



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 ACTIVITIES & PROGRAMS

## Older Americans Month & Beyond "Age Out Loud"

Embrace the theme of 2017's Older Americans Month - "Age Out Loud"- which we will celebrate on May 24th at North Laurel. By giving aging a new voice, one that reflects what today's older adults have to say about aging, all generations can benefit. Hearing "60 is the new 40" or "it's not your Grandmother's Senior Center" tells us that aging has changed in its scope, message, support, focus and future. Let's look towards a more vital, healthy and promising future as we live longer and more fully.

Lend your voice to advocacy – whether for a pool at North Laurel, discounts to stretch the dollar, meaningful civic engagement opportunities, trendy classes or the latest technology information. Let us hear that voice to change - and Age Out Loud.

Stop by and enjoy all the Center has to offer -

*Trisha, Michelle, Carmen & Lauren*

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# CENTER HIGHLIGHTS



## Mother's Day Appreciation Dance

Thursday, May 11  
11 am



## Father's Day Pizza Party

Friday, June 16  
11 am

**North Laurel 50+ and  
Connections are  
closed:**

**Monday, May 29 for  
Memorial Day**

**NLCC is open for walking  
and fitness**

**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](http://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, May 15 9:30 am to 12 pm

Wednesday, June 14 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

Monday & Wednesdays 1 pm to 4 pm  
**No open art 6/5 & 6/7**  
Drop-in to work on individual projects in the Patuxent Art Studio.

### 50+ Acoustic Jam Sessions

1st Tuesdays (no Jam June 6th) 1 pm to 3 pm  
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, May 4 & June 1 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, May 18 1 pm to 3 pm  
**Hidden Figures**  
Thursday, June 15 1 pm to 3 pm

### La La Land

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  
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, May 23 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](mailto: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, May 24 & June 23 10:30 am  
Learn tips on protecting yourself and home from HCPD Officer Andre Lingham.

### Talkin' Broadway Series

#### **NO Talkin' Broadway in May**

Monday, June 5 1 pm to 2 pm

#### **Great musicals that have faded away**

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

### Travel Talk: Let's Go on Safari

Tuesday, May 23 10:30 am to 12 pm  
Africa is home to unforgettable wild animals and extraordinary scenic beauty. Join travel enthusiast, Rick, to learn more about South Africa, Namibia and Botswana.

**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**

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**

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

Thursday, May 11 9 am to 12 pm

Tuesday, June 13 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 Mon & Wed 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

Thursday, May 11 1 pm to 3 pm

Thursday, June 13 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

Fridays in May & June 10 am to 1 pm

No Massage 5/19, 6/9 & 6/16

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+

### **Spring Origami Workshop**

Wednesday, May 3 1:30 pm to 2:15 pm

Free - all materials provided

Learn step-by-step on how to make jewelry boxes using the unique and ancient craft of origami. No experience necessary.

### **Art Workshop: Beaded Wire Bracelet**

Friday, May 26 9:30 am to 11 am

Cost: \$8.00 includes materials & instruction

Learn to compose a trendy bracelet using a variety of beads and charms. Register by 5/24.

### **HCC: Oil Painting for Beginners \***

Tues to Fri, May 23 to May 25 10 am to 12 pm

Cost: \$69 (inc. \$40 in fees) **XE-474 78400**

**See flier for more info & how to register**

### **HCC: Creating Collage \***

Monday to Thursday, June 5 to 8

Details forthcoming; see 50+ Front desk

**See flier 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](http://www.howardcc.edu). For more information call the college at 443-518-1000.

### **Handbuilt Ceramics: Exploring Texture**

Tuesday, May 16 & June 20 1 pm to 4 pm

Cost: \$48 includes materials

Explore techniques in hand building with clay to create a functional piece of art embellished with texture and enriched with glaze.

Guidance by artist, Charlene Randolph.

Sign-up by 5/12.

