

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



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

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October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Active Games 12:00 Lunch 12:45 Good Old Days <p style="text-align: right;">2</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Jewelry Activity 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">3</p>	9:30 Coffee Talk 10:30 Sing-a-long with Kay 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">4</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Apple Betty 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">5</p>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Name that Tune 12:00 Lunch 12:45 Bingo <p style="text-align: right;">6</p>	
<p style="text-align: center;">Closed to Observe Columbus Day</p> <p style="text-align: right;">9</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Tom 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">10</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Al 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">11</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Paws4Comfort 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">12</p>	9:30 Coffee Talk 10:00 Exercise w/Liz 10:30 Good Old Days 11:00 Octoberfest 12:00 Lunch 12:45 Bingo <p style="text-align: right;">13</p>	
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Ed 12:00 Lunch 12:45 Good Old Days <p style="text-align: right;">16</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Comedy Bowl 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">17</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Fall Cookie Bake 12:00 Lunch 12:45 Good Old Days 12:45 Exercise w/Liz <p style="text-align: right;">18</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Al 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">19</p>	9:30 Coffee Talk 10:00 Exercise w/Liz 10:30 Good Old Days 11:00 Charlie E 12:00 Lunch 12:45 Bingo <p style="text-align: right;">20</p>	
<p style="text-align: center;">Bob Evans Restaurant 9:30am – 1:30pm (410) 290-0004</p> <p style="text-align: right;">23</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Ceramics 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">24</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 50+Octoberfest "Just Us" 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">25</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Aroma Sachets 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">26</p>	9:30 Coffee Talk 10:00 Exercise w/Liz 10:30 Good Old Days 11:00 Football Fun 12:00 Lunch 12:45 Bingo <p style="text-align: right;">27</p>	
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Autumn Wreaths 12:00 Lunch 12:45 Good Old Days <p style="text-align: right;">30</p>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Ellis 12:00 Lunch 12:45 Exercise w/Liz <p style="text-align: right;">31</p>				

Healthy Eating for Older Adults

Eating a variety of foods from all food groups can help supply the nutrients a person needs as they age. A healthy eating plan emphasizes fruit, vegetables, whole grains and low-fat or fat-free dairy; includes lean meat, poultry, fish, beans, eggs and nuts; and is low in saturated fats, *trans* fats, salt (sodium) and added sugars.

Eating right doesn't have to be complicated. Start with these recommendations from the *Dietary Guidelines for Americans*:

- Eat fruits and vegetables. They can be fresh, frozen or canned. Eat more dark green vegetables, such as leafy greens or broccoli, and orange vegetables such as carrots and sweet potatoes.
- Vary protein choices with more fish, beans and peas.
- Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day.
- Have three servings of low-fat or fat-free dairy (milk, yogurt or cheese) that are fortified with vitamin D to help keep your bones healthy.
- Make the fats you eat healthy ones (polyunsaturated and monounsaturated fats). Switch from solid fats to oils when preparing food.

Add Physical Activity

Balancing physical activity and a healthful diet is the best recipe for health and fitness. Set a goal to be physically active at least 30 minutes every day — this even can be broken into three 10-minute sessions throughout the day.

For someone who is currently inactive, it's a good idea to start with a few minutes of activity, such as walking, and gradually increase this time as they become stronger. And always check with a health-care provider before beginning a new physical activity program.

Happy Birthday Neal, Lois and Elsie!

Closings:

Monday, October 9th--Columbus Day Holiday

Outings:

Monday October 23rd--Bob Evans Restaurant 9:30am-1:30pm.

Resource and Referral Information

Maryland Access Point, (MAP): Provides free information, assistance, and future planning for older adults and person with disabilities.

Contact them at 410-313-5980, 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, call the inclement weather line at 410-313-7777 or contact the center at 410-313-7218 to hear a recorded message regarding center operations.