

April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
March 27 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Open Art Studio 1	March 28 Agewell 10 Line Dance 11:15 Building Balance 11:15 NO LUNCH Ballroom Dance 1:30	March 29 Zumba Gold 9:30 Tap Aerobics 10 Pilates 11:15 Open Art Studio 1 AARP Taxes 1	March 30 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Birthday Bash 12 AARP Taxes 1 Gentle Yoga 1:30	March 31 Total Toning 9:30 Buds & Blooms 10 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
April 3 Mindful Mondays 9 Coffee w/ Council 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	4 Agewell 10 Building Balance 11:15 Line Dance 11:15 Ballroom Dance 1:30 Jam Session 1	5 Zumba Gold 9:30 Tap Aerobics 10 Music w/Kay 10:30 Pilates 11:15 Computer Chat 12 AARP Taxes 1 Medicare 101 1 Open Art Studio 1	6 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Pool Party 12:30 Game Day 1 AARP Taxes 1 Gentle Yoga 1:30	7 Total Toning 9:30 Ofc. Lingham 10:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
10 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1 Talkin' Broadway 1	11 Agewell 10 Remembering When: Fire & Fall Prevention 11 Building Balance 11:15 Line Dance 11:15 50+ Council 1 Ballroom Dance 1:30	12 Zumba Gold 9:30 Tap Aerobics 10 Lyric Opera 11 NO PILATES Open Art Studio 1 AARP Taxes 1	13 Exercise Counseling 9 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Hearing Program 1 Exercise Guidance 1 AARP Taxes 1 Gentle Yoga 1:30	14 No 50+ Programs Center Closed for Good Friday
17 Mindful Mondays 9 Open Art Studio 1	18 Agewell 10 Healthy Tastings 10:30 Taking Tea 10:30 Building Balance 11:15 Line Dance 11:15 Ballroom Dance 1:30	19 Nutrition Counseling 9:30 Zumba Gold 9:30 Tap Aerobics 10 Pilates 11:15 Computer Chat 12 Medicare 102 1 Open Art Studio 1	20 AVAM Mosaic 9 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Hearing Program 1 Game Day 1 Matinee Movie 1 Gentle Yoga 1:30	21 Total Toning 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15 HCC Class 10 & 1
24 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Open Art Studio 1 Talkin' Broadway 1	25 Agewell 10 Building Balance 11:15 Line Dance 11:15 NO LUNCH Ballroom Dance 1:30	26 Zumba Gold 9:30 Tap Aerobics 10 Pilates 11:15 Birthday Bash 12 Open Art Studio 1 Medicare Plan Finder 1	27 AVAM Mosaic 9 Agewell 10 News Talk 10 Fit 4 All 12:15 Hearing Program 1 Gentle Yoga 1:30	28 Total Toning 9:30 Art Workshop 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15 HCC Class 10 & 1

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

APRIL 2017 OFFERINGS

Remembering When:

A Fire & Fall Prevention Program

Tuesday, April 11 11 am to 12 pm
Older adults face a high risk of loss in fires and of falling in their homes. Learn quick tips on keeping your home and your self safe.

Lyric Opera Baltimore Presents:

This Land was Made for You and Me

Wednesday, April 12 11 am to 1 pm
Cost: Lunch donation for those 60+
A celebration of America with patriotic and regional songs. Special lunch is available; reserve by 4/5.

Coping with Hearing Loss

Thursdays, April 13 to May 4 1:30 pm to 3 pm
Cost: \$30 for the four-week series
Learn about hearing devices and coping strategies from the UMD Speech & Hearing Department. Register by 4/7. For more info: contact Elaine at 410-313-7353.

Taking Tea: Teatime Across the Centuries

Tuesday, April 18 10:30 am to 11:45 am
Cost: \$2 Tickets at the 50+ Front Desk
Learn the history of the tea drink, the tradition of taking tea as well as the differences between high, low and afternoon tea.

Healthy Tastings: Healthy Bunny Carrot Cake

Tuesday, April 18 10:30 am to 11 am
Join Lauren for information on fat and sugar substitutions with tasty recipes.

HCC Classes @ North Laurel 50+

Fridays, April 21 to May 19
Over Age 60: Conversations That Matter 10 - 12
Flourish! 4 Steps to Release Your Inner Sage 1 - 3
See flier for more info & how to register

Constellation: A Mosaic

A partnership with the American Visionary Arts Museum
Thursdays, April 20 to May 4 9 am to 12:30 pm
Use mosaic-making techniques to make a piece that will be combined into a large-scale installation for the Center. Space is limited.

Art Workshop: Cherry Blossoms

Friday, April 28 9:30 am to 11 am
Cost: \$10 includes materials & instruction
Create your own cherry blossom design on a reusable canvas bag - Be Creative & Green!

Fitness Offerings

Agewell Tuesdays & Thursdays
10 am to 11 am 4/20 to 5/16

Building Balance Tuesdays & Thursdays
11:15 am to 12 pm 3/30 to 4/25

Decluttering the Mind: Meditation & Movement
9 am to 9:45 am Mondays, 4/3 to 5/8

Mat Pilates Wednesdays & Fridays
11:15 am to 12:05 pm 4/5 to 5/5 No class 4/12 & 4/14

Total Toning Fridays
9:30 am to 10:15 am 4/21 to 5/26

Medicare 101: What You Can Expect From Medicare

Wednesday, April 5 1 pm to 2:30 pm
Learn about the benefits for Medicare Part A/Hospital, Part B/Medical & Part D/Prescription Drug plans.

Medicare 102: Why Medicare Isn't Enough

Wednesday, April 19 1 pm to 2:30 pm
Learn about Medicare Part C Health Plans and Supplemental Policies/Medigap Plans.

Using Medicare's Plan Finder

Wednesday, April 26 1 pm to 2:30 pm
Learn the basics on using [Plan Finder](#) to compare Medicare Prescription Drug and health plans.

Register by calling SHIP at 410-313-7389