### **Constellation: The Mosaic Project Art Reception**

Thursday, June 15 1 pm to 2:30 pm

Join us for the unveiling of a collaborative art work created by 50+ members in partnership with the American Visionary Art Museum. A circular mosaic element representing celestial shapes in the sky of varying color, size and design. Light refreshments will be served.

RSVP by 6/12.

### **Art Workshop: Summer Palm**

Friday, June 30 9:30 am to 11 am

Cost: \$10.00 includes materials & instruction

Our artist instructor guides you step-by-step to create a tropical piece using acrylic paint on canvas. Register by 6/28.

## MAY MONTHLY SPECIAL EVENTS

### **Mother's Day Appreciation Dance**

Thursday, May 11 11 am to 11:30 am

An intergenerational program to honor the women in our lives, this showcase features dance students from Reservoir High School, performing ballet, modern and jazz dance.

### **Mother's Day Picnic**

Thursday, May 11 12 noon

Cost: \$2 plus lunch donations for those 60+

Celebrate Mother's Day with a special indoor picnic. Enjoy a light deli lunch and live music with keyboard musician, Mike. Tickets at the 50+ Front Desk. Reserve lunch by 5/3.

## MONTHLY SPECIAL EVENTS

### Howard County Law Day

Monday, May 1 10 am to 2 pm  
Volunteer attorneys offer free preparation of Medical Decision Documents. Appointment required; call or visit the 50+ Front Desk to schedule your one hour appointment.

### Bereavement Group

Tuesdays, May 2 to June 6 2:30 pm to 4 pm  
Cost: Nominal Fee; partial scholarships available  
Find comfort in this short-term group for those mourning the loss of a loved one. Find like support in processing mourning, in exploring coping strategies and in reconnecting after loss. For details/to register, contact Karen at 410-313-7466 or khull@howardcountymd.gov.

### Cinco de Mayo

Friday, May 5 10 am  
Nacho bar in the Lobby in celebration of Mexican culture and heritage.

### Baltimore Museum of Industry: War on the Homefront

Monday, May 8 10:30 am to 11:30 am  
Free program; register at the 50+ Front Desk  
World War II transformed Baltimore's citizens and industries. Explore the "Big Three" war industries - steel, ships and aircraft.

### Spring Jewelry, Book & Bake Sale

Friday, May 12 9 am to 1 pm  
Shop for mothers, daughters, brides and friends with gently used jewelry, books and delicious homemade desserts. Sponsored by the North Laurel Senior Council and the Book Babes.

**Baked goods will be accepted prior to the sale - see 50+ Front Desk for details.**

### Basket of Spring Raffle

Support the North Laurel Senior Council by purchasing a ticket to win an entertainment basket. Tickets sold in the Lobby May 1st, May 4th and the day of the drawing, May 12th.

### Ask Dr. Dan: Coping with Grief & Loss

Wednesday, May 17 11 am to 12 pm  
Coping with the loss of someone or something you love is one of the biggest challenges in life. Join Dr. Dan Storch for a discussion on understanding the grieving process, finding healthy ways to cope and how to start your journey towards healing.

### Spring Fling

Friday, May 19 11 am to 1 pm  
Free program; Lunch donation for those 60+  
Enjoy classic music from the students of the Patuxent Valley Middle School's flute ensemble and stay for a social hosted by the North Laurel Senior Council. Salad bar lunch to follow; reserve lunch by 5/10.

### "Age Out Loud" : An Older Americans Day Celebration

Wednesday, May 24 11 am to 1 pm  
Free program; Lunch donation for those 60+  
Celebrate Older Americans Month with live music by "Just Us Band" and talent sharing by 50+ Center members. Followed by a special lunch; reserve lunch by 5/17.

### Birthday Bash

Tuesday, May 30 12 noon  
Tuesday, June 27 12 noon  
Celebrate your birthday with a free lunch and cake. In June, enjoy the music of our special guest, Ellis Woodward. Sign up in the lunch binder by 5/24 & 6/21.

