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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 ACTIVITIES & PROGRAMS

Summer Fun

Be sure to enjoy the days of summer with special events at the North Laurel 50+ Center and in the Howard County community.

- 4th of July Summer Jam on Wednesday, July 12 at 11 am with Paul McCartney tribute performer, Jed Duvall
- Catch the R&B, Neo-Soul and funk music of Rhythm Method, part of the Traveling Band series for National Night out around 6:30 pm on the Front Lawn at NLCC
- Senior Day at the Fair at the Howard County Fairgrounds on Tuesday, August 8 from 10 am until 3 pm, with free admission for adults age 62+
- The Mighty Kelltones perform for a summer concert on Friday, August 25 at 11 am

More information on these events are on page 7.

Stop by and enjoy all the Center has to offer -

Trisha, Michelle, Carmen & Lauren

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**North Laurel 50+, NLCC, Kindred Spirits and the Connections Programs are closed:
Tuesday, July 4th**

Have a Safe & Happy Holiday

CENTER HIGHLIGHTS



**4th of July Summer Jam
Wednesday, July 12
11 am**



**Summer Concert with the
Mighty Kelltones
Friday, August 25
11 am**

**WANT THE NEWSLETTER VIA E-MAIL?
Complete a Postcard at the 50+ Front Desk**

REGISTRATION

50+ Center Membership is free and is a quick application process. Membership is required to attend or register for any class, program or activity.

Registering for classes and programs is easy. Sign-up at the 50+ Center's Front Desk which is open from 8:30 am until 4 pm Monday through Friday. Payments can be made via cash, credit card or a check made payable to **Howard County Director of Finance**.

Class information is available in this monthly newsletter, on the web at www.howardcountymd.gov/50pluscenters and at <http://apm.activecommunities.com/howardcounty>.

We recognize that there are times when a member may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed sessions. Additional fees may be assessed to recover any costs associated with the program.



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.

NUTRITION AT NORTH LAUREL

Daily Lunch Program 12 noon

Lunch is served Monday through Friday, unless otherwise noted. To join us for lunch, sign-up in the lunch binder in advance. A salad bar lunch is offered monthly from May through October.

If you need to cancel your lunch, please call 410-313-0380.

Meals are available to persons age 60 and older. The cost is \$4.10 for regular meals and \$5.39 for a special meal. Persons age 60+ are requested to contribute towards the cost and those under 60 pay the full cost.

The monthly menu is available at the 50+ Center Front Desk

Healthy Tastings: Nutrition Education

3rd Tuesdays 10:30 am to 11 am

Join Lauren, Nutrition Program Specialist, to explore healthy foods through this interactive presentation. Get information on food trends and nutritional value and learn new recipes and healthy choices. Visit the bulletin board outside the kitchen for the monthly topic.

Nutrition Counseling

Monday, July 10 9:30 am to 12 pm

Monday, August 21 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 the 50+ Front Desk for a 30 minute session or 1 hour for diabetics.

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.

SOCIAL PROGRAMS

LIFELONG LEARNING

Open Art Studio Summer Schedule

Mon July 3, 10 & 24, Aug 28 1 pm to 4 pm
Wed July 5, 12 & 26, Aug 30 1 pm to 4 pm
Drop-in to work on individual projects in the Patuxent Art Studio.

50+ Acoustic Jam Sessions

1st Tuesdays 1 pm to 3 pm

No Jam Sessions July 4 & August 1 due to Rec & Parks Summer Camps. Will resume in Sept.

Meet up with local music enthusiasts to share and play; bring your instrument of choice. All talents are welcome.

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.

Rack 'Em Up Pool Party

Thurs, July 6 & August 3 12:30 pm to 2:30 pm
Friendly competition at the pool tables in Rocky Gorge. All players welcome.

Sponsored by the North Laurel Senior Council

Matinee Movie

Thursday, July 20 1 pm to 3 pm

Lion

Thursday, August 17 1 pm to 3 pm

Snowden

Free viewing with snacks & popcorn for sale. Sign-up in the Matinee Movie binder.

Sponsored by the North Laurel Senior Council

Brain Teasers/Game Days

1st and 3rd Thursdays 1 pm to 3 pm

No Game Day 8/3 & 8/17 due to Rec & Parks Summer Camps.

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

Sit, Stitch 'n Give

Fridays 11 am to 3 pm
Gather to socialize and stitch projects for personal use or community giving.

