



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

## Celebrations & Holidays

**Veterans Day** Take November to honor those who served and those families who served with them. Learn more about programs and support for veterans and their families, by visiting the Office on Veterans and Military Families at website [howardcountymd.gov/veterans](http://howardcountymd.gov/veterans) or 410-313-6400.

**Thanksgiving** Don't miss the annual *Giving Thanks Dinner and Dance* on Wednesday, November 15 at the Ten Oaks Ballroom. Tickets are only \$14 and are available at the North Laurel 50+ Front Desk.

**Celebrating in December** Visit the Council's annual Winter Bazaar on December 8th for books, crafts, greenery, gifts, baked goods and jewelry. And don't miss our Holidays with Sinatra on Wednesday, December 13th.

Stop by and enjoy all the Center has to offer -

*Trisha, Michelle, Carmen & Cheryl*

### INSIDE THIS ISSUE:

Registration/Nutrition	2
Social Programs/LL Learning	3
Exercise Classes/Fitness	4 - 5
The Arts at North Laurel	6
Monthly Special Events	6-7
Monthly Calendar	8
Menu & Nutrition Notes	Insert

# CENTER HIGHLIGHTS



**Shake, Move & Groove  
Dance Social  
Wednesday, November 29  
11 am**



**Holidays with Sinatra  
Wednesday, December 13  
11 am**

**North Laurel 50+ & Connections are closed Friday, November 10th**  
**North Laurel 50+, NLCC & Connections are closed Thursday, November 23rd, Friday, November 24th & Monday, December 25th**

**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 **ON HIATUS**

Join the 50+'s 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.

**Check 50+ Front Desk for schedule**

### Nutrition Counseling

Wednesday, Nov 8 9:30 am to 12 pm

Monday, Dec 18 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.**

**Open Art Studio**

Mondays & Wednesdays 1 pm to 4 pm  
Drop in to work on individual projects in the Patuxent Art Studio. Please register.

**50+ Acoustic Jam Session**

1st Tuesdays 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, Nov 2 & Dec 7 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, November 16 1 pm to 3 pm

**Larry Crowne**

Thursday, December 21 1 pm to 3 pm

**Love Actually**

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

**Sponsored by the North Laurel Senior Council**

**Game Day**

Every Thursday **No Game Day 11/23** 1 pm to 3 pm  
Challenge your mind 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, November 28 11 am to 12 pm  
Join a Maryland Access Point (MAP) specialist from the Office of Aging and Independence to learn about housing, transportation, medication management, caregiver support and much more. MAP specialists are also available at 410-313-1234 or 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, Nov 29 & Fri, Dec 8 10:30 am  
Visit with HCPD Officer Andre Lingham for tips on protecting yourself and home .

**Coffee with a Cop: Holiday Edition**

Thurs, December 7 10 am to 12 pm  
Get to know your local police officers and share questions and concerns regarding holiday safety.

**Talkin' Broadway Series**

Monday, November 13 1 pm to 2 pm

**Leading Men & their musicals**

Monday, December 11 1 pm to 2 pm

**More Leading Men & their musicals**

Follow the evolution of Broadway's rich history through discussion and live songs led by Broadway historian, 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 12:15 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.

## **Holiday Hustle**

**NEW CLASS !**

Tuesdays & Thursdays, 8:45 am to 9:30 am

Cost: \$28 for 4 sessions

Burn off holiday calories with this 45 minute workout that's a mix of cardio and strength training exercises. Also learn fun exercise techniques you can do anywhere/anytime.

Instructor: Leah Daniels

## **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

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

### Massage Therapy

Wednesdays & Fridays 10 am to 1 pm  
**No Massage Friday 11/10, 11/24 & 12/27**  
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**

### Go 50+ Fitness Center @ North Laurel

Monday to Saturday 8 am to 9 pm  
**Closed select Mondays & Wednesdays from 12:30 pm to 2:00 pm**  
Sunday 9 am to 6 pm

The Fitness Center is an affordable and fun way to work out especially with the GO 50+ Fitness Package. Offered in collaboration with Howard County Recreation and Parks, the Go 50+ Fitness Pass is available for purchase by any Howard County 50+ Center member. With access to four fitness locations throughout Howard County, the cost is \$75 per year for Howard County residents, \$100 for non-residents or for a \$5 drop-in fee. It includes unlimited use of the Center's fitness equipment room.

