



9411 Whiskey Bottom Road
Laurel MD 20723
(410) 313 - 0380
Fax: (240) 568-3030
Email: nlaurel50@ howard-countyemd.gov

50+Center Hours

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

On the Web at
howardcountymd.gov/aging or
howardcountymd.gov/northlaurel50

NORTH LAUREL 50+ CENTER NEWS & NOTES

New Year - New Beginnings

Instead of focusing your New Year resolutions on stopping bad habits, think of them as learning to do something new. Make sure that you want to make a change, be honest about where you are starting from and get curious about how you can make the change.

North Laurel 50+ has many opportunities to learn something new - get a Class Pass to sample a new-to-you fitness class, rejuvenate your skin at the Winter Wellness with Essential Oils workshop, visit with our nutritionist for tips on eating healthier or take in the music - opera, standards or pop - at an upcoming concert offered at North Laurel.

By shifting your focus from "here are the bad things I want to stop" to "here are a few new things I intend to learn", it is more likely your life will be more of what you want. Here's to a happy and healthy 2017 full of growth and discovery.

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
Jan & Feb Offerings	7
Monthly Calendar	8
Menu & Nutrition Notes	INSERT

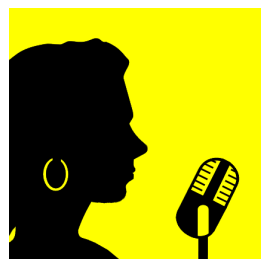
**The North Laurel 50+,
Connections & Kindred
Spirits Programs are
closed:**

- Monday, January 2**
- Monday, January 16**
- Monday, February 20**

CENTER HIGHLIGHTS



Winter in Paradise
Wednesday, January 18
11 am



**Lyric Opera Baltimore
presents:**
Marian Anderson - A Legacy of Hope
Thursday, February 16
11 am

NEWS & NOTES

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, please 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	Jan 3 & Feb 1	10 am
Music with Kay	Jan 4 & Feb 1	10:30 am
Rack 'Em Up Pool Party	Jan 5 & Feb 2	12:30 pm
Council Meeting	Jan 10 & Feb 14	1 pm
Matinee Movie	Jan 19 & Feb 16	1 pm
Birthday Bash	Jan 31 & Feb 28	12 pm
The Giving Tree Project	Dec 2016 to Feb 2017	

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, Connections & Kindred Spirits Social Club
- Rachel McCracken** 410-313-7691
Assistant Director, Connections
- Vacant** 410-313-0396
Program Assistant, Connections
- Nicholas Keplinger** 410-313-0398
Program Assistant, Connections
- Vacant** 410-313-7218
Program Assistant, Kindred Spirits

Helpful Numbers

- State Health Insurance Program**
(410) 313-7392
- Maryland Access Point (MAP)**
(410) 313-1234
- RTA Mobility** www.transitRTA.com
1-800-270-9553



Are you a caregiver of a parent or loved one, or do you know someone who is providing care for an aging parent?

The Connections Social Day Program at North Laurel formerly known as Senior Center Plus program, is a certified social model day program that 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 lunchtime meal and snacks. For more information, please contact Nancy Riley, Director at (410) 313-7218 or email at 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 that 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 four fitness rooms throughout Howard County. The cost is \$75 per year for residents and \$100 for non-residents. For more information, please call 410-313-0380 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.

INCLEMENT WEATHER POLICY

If HOWARD COUNTY SCHOOLS status is:

1 HOUR DELAY - 50+ Center, Connections and Kindred Spirits are open with regular programming.

2 HOUR DELAY - Center opens at 10:30 am. NO lunches served. Programs scheduled to begin at 10:30 am or later will be held. The Connections Social Day Program at North Laurel and Kindred Spirits are closed.

CLOSED - Call the 50+ Center (410-313-0380) or the Status Line (410-313-7777) to see if or when the Center will open. All instructor-led programs are cancelled for the day. NO lunches served. The Connections Social Day Program at North Laurel and Kindred Spirits are closed.

Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

FITNESS OFFERINGS

Age Well Exercise

Tuesdays & Thursdays 10 am to 11 am
Cost: \$23 for 8 classes 1/10 to 2/2
Learn basic cardio combinations, burn calories, increase endurance, build lean muscle tone and bone density. Hand weights & elastic bands are provided.
Instructor: Leah Daniels.

Ballroom Dance

Tuesdays 1:30 pm to 2:30 pm
Cost: \$52 for 6 sessions 1/31 to 3/7
Learn basic steps to a variety of fun and versatile dance styles. All levels welcome.
Instructor: Steve Ferrara.

Building Balance

Tuesdays & Thursdays 11:15 am to 12 pm
Cost: \$ 48 for 8 sessions 12/27 to 1/19
Light cardio and muscle strengthening exercises to improve posture and build hand-eye coordination for better balance. Includes use of bands and weights.
Instructor: Liz Presti.

Mat Pilates

Wednesday & Friday 11:15 am to 12:05 pm
Cost: \$46 for 8 12/23 to 1/20
No Class 1/11
Build flexibility, lean muscle, strength and endurance with emphasis on breathing to relieve stress and develop a strong core.
Instructor: Maggie Lockhart.

Total Toning

Fridays 9:30 am to 10:15 am
Cost: \$42 for 6 sessions 1/13 to 2/17
An all-over workout of targeted areas to strengthen and tone core muscle groups.
Instructor: Leah Daniels.

Mindful Mondays

Mondays 9 am to 9:45 am
Cost: \$35 for 6 sessions 1/9 to 3/13
No Class 1/16, 1/30, 2/6 & 2/20
This fusion class combines gentle, guided meditation focused on varying themes with light yoga stretches to incorporate mindfulness in your daily life. Instructor: Connie Bowman

Chair Yoga

Mondays 10 am to 10:50 am
Cost: \$52 for 8 classes 11/28 to 2/6
No Class 12/26, 1/2 & 1/16
Next Session: 2/13 to 4/10 **No Class 2/20**
Enjoy all the benefits of yoga in this seated exercise designed to reduce stress, increase range of motion, strength and tone muscles.
Instructor: Lisa Rados, RYT.

Gentle Yoga

Mondays 11 am to 12:15 pm
Cost: \$52 for 8 classes 11/28 to 2/6
No Class 12/26, 1/2 & 1/16
Next Session: 2/13 to 4/10 **No Class 2/20**
Thursdays 1:30 pm to 2:45 pm
Cost: \$56 for 8 classes 1/12 to 3/2
Focused on strengthening all areas of the body while relieving stress and tension. Learn proper posture and breath work to deepen your practice. Instructor: Lisa Rados, RYT.

Zumba Gold

Wednesdays 9:30 am to 10:30 am
Cost: \$54 for 8 sessions 1/4 to 2/22
A fun, Latin - inspired workout designed for the active older adult, incorporating Zumba's contagious rhythms at a lower intensity. Instructor: Roxanne Hartman.

***Class schedules are subject to change.
Please confirm latest dates with staff***

FITNESS, 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."

Fit 4 All

Thursdays 12:15 pm to 1:15 pm

Get "off the couch" with this drop-in group exercise using DVDs for stretching and light cardio. Some weights used as appropriate. All fitness levels are welcome.

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 and beginner refresher steps and the second half is more advanced sequences. Line dancing led by Linda Pohland.

Brain Teasers/Game Days

Thursdays, January 12 & 26 1 pm to 3 pm

Thursdays, February 9 & 23 1 pm to 3 pm

Challenge your mind while playing games in this interactive arena. Bring your own games to share or choose from ones at the center.