Aging and Independence 101

Tuesday, July 25 11 am to 12 pm
Join a Maryland Access Point (MAP) specialist from the Office of Aging and Independence to learn more about senior housing, transportation, caregiver support, medication management and much more. Information is also available by calling MAP at 410-313-1234 or emailing a specialist at map@howardcountymd.gov.

Computer Chat

First and Third Wednesdays 12 pm to 4 pm
Meet with a tech volunteer to get help with your technology questions. Please schedule a 1 hour appointment at the 50+ Front Desk.

Officer Lingham

Wed, July 12 & Tues, August 22 10:30 am
Learn tips on protecting yourself and home from HCPD Officer Andre Lingham.

Talkin' Broadway Series

Monday, July 17 1 pm to 2 pm

The Broadway Contribution of Hal Prince

Monday, August 14 1 pm to 2 pm

More Broadway Contributions of Hal Prince

Follow the evolution of Broadway's rich history through discussion and live songs - presented by Broadway historian and vocalist, Steve Friedman.

Sign - up for programs at 50+ Front Desk

EXERCISE CLASSES

Current Class Schedules are available at 50+ Front Desk

Age Well Exercise

Tuesdays & Thursdays, 10 am to 11 am

Cost: \$23 for 8 classes

Learn basic cardio combinations, burn calories, increase endurance and build lean muscle tone and bone density.

Instructor: Leah Daniels.

Ballroom Dance

Tuesdays, 1:30 pm to 2:30 pm

Cost: \$52 for 6 sessions

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

Light cardio and muscle strengthening exercises to improve posture and build hand-eye coordination for better balance.

Instructor: Liz Presti.

Chair Yoga

Mondays, 10 am to 10:50 am

Cost: \$52 for 8 classes

Enjoy the benefits of yoga in this seated exercise designed to reduce stress and increase range of motion, strength and muscle tone. Instructor: Lisa Rados, RYT.

Gentle Yoga

Mondays, 11 am to 12:15 pm

Cost: \$56 for 8 classes

Thursdays, 1:30 pm to 2:45 pm

Cost: \$56 for 8 classes

Learn proper posture and breath work while strengthening your body and relieving stress. Instructor: Lisa Rados, RYT.

Mat Pilates

Wed & Friday, 11:15 am to 12:05 pm

Cost: \$46 for 8 sessions

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

Instructor: Maggie Lockhart.

Mindful Mondays See Summer Solstice Meditation Series - page 6

Mondays, 9 am to 9:45 am

Cost: \$35 for 6 sessions

This fusion class combines gentle, guided meditation with light yoga stretches to incorporate mindfulness into your daily life.

Instructor: Connie Bowman

Tap Aerobics On Hiatus until the fall

Wednesday, 10 am to 11 am

Cost: \$33 for 6 classes

The class combines the rhythm of tap dancing with a healthy low impact aerobic workout. Tap shoes optional; smooth soled shoes required. Instructor: Ronnie Mack

Total Toning

Fridays, 9:30 am to 10:15 am

Cost: \$42 for 6 sessions

An all-over workout of targeted areas that focuses on developing flexibility, balance, core strength and stamina.

Instructor: Leah Daniels.

Zumba Gold

Wednesdays, 9:30 am to 10:30 am

Cost: \$54 for 8 sessions

A fun, Latin - inspired workout designed for the active older adult, incorporating Zumba's contagious rhythms at a lower intensity.

Instructor: Roxanne Hartman.

EXERCISE AND FITNESS

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.

Fit 4 All

Thursdays 12:15 pm to 1:15 pm
This drop-in group exercise uses DVDs for stretching and light cardio. All fitness levels are welcome.

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 and weatherproof way to stay fit! Cards are available at the Front Desk to record distance and time to track your "tracks."

Exercise Counseling

Tuesday, July 11 9 am to 12 pm
Tuesday, August 8 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.

Go 50+ Fitness Center @ North Laurel

Monday to Saturday 8 am to 9 pm
Closed select Mondays & Wednesdays from 1 pm to 2:30 pm
Sunday 9 am to 6 pm

This package is offered in collaboration with Recreation and Parks. The Go 50+ Fitness Center Membership is available to Howard County 50+ Center members with access to four fitness locations throughout Howard County. The cost is \$75 per year for Howard County residents, \$100 for non-residents or \$5 drop-in and includes unlimited use of the Center's fitness equipment room.

