunteering?

The Howard County Office on Aging has special events and ongoing opportunities for volunteers of all ages.

Visit www.hocovolunteer.org to register as a volunteer and to check out the latest volunteer opportunities including Women-Fest on Saturday, April 30 at the Gary J. Arthur Community Center at Glenwood. Also check out the Volunteer Board at North Laurel.

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

Age Well Exercise

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

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

Ballroom Basics

Tuesdays 1:30 pm to 2:30 pm
Cost: \$52 for 6 sessions 4/5 to 5/10

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

Fab Fusion

Tuesdays & Thursdays 11:15 am to 12 pm
Cost: \$ 48 for 8 sessions 4/12 to 5/5

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

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.

Total Toning

Mondays 8:45 am to 9:30 am
Cost: \$42 for 6 sessions 4/4 to 5/9
Fridays 9:30 am to 10:15 am
Cost: \$42 for 6 sessions 4/8 to 5/13

An all-over workout of targeted areas to tone and strengthen. Instructor: Leah Daniels.

Mat Pilates

Wednesday & Friday 11:15 am to 12:05 pm
Cost: \$46 for 8 sessions 3/23 to 4/27

No Class 3/25, 3/30 & 4/1

Build flexibility, lean muscle, strength and endurance with emphasis on breathing to relieve stress and develop a strong core.
Instructor: Maggie Lockhart.

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 and 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. Reduce stress, tone muscles and increase strength & energy.
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 4 shoes required. Instructor: Ronnie Mack

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."

Blood Pressure Screening

Tuesdays in April 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 April 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, April 19 Hearty Salads 10:30 am
Join Lauren in the Hammond Branch Room for healthy nutrition information, recipes and sampling.



Cycle2Health Howard County is a non-competitive, peer-led, bicycling club for adults of all ages and abilities!

- Various Locations
- Daytime Hours
- Weekday Rides

For more information, contact Jennifer Lee at 410-313-5940 (voice/relay) or www.howardcountymd.gov/C2H.
Pre-registration is required; \$10 annual fee.

Exercise Counseling

Thursday, April 14 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, April 14 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, April 20 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.

Sign - up for programs at 50+ Front Desk



Fridays in April 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.

ON-GOING PROGRAMS

State Health Insurance Program (SHIP)

Thursday, April 21 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.

Rack 'Em Up Pool Party

Thursday, April 7 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

Talkin' Broadway Series

Monday, April 11 1 pm to 2 pm
More Musicals Based Upon the Silver Screen
Follow the evolution of Broadway's rich history through discussion and live song presentation.

AARP Tax Assistance Program

Tuesday, April 5 & 12 9 am to 1 pm
Wednesday, April 6 & 13 1 pm to 4 pm
Thursday, April 7 & 14 1 pm to 4 pm
Friday, April 1, 8 & 15 9 am to 1 pm
Free tax assistance to older adults and low income individuals by IRS certified counselors on 2015 Federal & Maryland State tax returns. Available by appointment ONLY by calling 410-313-0380.

Travel Talk: Kauai - Garden Island of Hawaii

Tuesday, April 12 10:30 am to 12 noon
Explore gorgeous beaches and the Grand Canyon of the Pacific in this presentation from travel enthusiast, Rick.

Q & A with Officer Lingham

Wednesday, April 13 10:30 am
Join HCPD Senior Liaison, Andre Lingham, for information on public safety and scams.

Computer Chat

Wednesday, April 20 1 pm to 3 pm
Bring along your laptop, device or smart phone for a one-on-one session with a tech volunteer. Appointments required.

Matinee Movie

Thursday, April 21 1 pm to 3 pm
Free viewing of **Bridge of Spies** 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

Birthday Bash

Tuesday, April 26 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 4/19.

Sign - up for programs at 50+ Front Desk

APRIL OFFERINGS

The Mosaic Project

Thursdays, April 7 - 28 10 am to 12 pm

Learn basic techniques of mosaic-making to complete an individual piece that will be combined in a large-scale installation at the North Laurel Community Center. Space is limited; reserve yours by 3/31. In partnership with the American Visionary Arts Museum.

Earth Day Celebration

Friday, April 8 10:30 am to 1 pm

Cost: Lunch donation for those 60+

Celebrate Mother Earth with a nature walk, sustainable salad bar lunch and eco-friendly tips on how to reduce, reuse and recycle. Lunch reservation by 3/31.

Where Were You When?

Mon, April 11 & April 18 9:00 am to 12:15 pm

An oral history project **at Glenelg County School**. For information or to register contact Trisha at 410-313-0389.

Medicare 101:

What You Can Expect From Medicare

Tuesday, April 12 1 pm to 2:30 pm

This presentation covers how Medicare Part A (Hospital), B (Medical) and D (Prescription Drug) work, what the benefits are and how to make decisions related to your coverage.

Medicare 102:

Why Medicare Isn't Enough

Tuesday, April 19 1 pm to 2:30 pm

Learn about Medicare Part C Health Plans and Supplemental Policies (Medigap Plans), what to consider in choosing a plan and how to protect yourself against fraud.

Register by calling 410-313-7389.