Massage Therapy with Ellen Consoli

Fridays in January & February 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

Make an appointment at the 50+ Front Desk

Exercise Counseling

Tuesday, January 10 9 am to 12 pm

Tuesday, February 14 9 am to 12 pm

Through individual appointments, Jeannie DeCray, 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

Tuesday, January 10 1 pm to 3 pm

Tuesday, February 14 1 pm to 3 pm

Meet Jeannie DeCray in the Fitness Room for group coaching and guidance on using the fitness equipment. Go 50+ Pass needed.

Healthy Tastings - Holiday Spirits

Tuesday, January 17 10:30 am to 11 am

Join Lauren for nutrition information, new trends in food and how to make healthy meals and food choices. The presentation includes written recipes and sampling is encouraged. Join us in Hammond Branch Room for these informative sessions.

Nutrition Counseling

Monday, January 9 9:30 am to 12 pm

Wednesday, February 22 9:30 am to 12 pm

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 or
by calling 410-313-0380**

ON-GOING PROGRAMS

Birthday Bash

Tuesday, January 31* 12 noon
Tuesday, February 28 12 noon
Celebrate your birthday with a free lunch and cake courtesy of the North Laurel Senior Council. *Live music on January 31 from 11:45 to 12:45 by "Cool Breeze." Sign up in the lunch binder by 1/25 & 2/22.

Open Art Studio

Monday & Wednesdays 1 pm to 4 pm
No Open Art 1/25 & 2/1
Drop-in to work on individual projects in the Patuxent Art Studio.

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

Thurs, January 5 12:30 pm to 2:30 pm
Thurs, February 2 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

Computer Chat

Wed, January 4 & 18 12 pm to 4 pm
Wed, February 1 & 15 12 pm to 4 pm
Meet with a tech volunteer to get help with technology questions. Please schedule a 1 hour appointment at the 50+ Front Desk.
Appointments required.

State Health Insurance Program (SHIP)

Thursday, Jan 5 & 19 9:30 am & 10:45 am
Thursday, Feb 2 & 16 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.

Talkin' Broadway Series

Monday, January 23 1 pm to 2 pm
The Critics did not rave but the audiences came anyway

Monday, February 6 1 pm to 2 pm
More Musicals the Critics panned
Follow the evolution of Broadway's rich history through discussion and live song presentation by Broadway singer, Steve Friedman.

Matinee Movie

Thursday, January 19 1 pm to 3 pm
Sully

Thursday, February 16 1 pm to 3 pm
Jack Reacher: Never Go Back

Free viewing of new release movies 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

Officer Lingham

Wednesday, January 18 10 am to 12 pm
Learn tips on protecting yourself and home from Officer Andre Lingham, Senior Liaison with the Howard County Police Department. He will answer questions on scams, fraud and personal safety.

**Sign - up for programs at 50+ Front Desk or
by calling 410-313-0380**

JANUARY & FEBRUARY OFFERINGS

New Year Waffle Bar

Tuesday, January 10 12 pm to 1pm

Cost: \$2 per person

Start the new year right with a wholesome and delicious breakfast classic - waffles with all the seasonal selections and your choice of healthy toppings. Hot coffee and mock mimosas round out the menu. Limited seating.

50+ Acoustic Jam Session

Tuesday, January 10 1 pm to 3 pm

All musicians, singers and listeners welcome!

Meet up with local music enthusiasts to share and play. Bring your instrument of choice.

Winter in Paradise

Wednesday, January 18 11 am to 1 pm

Cost: \$5 plus lunch donation for those 60+ Chase away the winter blues with yummy cheeseburgers, mock margaritas and live music by Panama Rex, a Jimmy Buffet tribute band. Reserve a space by 1/11.

Winter Wellness with Essential Oils

Thursday, January 19 11 am to 12 pm

Rejuvenate and refresh your skin this winter season with natural remedies like Lavender, Rosemary and Sandalwood. Learn more about these essential oils and how they can be incorporated into your skincare routine. Reserve your space at the 50+ Front Desk.

Winter Wonderland Painting Social

Friday, January 27 9:30 am to 11 am

Cost: \$10 includes all materials & instruction

Join us for a fun acrylic painting workshop. The instructor will guide you step-by-step through the painting process to create a work of art that is uniquely yours. Limited space.