Fitness Center Guidance

Tuesday, July 11 1 pm to 3 pm
Tuesday, August 8 1 pm to 3 pm
Meet Jeannie DeCray in the Fitness Room for group coaching and guidance on using the fitness equipment. A current Go 50+ Fitness Membership is required.

Massage Therapy

Wednesdays starting July 12 10 am to 1 pm
Fridays in July & August 10 am to 1 pm
No Massage 7/7, 7/14 & 7/28

Experience the relaxing benefits of massage therapy to help relieve the stress in your life. Services provided in the Health Room by Ellen Consoli, LMT.

\$22 for 15 minutes - \$32 for 25 minutes
\$52 for 50 minutes

Make an appointment at the 50+ Front Desk

Exercise Classes are subject to change. Current class schedules are available at the 50+ Front Desk. We do not prorate classes and there are no refunds for missed classes.

Fitness Class Guest Pass - New members may try out one class for free with our Fitness Class Pass. Some restrictions apply; see the 50+ Front Desk for more information

THE ARTS AT NORTH LAUREL 50+

“Anything Goes” Clay Workshop

Tuesday and Thursday, July 11 & 13

1 pm to 4 pm

Cost: \$45 includes materials

A fun hand-building class where we will learn different hand-building and sculpting techniques. Explore ideas and inspirations to create one-of-a-kind pieces. Guidance by ceramic artist, Charlene Randolph. Sign-up by 7/7.

Drawing for Beginners, Intermediate and Advanced Levels * - A HCC Class

Thursdays, September 21 to October 26

No Class 10/19

9:30 am to 11:30 am

Cost: TBD

XE-474 78400

See Front Desk for more info & how to register

* Howard Community College (HCC) classes are held at North Laurel 50+ but all registration is done through the college at www.howardcc.edu. For more information call the college at 443-518-1000.

Throughout history, artists have known that art provides benefits for both the creator and the viewer. Current studies in ... art therapy... confirm that art can affect individuals in positive ways...exercising our creative selves, enhancing quality of live.

Barbara Bagan, PhD, ATR-BC

North Laurel's Art Partnerships

North Laurel 50+ is proud of it's community partners who bring affordable, fun and on-trend expressive, visual and performing arts opportunities to the Center.



The American Visionary Arts Museum (AVAM) in Baltimore has brought mosaic creation and expression to North Laurel in a workshop series whereas community members and students created joint projects with guidance from AVAM artists. The Center houses the mosaics as permanent installations - "Roots & Branches" created in 2016 and "Constellation" (shown above) created in 2017. Please visit these mosaics, displayed in the Center hallway.

JULY MONTHLY SPECIAL EVENTS

Summer Solstice Meditation Series

Mondays, June 12 to July 17

9 am to 9:45 am

Cost: \$35 for 6 sessions

Summer solstice is a time where light and energy is at its abundance. During this time of warmth, look no further for a meaningful travel experience. Join us of a soul - nourishing vacation of the mind and body.

Know Your Numbers

Tuesday, July 11

10 am to 12 pm

Find out what your blood pressure numbers are and learn what these numbers mean; healthy and unhealthy ranges and explore the difference between systolic and diastolic pressure. Presented by a registered nurse. Reserve a seat at the 50+ Front Desk.

MONTHLY SPECIAL EVENTS

4th of July Summer Jam

Wednesday, July 12 11 am to 1 pm
Cost: \$3 plus lunch donation for those over 60

Celebrate the 4th of July with chart topping hits from one of Rock and Roll's finest singers, Sir Paul McCartney. This tribute is performed by award-winning musician and entertainer, Jed Duvall. Special lunch to follow.

Music with Kay

Wednesday, July 5 & August 2 10:30 am
Sing-along to classics and favorites with the Connections members and guests with the keyboard music of 50+ member, Miss Kay Carter. Find us in the Hammond Branch Room.

Music with Al

Friday, July 7 & Tuesday, July 18 11 am
For dates in August, see August insert
Drop-in for the musical renderings of Mr. Al Callahan, past Maryland Senior Idol winner. Singing along and dancing are encouraged.

**Sponsored by the Connections Social Day
Program at North Laurel**

Auto Theft Prevention & Car Safety

Wednesday, July 19 10 am to 12 pm
Kevin Bridgeman, Howard County vehicle theft specialist, will share tips on how you can protect your car from thieves. Meet him in the Lobby area.

