

October 2017 at North Laurel 50+

Monday	Tuesday	Wednesday	Thursday	Friday
2 PINK WEEK Coffee w/ Council 9 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1 Talkin' Broadway 1	3 Agewell 10 Building Balance 11:15 Line Dance 11:15 Acoustic Jam 1 Ballroom Dance 1:30	4 Massage 10 Music w/Kay 10:30 Computer Chat 12 Open Art Studio 1	5 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	6 Total Toning 9:30 Sit, Stitch 'n Give 11 Pilates 11:15
9 Columbus Day Holiday No 50+ or Connections Program	10 Exercise Counseling & Guidance 9 Agewell 10 Building Balance 11:15 Line Dance 11:15 Council Meeting 1	11 Audiology Screen 10 Zumba Gold 9:30 Massage 10 Music w/ AI 11 Pilates 11:15 Open Art Studio 1 Medicare 101 1	12 Agewell 10 News Talk 10 Fit 4 All 12:15 Game Day 1 Gentle Yoga 1:30	13 Total Toning 9:30 Creative Painting 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15 Salad Bar 12
16 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	17 NO AGEWELL Essential Oils 11 Building Balance 11:15 Line Dance 11:15 Ballroom Dance 1:30	18 Zumba Gold 9:30 Massage 10 Financial Forum 11 Pilates 11:15 Computer Chat 12 Open Art Studio 1 Medicare 102 1	19 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Music with AI 11 Building Balance 11:15 Fit 4 All 12:15 Game Day 1 Fall Afternoon Tea 1 Matinee Movie 1 Gentle Yoga 1:30	20 Total Toning 9:30 Pilates 11:15 Fall Pizza Party 11 Visit the 50+ EXPO at Wilde Lake High School 9 am to 4 pm
23 Mindful Mondays 9 Nutrition Counseling 9:30 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Open Art Studio 1	24 Agewell 10 Travel Talk 10:30 Building Balance 11:15 Line Dance 11:15 Fused Glass Mosaic 1 Ballroom Dance 1:30	25 Zumba Gold 9:30 Massage 10 Ofc. Lingham 10:30 Oktoberfest 11 Pilates 11:15 Open Art Studio 1 Open Enrollment 1	26 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Game Day 1 Gentle Yoga 1:30	27 Art Workshop 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
30 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	31 Agewell 10 Fall-o-ween Bash 10:30 Building Balance 11:15 Line Dance 11:15 Birthday Bash 12 Ballroom Dance 1:30	November 1 Coffee w/ Council 9 Zumba Gold 9:30 Massage 10 Music w/Kay 10:30 Pilates 11:15 Computer Chat 12 Open Art Studio 1	2 S.H.I.P. 9:30/10:45 News Talk 10 Candlelight Concert 11 Building Balance 11:15 Fit 4 All 12:15 Pool Party 12:30 Game Day 1 Gentle Yoga 1:30	3 Total Toning 9:30 Massage 10 Sit, Stitch 'n Give 11

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

OCTOBER 2017 OFFERINGS

Fall Afternoon Tea

Thursday, October 19 1 pm

Cost: \$5 includes tastings

This program explores the varieties of teas that were available to Americans in the 18th century. Guided tastings of Bohea, Pu Er, Gunpowder and Young Hyson teas. Must register by 10/13.

Fall Pizza Party

Friday, October 20 11 am to 1 pm

Cost: Lunch donation for 60 +; \$5.39 under 60

Dance to or just listen to the guitar music of Charlie E. Followed by a pizza lunch. This is sponsored by Connections at North Laurel. Must register by 10/13.

Travel Talk: Botswana Tented Camp Safari

Tuesday, October 24 10:30 am to 12 pm

Experience a mobile tented camp safari in Botswana with travel enthusiast, Rick. Watch a pride of lions from 15 years away, charging elephants and hippos in base camp.

Oktoberfest with The Just Us Band

Wednesday, October 25 11 am to 1 pm

Cost: \$3 for program ; lunch donation for 60 +

Join in on the Fall celebration with live music, a German themed meal & bottomless root beer. Purchase tickets at the 50+ Front Desk.

Fall-o-ween Bash

Tuesday, October 31 10:30 am to 11:30 am

Join us for a frightfully fun concert featuring spooky songs as well as movie and TV themes from Alfred Hitchcock films, The Addams Family & The Munsters. Prize for Best Costume; also light refreshment and treats.

OCTOBER ARTS OFFERINGS

Creative Painting Series: Pumpkin Painting on Wine Glass

Friday, October 13 9:30 am to 11 am

Cost: \$10 includes materials

A fun introduction to the wonderful world of painting on glass. Enjoy this seasonally themed project with instructor, Nancy Smith. Register by 10/11.

Fused Glass Mosaic

Thursday, October 24 1 pm to 3:30 pm

Cost: \$25 includes materials

Learn basic techniques to create a unique piece of mosaic using chips of glass laid into a dark colored base. Instructor: Charlene Randolph. Register by 10/18.

Art Workshop: Handmade Lanyard

Friday, October 27 9:30 am to 11 am

Cost: \$8 includes materials

Learn the weaving technique to make a fun lanyard for yourself or for gifting. Register by 10/25.

COMING IN NOVEMBER

Candlelight Concert Thurs, Nov 2

Classical Guitar

Creative Painting Fri, Nov 3

Sunflower Coaster

Civil War Presentation Wed, Nov 8

Journaling w/Zentangle Nov 14 & 28, Dec 5

Thanksgiving Lunch @ Ten Oaks Wed, Nov 15

Ask Dr. Dan Wed, Nov 15

Caregiving & Family Dynamics

Art Workshop: Chic Bracelets Fri, Nov 17

MAP Outreach Tues, Nov 28

Shake, Move & Groove Social Wed, Nov 29

Sign - up for programs at 50+ Front Desk

Don't Miss the 50+EXPO 2017!

ONLY \$1 ADMISSION*



Friday, October 20
9 am - 4 pm

Wilde Lake High School
5460 Trumpeter Road
Columbia 21044

Preparedness

Information

Education

- 160+ Exhibitors
- Capitol Steps — ONE SHOW ONLY!
(11:00 AM; \$5 suggested donation*)
- AARP's "America's First Foodie"
(James Beard Documentary at 1:00 PM)
- NEW! Virtual Dementia Tours
- NEW! Preparedness Seminars
- Flu Shots and Health Screenings

* Proceeds Benefit the Vivian Reid Community Fund for Older Adults

Resources for All Stages and Ages!

410-313-6410 (VOICE/RELAY)

www.howardcountymd.gov/aging



#HoCoEXPO17

facebook.com/HoCoCommunity