Radio in Baltimore

Friday, January 27 10:30 am to 11 am

Mr. Ed Hawkins, from the Baltimore Museum of Industry looks back at the history of radio broadcasting from the 1920s through the 1960s. The program covers milestones in the industry, recalls the legendary personalities from the past includes personal stories of Mr. Hawkins' time with radio stations WITH.

Songs with Sinatra

Wednesday, February 8 11 am to 1 pm

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

Frank Sinatra tribute artist, Steve Flynn, returns for an afternoon of unforgettable hits. Enjoy a special lunch and sweet treats from our dessert bar. Reserve your space by 2/1.

Lyric Opera Baltimore Presents: Marian Anderson - A Legacy of Hope

Thursday, February 16 11 am to 1 pm

Cost: Lunch donation for those 60+

A celebration and tribute to the first African-American singer to perform at the New York Metropolitan Opera. Explore the turbulent history of the Civil Rights Movement through Ms. Anderson's repertoire of spirituals, art songs and operatic excerpts. A special lunch is available; reserve by 2/8.

The Giving Tree Project

Through February 14th help the Grassroots' Route 1 Day Resource Center with donations of food, clothing and personal items. In return, an ornament is hung on The Giving Tree in honor of your contribution.

Sponsored by the North Laurel Senior Council

Sign - up for programs at 50+ Front Desk

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 No 50+ Center & Connections Programs NLCC is open for walking & fitness room.	3 Coffee w/ Council 10 Agewell 10 Building Balance 11:15 Line Dance 11:15 Ballroom Dance 1:30	4 Zumba Gold 9:30 Music w/ Kay 10:30 Pilates 11:15 Computer Chat 12 - 4 Open Art Studio 1	5 S.H.I.P. 9:30/10:45 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Pool Party 12:30	6 Massage 10 Sit, Stitch'n Give 11 Pilates 11:15
9 Mindful Mondays 9 Nutrition Counseling 9:30 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	10 Exercise Counseling 9 Agewell 10 Building Balance 11:15 Line Dance 11:15 NYs Waffle Bar 12 Exercise Guidance 1 NL Council Meeting 1 50+ Jam Session 1 Ballroom Dance 1:30	11 Zumba Gold 9:30 Open Art Studio 1 NO PILATES	12 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Brain Teasers/Game Day 1 Gentle Yoga 1:30	13 Total Toning 9:30 Massage 10 Sit, Stitch'n Give 11 Pilates 11:15
16 No 50+ Center & Connections Programs NLCC is open for walking and the fitness room	17 Agewell 10 Building Balance 11:15 Line Dance 11:15 Healthy Tastings 10:30 Ballroom Dance 1:30	18 Zumba Gold 9:30 Ofc. Lingham 10 Winter in Paradise 11 Pilates 11:15 Computer Chat 12-4 Open Art Studio 1	19 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Essential Oils 11 Building Balance 11:15 Fit 4 All 12:15 Matinee Movie 1 Gentle Yoga 1:30	20 Total Toning 9:30 Massage 10 Sit, Stitch'n Give 11 Pilates 11:15
23 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Talkin' Broadway 1 Open Art Studio 1	24 Agewell 10 Line Dance 11:15	25 Zumba Gold 9:30 Pilates 11:15 NO OPEN ART	26 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Brain Teasers/Game Day 1 Gentle Yoga 1:30	27 Total Toning 9:30 WW Painting Social 9:30 Massage 10 Radio in Balt 10:30 Sit, Stitch'n Give 11 Pilates 11:15
30 NO MINDFUL MONDAY Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	31 Agewell 10 Building Balance 11:15 Line Dance 11:15 Birthday Bash 12 Ballroom Dance 1:30	Feb 1 Zumba Gold 9:30 Coffee w/ Council 10 Pilates 11:15 Open Art Studio 1	2 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Gentle Yoga 1:30	3 Total Toning 9:30 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