Birthday Bash

Tuesday, July 25 & August 29 12 noon
Celebrate your birthday with a free lunch & cake. In July, enjoy the music of Keyboard Mike. Sign-up in the lunch binder by 7/19 & 8/24. **Sponsored by the North Laurel Senior Council**

National Night Out

Tuesday, August 1 6:30 pm to 8:30 pm

Residents are invited to join the thousands of other communities across America to support this crime prevention effort, a partnership of the Howard County Police and National Town Watch Association. Join your neighbors in this neighborhood block party, visit the displays and enjoy the live music of **Rhythm Method**.

Senior Day at the Howard County Fair 2210 Fairgrounds Rd, West Friendship

Tuesday, August 8 10 am to 3 pm
Free Admission for those 62+
Visit the Activities Building for demonstrations, entertainment, giveaways, Bingo, Healthy Aging programs and more!

Summer Concert - The Mighty Kelltones

Friday, August 25 11 am to 1 pm
Cost: \$3 plus Lunch donation for those 60+
Enjoy music from this local band featuring Folk, Celtic, Contemporary and other flavors of music. Special lunch to follow.

Salad Bar Lunch

Friday, July 21 12 pm
Friday, August 18 12 pm
Cost: Lunch contribution for those 60+;
\$5.39 for those under 60

This healthy lunch includes your choice of toppings on a bed of fresh greens with a protein, roll and dessert. Sign up in Lunch Registration Book by 7/14 and 8/11 to reserve your space.

Sign - up for programs at 50+ Front Desk

July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 Summer Solstice Meditation 9 NO CHAIR YOGA NO GENTLE YOGA Open Art Studio 1	4 50+, Connections and Kindred Spirits Programs and NLCC are closed for Independence Day Holiday	5 NO ZUMBA GOLD Music w/Kay 10:30 Pilates 11:15 Computer Chat 12 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 Gentle Yoga 1:30	7 Total Toning 9:30 NO MASSAGE Music with AI 11 Sit, Stitch 'n Give 11 Pilates 11:15
10 Summer Solstice Meditation 9 Nutrition Counseling 9:30 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	11 Exercise Counseling 9 Agewell 10 Know Your Numbers 10 Building Balance 11:15 Line Dance 11:15 Clay Workshop 1 Exercise Guidance 1 Ballroom Dance 1:30	12 Massage 10 Zumba Gold 9:30 4th of July Summer Jam 11 Pilates 11:15 Open Art Studio 1	13 Agewell 10 News Talk 10 Clay Workshop 1 Building Balance 11:15 Fit 4 All 12:15 Gentle Yoga 1:30	14 Total Toning 9:30 NO MASSAGE 10 Sit, Stitch 'n Give 11 Pilates 11:15
17 Summer Solstice Meditation 9 Chair Yoga 10 Gentle Yoga 11 Talkin' Broadway 1 NO OPEN ART	18 Agewell 10 Healthy Tastings 10:30 Music with AI 11 Building Balance 11:15 Line Dance 11:15 Ballroom Dance 1:30	19 Zumba Gold 9:30 Massage 10 Auto Theft / Car Safety 10 to 12 Ofc. Lingham 10:30 Pilates 11:15 Computer Chat 12 NO OPEN ART	20 Agewell 10 S.H.I.P. 9:30/10:45 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Game Day 1 Matinee Movie 1 Gentle Yoga 1:30	21 Massage 10 Sit, Stitch 'n Give 11 Salad Bar 12
24 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Open Art Studio 1	25 MAP Outreach 11 Line Dance 11:15 Birthday Bash 12 Ballroom Dance 1:30	26 Zumba Gold 9:30 Massage 10 Pilates 11:15 Open Art Studio 1	27 Agewell 10 News Talk 10 Fit 4 All 12:15	28 Total Toning 9:30 NO MASSAGE Sit, Stitch 'n Give 11 Pilates 11:15
31 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 NO OPEN ART	August 1 Coffee w/ Council 9 Agewell 10 Building Balance 11:15 Line Dance 11:15 Ballroom Dance 1:30 National Night Out 6:30 PM	2 Massage 10 Music w/Kay 10:30 Pilates 11:15 NO OPEN ART	3 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 Gentle Yoga 1:30	4 Total Toning 9:30 Massage 10 Sit, Stitch 'n Give 11 NO PILATES

Lunch is served at Noon Monday - Friday except where indicated. See Menu & Nutrition Notes

Walking Club Monday to Friday 8 am or walk the indoor track whenever there is open gym time