**Visit the 50+ Front Desk for more information**

### Exercise Counseling & Guidance

Tuesday, November 14 9 am to 1:30 pm  
Tuesday, December 12 9 am to 1:30 pm

Through individual appointments, Jeannie DeCray, exercise specialist, provides a free consultation on an array of exercise related topics including:

- Jumpstarting an Exercise Routine
- Selecting the Right Program for You
- Working Out at Home
- Orientation to the Fitness Center  
(Go 50+ Fitness Pass required)

**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+

### Art Workshop: Chic Bracelets

Friday, November 17 9:30 am to 11 am  
Cost: \$8 includes materials

Explore new ideas, learn new techniques and engage in meaningful dialogue with a varied choice of art projects. Instructor: Carolyn Parsa. Register by 11/15.

### Creative Painting Series

A fun introduction to the wonderful world of painting. Enjoy seasonally themed projects in a relaxed atmosphere. Instructor: Nancy Smith

Cost: \$10 inc. materials 9:30 am to 11 am  
Friday, November 3 Sunflower Coaster  
Friday, December 15 Snowflake Bowl

**Register at least 3 days before class starts**

### Origami Gift Box Workshop

Tuesday, December 19 2:30 pm to 3:30 pm  
Cost: \$2 materials fee

Learn how to make a charming box using the ancient art of paper folding. This fun and relaxed workshop will include step-by-step instruction; all skill levels are welcome.

Instructor: Rachel McCracken

### Journaling with Zentangle®

Tuesdays, Nov 14, Nov 28 & Dec 5  
Cost: \$35 + \$10 material fee 10 am to 12 pm

This class brings the mediums of tangling and journaling together. Explore new techniques and new tangles. At the end, participants will have a personalized journal and record of their development. Sign up by 11/9.

### Music with Al

Tues, Nov 14 & Mon, Nov 20 11 am  
Wed, Dec 20 & Thurs, Dec 28 11 am

Drop-in for the musical renderings of Mr. Al Callahan, a past contestant in the Maryland Senior Idol contest. Dancing and singing along are encouraged.

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

### Music with Kay

Wednesday, Nov 1 & Dec 6 10:30 am  
Sing-along to classics and favorites with the keyboard music of 50+ member, Kay Carter. Find us in the Hammond Branch Room.

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

## NOVEMBER MONTHLY SPECIAL EVENTS

### Candlelight Concert: Classical Guitar

Thursday, November 2 11 am to 11:50 am

This special program showcases the talents of classical guitarist and Peabody Institute of Music graduate, Mark Edwards. Mark has performed since age 14 throughout the US, Canada, Italy and Germany. Presented by the Candlelight Concert Society. Reserve a seat at the 50+ Front Desk.

### Footsteps: A Civil War History Presentation

Wednesday, November 8 10:30 am

Honor those who have served their country with this informative presentation by Civil War historian, Eddie E. Roberts, U.S. Army veteran. Mr. Roberts shares the war experience of his two great-grandfathers, both veterans of the war between the states, as well as his own accounts as a transportation safety expert.

## MONTHLY SPECIAL EVENTS

### **Ask Dr. Dan: Caregiving & Family Dynamics**

Wednesday, November 15 11 am

Today's family structure is more diverse than ever before. Just as families are changing so is caregiving. Explore how to better serve the ones we love through this discussion session. Facilitated by Dr. Dan Storch.

### **Thanksgiving Dinner @ Ten Oaks Ballroom**

Wednesday, Nov 15 Doors open 10:30 am

Cost: \$14 for dinner & program

Enjoy a traditional turkey dinner and dance to the blues, jazz and pop music of Sly 45. Bring a non-perishable food item for the Howard County Food Bank. Tickets at 50+ Front Desk.

### **Birthday Bash**

Tuesday, Nov 28 & Dec 19 12 noon

Celebrate your birthday with a free lunch and cake. Sign-up in the lunch binder to reserve your spot by 11/20 & 12/13.

**Sponsored by the North Laurel Senior Council**

### **"Shake, Move & Groove" Dance Social**

Wednesday, November 29 11 am to 12 pm

Cost: \$3 per person

DJ Steve will play a mix of dance styles from Ballroom to Latin or for simply old fashion moving and grooving. Join us for a post-thanksgiving dance to shake off the big feast.

### **The Giving Tree Project**

From December 1, 2017 through February 14, 2018, your donations will help residents of the Cherry Hill Nursing Center. In gratitude for your contribution, a handmade ornament is hung on The Giving Tree. A listing of needed items is at the 50+ Front Desk.

**Sponsored by the North Laurel Senior Council**

### **Medicare Prescription Drug Annual**

#### **Enrollment - October 15 to December 7**

Appointments are available at the North Laurel 50+ Center on Wednesday, November 8 & Wednesday, November 29 between 1 pm and 4 pm. To schedule an appointment, call 410-313-7392.

*Sponsored by the Howard County Office on Aging State Health Insurance Assistance Program (SHIP)*

### **Winter Bazaar: Jewelry, Book & Bake Sale**

Friday, December 8 9 am to 1 pm

Shop for handmade gifts, holiday plants and wreaths, jewelry, books and baked goods.

