

June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
May 29 No 50+ or Connections Programs Memorial Day	May 30 Agewell 10 Line Dance 11:15 Birthdays Bash 12 Ballroom Dance 1:30 Bereavement 2:30	May 31 Zumba Gold 9:30 Pilates 11:15 Open Art Studio 1	June 1 Coffee w/ Council 9 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	2 Total Toning 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15 Anniversary Bash 11 MSC Fair @ Forest Ridge ES - 6/3
5 Chair Yoga 10 Gentle Yoga 11 Collaging Class 1 Talkin' Broadway 1 NO OPEN ART	6 Agewell 10 Building Balance 11:15 Line Dance 11:15 Collaging Class 1 No Jam Session Ballroom Dance 1:30 Bereavement 2:30	7 Zumba Gold 9:30 Music w/Kay 10:30 NO PILATES Computer Chat 12 Collaging Class 1 NO OPEN ART	8 Exercise Counseling 9 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Exercise Guidance 1 Collaging Class 1 Gentle Yoga 1:30	9 Total Toning 9:30 NO MASSAGE Sit, Stitch 'n Give 11 Pilates 11:15
12 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	13 Agewell 10 Building Balance 11:15 Line Dance 11:15 50+ Council 1 Ballroom Dance 1:30	14 Zumba Gold 9:30 Nutrition Counseling 9:30 Tap Aerobics 10 Flag Day Social 10:30 Pilates 11:15 Open Art Studio 1	15 Agewell 10 S.H.I.P. 9:30/10:45 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 AVAM Reception 1 Game Day 1 Matinee Movie 1 Gentle Yoga 1:30	16 Total Toning 9:30 NO MASSAGE Sit, Stitch 'n Give 11 Father's Day 11
19 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	20 Healthy Tastings 10:30 Building Balance 11:15 Line Dance 11:15 Handbuilt Ceramics 1	21 Zumba Gold 9:30 Pilates 11:15 Computer Chat 12 Open Art Studio 1	22 Agewell 10 News Talk 10 Coin Presentation 10:30 Building Balance 11:15 Fit 4 All 12:15 NO YOGA	23 Total Toning 9:30 Massage 10 Ofc. Lingham 10:30 Sit, Stitch 'n Give 11 Pilates 11:15 Salad Bar 12
26 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Open Art Studio 1	27 Agewell 10 Building Balance 11:15 Line Dance 11:15 Birthdays Bash 12 Ballroom Dance 1:30	28 NO ZUMBA GOLD Pilates 11:15 Open Art Studio 1	29 Agewell 10 News Talk 10 Fit 4 All 12:15 Gentle Yoga 1:30	30 Total Toning 9:30 Art Workshop 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

JUNE 2017 OFFERINGS

6th Anniversary Bash

Friday, June 2 11 am to 12 pm
Explore the Center and it's current program offerings. Meet with NL staff, members and volunteers as we celebrate the past and dance our way into the future. Enjoy classic dance hits from a DJ and light refreshments. Sign-up at the 50+ Center Front Desk.

HCC: Collaging for All Levels *

XE-491 7866 #9274

Monday-Thursday, June 5 to 8 1 pm to 3 pm
In this series, explore drawing, painting and collage to create keepsakes that will make great gifts! Learn how to personalize a black and white photograph, how to decoupage decorative letters for display, how to collage images on an abstract painting and how to make a collaged silhouette painting. All levels of ability are welcome.

Instructor: Ann Wiker.

* Howard Community College (HCC) classes are held at North Laurel 50+ but all registration is through the college at www.hcexpress.net. For more info, contact HCC at 443-518-1000 or www.howardcc.edu.

Flag Day Social

Wednesday, June 14 10:30 am to 11:30 am
Meet and greet local service members and learn why the Stars and Stripes has its own day of celebration. Ceremony conducted by members of American Legion Post 300. Sign-up at the 50+ Front Desk.

Father's Day Pizza Party

Friday, June 16 11 am to 1 pm
Cost: \$3 plus lunch donations for those 60+
Join in celebrating the dads in our lives with a pizza lunch and entertainment by Two for the Show. Sign-up by 6/9 to reserve your space.

AVAM Mosaic Reception

Constellation: A Mosaic

A partnership with the American Visionary Arts Museum
Thursday, June 15 9 am to 12:30 pm
View the unveiling of the mosaic piece created by community members and area students for permanent installation at the Center. RVSPs needed by 6/12.

Valuating & Liquidating Coin Collections

Thursday, June 22 10:30 am to 11:30 am
Learn more about coin collecting from coin consultant, Drage Vukceovich, as he discusses expert opinions in collecting, preserving, storing and liquidating collections. Sign-up at the 50+ Front Desk.

Art Workshop: Summer Palm

Friday, June 30 9:30 am to 11 am
Cost: \$10 includes materials & instruction
Create your own tropical piece using acrylic paint on canvas with step-by-step instruction. Register at the 50+ Front Desk by 6/28.

PROGRAM NOTES

- **Current Fitness Class schedules are available at the 50+ Front Desk**
- **Multiservice Center Fair (MSC) at Forest Ridge Elementary School - Saturday, June 3 from 10 am to 1 pm**
- **Exercise Counseling & Guidance date change - Thursday, June 8**
- **Recreation & Parks Summer Camps at NLCC run from June 19th to August 25th. Some 50+ activities may be moved and/or cancelled due to camps; this includes use of the gym. Check with the NLCC Front Desk for the status on rooms and gym access.**