# May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 RAFFLE DAY</b> Mindful Mondays 9 <b>Law Day 10</b> Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	<b>2</b> Agewell 10 Building Balance 11:15 Line Dance 11:15 50+ Jam Session 1 <b>Bereavement 2:30</b>	<b>3</b> Zumba Gold 9:30 Tap Aerobics 10 <b>Music w/Kay 10:30</b> Pilates 11:15 <b>Computer Chat 12</b> Open Art Studio 1 <b>Origami Boxes 1:30</b>	<b>4 RAFFLE DAY</b> <b>AVAM Mosaic 9</b> S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 <b>Pool Party 12:30</b> Game Day 1 Gentle Yoga 1:30	<b>5</b> Total Toning 9:30 Massage 10 <b>Cinco de Mayo 10</b> Sit, Stitch'n Give 11 Pilates 11:15
<b>8</b> Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 <b>Baltimore Museum of Industry 10:30</b> Open Art Studio 1	<b>9</b> <b>Exercise Counseling 9</b> Agewell 10 Building Balance 11:15 Line Dance 11:15 <b>50+ Council 1</b> <b>Exercise Guidance 1</b> Ballroom Dance 1:30 <b>Bereavement 2:30</b>	<b>10</b> Zumba Gold 9:30 Open Art Studio 1	<b>11</b> Agewell 10 News Talk 10 <b>Mother's Day Dance 11</b> <b>Picnic 12</b> Building Balance 11:15 Fit 4 All 12:15 Gentle Yoga 1:30	<b>12 RAFFLE DAY</b> <b>Jewelry, Book &amp; Bake Sale 9</b> Total Toning 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
<b>15</b> <b>Nutrition Counseling 9:30</b> Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	<b>16</b> Agewell 10 <b>Healthy Tastings 10:30</b> Building Balance 11:15 Line Dance 11:15 <b>Handbuilt Ceramics 1</b> Ballroom Dance 1:30 <b>Bereavement 2:30</b>	<b>17</b> NO ZUMBA Tap Aerobics 10 <b>Ask Dr. Dan 11</b> Pilates 11:15 <b>Computer Chat 12</b> Open Art Studio 1	<b>18</b> S.H.I.P. 9:30/10:45 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Game Day 1 <b>Matinee Movie 1</b>	<b>19</b> Total Toning 9:30 NO MASSAGE Sit, Stitch 'n Give 11 <b>Spring Fling 11</b> Pilates 11:15 <b>Salad Bar 12</b>
<b>22</b> Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 <b>NO LUNCH</b> Open Art Studio 1	<b>23</b> <b>Oil Painting 9:30</b> Agewell 10 <b>Travel Talk 10:30</b> <b>MAP Outreach 11</b> Building Balance 11:15 Line Dance 11:15 Ballroom Dance 1:30 <b>Bereavement 2:30</b>	<b>24</b> <b>Oil Painting 9:30</b> Zumba Gold 9:30 Tap Aerobics 10 <b>Ofc. Lingham 10:30</b> <b>OAD Celebration 11</b> Pilates 11:15 Open Art Studio 1	<b>25</b> <b>Oil Painting 9:30 - 3</b> Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Gentle Yoga 1:30	<b>26</b> Total Toning 9:30 <b>Art Workshop 9:30</b> Massage 10 Sit, Stitch 'n Give 11
<b>29</b> <b>No 50+ or Connections Programs</b>  <b>Memorial Day</b>	<b>30</b> Agewell 10 Line Dance 11:15 <b>Birthday Bash 12</b> Ballroom Dance 1:30 <b>Bereavement 2:30</b>	<b>31</b> Zumba Gold 9:30 Tap Aerobics 10 Pilates 11:15 Open Art Studio 1	<b>June 1</b> <b>Coffee w/ Council 9</b> S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 <b>Pool Party 12:30</b> Gentle Yoga 1:30	<b>2</b> Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15

**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**