**Sponsored by the North Laurel Senior Council**

### **Holidays with Sinatra**

Wednesday, December 13 11 am to 1 pm

Cost: \$10 per person for lunch & program

Enjoy heartwarming favorites from America's sweetheart, Frank Sinatra, in this morning of sharing timeless classics, holiday cheer and a special lunch. Reserve your space by 12/5.

### **Essential Oils for Winter Skincare**

Thursday, December 21 11 am

Maintaining hydrated and glowing skin during the winter months can be a challenge. Learn tips on incorporating essential oils into your skincare regimen for ultra hydrating and naturally nourishing benefits.

### **Coming in January**

**Positive Aging Seminar** Wed, Jan 10

**BMI History Presentation** Thurs, Jan 18

**Winter Blues Concert** Wed, Jan 24

**Sign - up for programs at 50+ Front Desk**

# November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Oct 30</b> Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	<b>31</b> Agewell 10 <b>Fall-o-ween Bash 10:30</b> Building Balance 11:15 Line Dance 11:15 <b>Birthday Bash 12</b> Ballroom Dance 1:30	<b>Nov 1</b> <b>Coffee w/ the Council 9</b> Zumba Gold 9:30 Massage 10 <b>Music w/ Kay 10:30</b> Pilates 11:15 <b>Computer Chat 12</b> Open Art Studio 1	<b>2</b> S.H.I.P. 9:30/10:45 News Talk 10 <b>Classical Guitar 11</b> Building Balance 11:15 Fit 4 All 12:15 <b>Pool Party 12:30</b> Open Games Day 1 Gentle Yoga 1:30	<b>3</b> Total Toning 9:30 <b>Creative Painting 9:30</b> Massage 10 Sit, Stitch 'n Give 11 NO PILATES
<b>6</b> Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	<b>7</b> Holiday Hustle I 8:45 Agewell 10 Building Balance 11:15 Line Dance 11:15 <b>50+ Jam Session 1</b> Ballroom Dance 1:30	<b>8</b> Zumba Gold 9:30 <b>Nutrition Counseling 9:30</b> Massage 10 <b>Civil War 10:30</b> Pilates 11:15 Open Art Studio 1 <b>Open Enrollment 1</b>	<b>9</b> Holiday Hustle I 8:45 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Open Games Day 1 Gentle Yoga 1:30	<b>10</b>  <b>North Laurel 50+ and Connections Closed for Veteran's Day</b>
<b>13</b> Mindful Mondays 9 <b>Talkin' Broadway 1</b> Open Art Studio 1	<b>14</b> Holiday Hustle I 8:45 <b>Exercise Counseling &amp; Guidance 9</b> Agewell 10 <b>Zentangle 10</b> <b>Music with AI 11</b> Line Dance 11:15 <b>NL Council Meeting 1</b> Ballroom Dance 1:30	<b>15</b> <b>Thanksgiving @ Ten Oaks 10:30</b> Zumba Gold 9:30 Massage 10 Dr. Dan 11 Pilates 11:15 <b>Computer Chat 12</b> Open Art Studio 1	<b>16</b> Holiday Hustle I 8:45 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 <b>Matinee Movie 1</b> Open Games Day 1 Gentle Yoga 1:30	<b>17</b> <b>Art Workshop 9:30</b> Total Toning 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
<b>20</b> Chair Yoga 10 Gentle Yoga 11 <b>Music with AI 11</b> Open Art Studio 1	<b>21</b> Agewell 10 Line Dance 11:15 Building Balance 11:15 <b>NO HEALTHY TASTINGS</b> Ballroom Dance 1:30	<b>22</b> Zumba Gold 9:30 Massage 10 NO PILATES NO OPEN ART	<b>23</b>  <b>North Laurel 50+, Kindred Spirits &amp; Connections Closed for Thanksgiving Holiday</b>	<b>24</b>  <b>North Laurel 50+ &amp; Connections Closed for Thanksgiving Holiday</b>
<b>27</b> Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 <b>NO LUNCH</b> Open Art Studio 1	<b>28</b> Holiday Hustle II 8:45 Agewell 10 <b>Zentangle 10</b> <b>MAP Outreach 11</b> Building Balance 11:15 Line Dance 11:15 <b>Birthday Bash 12</b>	<b>29</b> Zumba Gold 9:30 Massage 10 <b>Ofc. Lingham 10:30</b> <b>Dance Social 11</b> Pilates 11:15 Open Art Studio 1 <b>Open Enrollment 1</b>	<b>30</b> Holiday Hustle II 8:45 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Open Games Day 1 Gentle Yoga 1:30	<b>Dec 1</b> <b>Coffee w/ the Council 9</b> 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 Menu & Nutrition Notes**

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