Sponsored by the State Health Insurance Assistance Program (SHIP)

Lyric Opera Baltimore Presents:

Made in America - The American Songbook

Friday, April 15 11 am to 1 pm

Cost: Lunch donation for those 60+

An exploration of the American Songbook featuring composers such as Johnny Mercer, Gershwin and others. Enjoy classic hits of jazz, cabaret, Broadway and Hollywood while learning about the singers and composers that made them famous. A special lunch is available; reserve by 4/6.

Master Gardeners Program:

Baywise: State of the Bay

Tuesday, April 19 10 am to 11 am

Learn about Maryland's Chesapeake Bay, its value to the environment and economy and how to protect this natural treasure.

Spring Fling

Wednesday, April 27 11 am to 12 pm

Cost: \$3 + Lunch donation for those 60+

Shake off the winter blues! Enjoy songs from the fabulous "Two For The Show" duet, singing classics and share in a festive spring themed meal. Reserve by 4/20.

Art Workshop: Custom Charm Bracelets

Friday, April 29 9:30 am to 11 am

Cost: \$8 includes all materials & instruction

In this hands-on class, learn fun and easy jewelry techniques to create a custom charm bracelet. Sign up by 4/27.

COMING IN MAY

Law Day & Spring Plant Sale May 2

Downton Abbey Tea May 4

Older Americans Month BBQ May 18

April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
March 28 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Open Art Studio 1	29 AARP Taxes 9 - 1 Agewell 10 Blood Pressure 10 Int. Zentangle® 10:30 Master Gardeners 10 Fab Fusion 11:15 Line Dance 11:15 Birthday Bash 12	30 Zumba Gold 9:30 Tap Aerobics 10 Open Art Studio 1 AARP Taxes 1 - 4	31 Agewell 10 News Talk 10 Fab Fusion 11:15 Open Games Day 1 AARP Taxes 1 - 4	April 1 AARP Taxes 9 - 1 Coffee with the Council 10 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11
4 Total Toning 8:45 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	5 AARP Taxes 9 - 1 Agewell 10 Blood Pressure 10 Int. Zentangle® 10:30 Fab Fusion 11:15 Line Dance 11:15 Council Meeting 1 Ballroom Dance 1:30	6 Zumba Gold 9:30 Tap Aerobics 10 Pilates 11:15 Open Art Studio 1 AARP Taxes 1 - 4	7 Agewell 10 News Talk 10 The Mosaic Project 10 Music w/ Kay 10:30 Pool Party 12:30 Open Games Day 1 AARP Taxes 1 - 4 Gentle Yoga 1:30	8 AARP Taxes 9 - 1 Total Toning 9:30 Brain Health 10 Earth Day 10:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15 Salad Bar 12
11 Total Toning 8:45 Open Art Studio 1 Talkin' Broadway 1 Where Were You When? at Glenelg Country School 9	12 AARP Taxes 9 - 1 Agewell 10 Blood Pressure 10 Travel Talk 10:30 Int. Zentangle® 10:30 Fab Fusion 11:15 Line Dance 11:15 Ballroom Dance 1:30 Medicare 101 1:30	13 Zumba Gold 9:30 Tap Aerobics 10 Pilates 11:15 Ofc. Lingham 10:30 NO LUNCH Open Art Studio 1 AARP Taxes 1 - 4	14 Exercise Counseling 9 Agewell 10 The Mosaic Project 10 News Talk 10 Fab Fusion 11:15 Exercise Guidance 1 Open Games Day 1 AARP Taxes 1 - 4 Gentle Yoga 1:30 Hearing Loss 1:30	15 AARP Taxes 9 - 1 Total Toning 9:30 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11 Lyric Opera 11 Pilates 11:15
18 Total Toning 8:45 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1 Where Were You When? at Glenelg Country School 9	19 Agewell 10 Blood Pressure 10 Master Gardeners 10 Healthy Tastings 10:30 Fab Fusion 11:15 Line Dance 11:15 Ballroom Dance 1:30 Medicare 102 1:30	20 Nutrition Counseling 9:30 Zumba Gold 9:30 Tap Aerobics 10 Pilates 11:15 Open Art Studio 1 Computer Chat 1	21 S.H.I.P. 9:30/10:45 Agewell 10 The Mosaic Project 10 News Talk 10 Fab Fusion 11:15 Open Games Day 1 Matinee Movie 1 Gentle Yoga 1:30 Hearing Loss 1:30	22 Total Toning 9:30 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
25 Total Toning 8:45 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Open Art Studio 1	26 Agewell 10 Blood Pressure 10 Fab Fusion 11:15 Line Dance 11:15 Birthday Bash 12 Ballroom Dance 1:30	27 Zumba Gold 9:30 Tap Aerobics 10 Spring Fling 11 Pilates 11:15 Open Art Studio 1	28 Agewell 10 News Talk 10 The Mosaic Project 10 Fab Fusion 11:15 Open Games Day 1 Gentle Yoga 1:30 Hearing Loss 1:30	29 Total Toning 9:30 Art Workshop 9:30 Brain Health 10 Massage 10 Sit, Stitch 'n Give 11

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