

Hours: Monday -Friday
9:30am - 1:30pm



9411 Whiskey Bottom Road
Laurel, MD 20723
410-313-7218

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June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			9:30 Coffee Talk 10:00 Good Old Days 10:30 Mug Painting 12:00 Lunch 12:45 Exercise w/Liz	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 North Laurel Anniversary Party 12:00 Lunch 12:45 Bingo
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Ed 12:00 Lunch 12:45 Good Old Days	9:30 Coffee Talk 10:00 Good Old Days 11:00 Paws4Comfort 12:00 Lunch 12:45 Exercise w/Liz	9:30 Coffee Talk 10:00 Good Old Days 11:00 Singalong with Kay 12:00 Lunch 12:45 Exercise w/Liz	9:30 Coffee Talk 10:00 Good Old Days 10:30 Music w/Tom 12:00 Lunch 12:45 Exercise w/Liz	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Carnival Games 12:00 Lunch 12:45 Bingo
5	6	7	8	9
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Mug Painting 12:00 Lunch 12:45 Good Old Days	9:30 Coffee Talk 10:30 Music w/Al 11:30 Good Old Days 12:00 Lunch 12:45 Exercise w/Liz	9:30 Coffee Talk 10:00 Exercise w/Liz 10:30 Flag Day Social 12:00 Lunch 12:45 Good Old Days 12:45 Exercise w/Liz	9:30 Coffee Talk 10:00 Good Old Days 10:30 Board Games and Billiards 12:00 Lunch 12:45 Exercise w/Liz	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 <i>Two for the Show</i> 12:00 Lunch 12:45 Bingo
12	13	14	15	16
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Al 12:00 Lunch 12:45 Good Old Days	9:30 Coffee Talk 10:00 Good Old Days 11:00 Ceramics w/Charlene 12:00 Lunch 12:45 Exercise w/Liz	9:30 Coffee Talk 10:00 Good Old Days 11:00 Cook Out 12:00 Lunch 12:45 Tai Chi w/Dave	9:30 Coffee Talk 10:00 Good Old Days 10:30 Antiques Roadshow 12:00 Lunch 12:45 Exercise w/Liz	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Charlie E 12:00 Lunch 12:45 Bingo
19	20	21	22	23
Bob Evans Restaurant 9:30am – 1:30pm (410) 290-0004	9:30 Coffee Talk 10:00 Good Old Days 11:00 Drumming w/James 12:00 Lunch 12:45 Exercise w/Liz	9:30 Coffee Talk 10:00 Good Old Days 11:00 Game Show Tournament 12:00 Lunch 12:45 Tai Chi w/Dave	9:30 Coffee Talk 10:00 Good Old Days 11:00 Copper Tooling 12:00 Lunch 12:45 Exercise w/Liz	9:30 Coffee Talk 10:00 Exercise w/Liz 10:30 Make your Own Ice Cream Soda 12:00 Lunch 12:45 Bingo
26	27	28	29	30

Summertime and the Living is Easy!

Adapted from <http://www.sageminder.com/Caregiving/CaregivingBasics/ActivitiesforSeniors/SummerActivities.aspx>

It's that time of year when the outdoors beckon! Spending time outdoors is good for all ages. It increases our vitamin D levels, which helps fight certain conditions such as osteoporosis, cancer, heart attacks and depression. Make getting outside one of your goals for the summer, spending less time in front of the television or computer. Just making the trip to attend an indoor function can have some of the same health benefits. The health and social benefits of staying active are plentiful. Of course, you want to keep summer safety in mind. Summer can bring extreme heat that will increase the risk of dehydration, heat stroke, and other health risks, so be sure to practice safety first.

Summer Ideas

- **Fishing Excursion** - this can be a "just-for-fun" catch-and-release fishing activity. For those who always enjoyed the sport in earlier years, you can cast a rod from a fishing pier or along a riverbank or pond. Some sportsman clubs have ponds to fish. Pack a picnic lunch and enjoy the day sitting in nature.
- **Picnic at a Local Park or Playground** - get back to nature by packing a lunch and eating outdoors. Your grandchildren might enjoy this outing as well. You can also just sit on a bench and enjoy the neighborhood children having fun.
- **Reinvent your Green Thumb** - did you always enjoy gardening? There is no need to give it up even if you have mobility issues that keep you from bending over. Plant your vegetables or flowers in raised flowerbeds or pots. Adapt or purchase tools that will make working in the garden easier.
- **Catch a Sporting Event** - this can be any local sporting event. Enjoy a local Little League team, your child/grandchild's team, minor league or even a professional event. Many stadiums offer discounts for senior citizens.
- **Walk around the Flea Markets, Farmers Markets, or Craft Shows** – check the community events section in your local newspaper or news broadcasting.
- **Catch an Outdoor Theater or Concert Event** - again check your local media community events section.

Happy Birthday Gloria!

Outings:

Monday, June 26th Bob Evans Restaurant Outing 9:30am-1:30pm.

Resource and Referral Information

Maryland Access Point, (MAP): Provides free information, assistance, and future planning for older adults and persons with disabilities. Contact them at 410-313-1234, 1-800-506-5806 or map@howardcountymd.gov.

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Connections Social Day Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV, listen to the Inclement Weather Line at 410-313-7777 or contact the center at 410-313-7218 to hear a recorded message regarding center operations.

