

# October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Community Café</b> <b>9 to 10:30</b> Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	<b>2</b> Agewell 10 Building Balance 11:15 Line Dance 11:15 <b>Let's Chat 1</b> <b>50+ Jam Session 1</b> Ballroom Dance 1:30	<b>3</b> Zumba Gold 9:30 <b>Music w/ Kay 10:30</b> Pilates 11:15 Massage 10 No Computer Chat Open Art Studio 1	<b>4</b> S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Building Balance 11:15 <b>Pool Party 1</b> Open Games Day 1	<b>5</b> <b>Fall Book &amp; Bake Sale 9</b> Total Toning 9:30 NO MASSAGE Sit, Stitch 'n Give 11
<b>8</b> <b>North Laurel 50+ &amp; Connections</b> <b>Closed for Columbus Day</b>	<b>9</b> Agewell 10 Building Balance 11:15 Line Dance 11:15 <b>NL Council Meeting 1</b> <b>Let's Chat 1</b> Ballroom Dance 1:30	<b>10</b> Zumba Gold 9:30 Massage 10 <b>Identity Theft 10</b> <b>Park Ranger 10</b> <b>Physical Therapy Seminar 11</b> Pilates 11:15 No Computer Chat Open Art Studio 1	<b>11</b> Agewell 10 News Talk 10 Building Balance 11:15 Open Games Day 1	<b>12</b> Total Toning 9:30 Massage 10 <b>Fall Harvest Celebration 11</b> Sit, Stitch 'n Give 11 Pilates 11:15
<b>15</b> Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1 <b>Medicare 101 1</b> <b>Talkin' Broadway 1</b>	<b>16</b> Agewell 10 <b>Healthy Tastings 10:30</b> Building Balance 11:15 Line Dance 11:15 No "Let's Chat" Ballroom Dance 1:30	<b>17</b> Zumba Gold 9:30 Massage 10 <b>Music with AI 10:30</b> Pilates 11:15 No Computer Chat Open Art Studio 1	<b>18</b> S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Building Balance 11:15 <b>Matinee Movie 1</b> Open Games Day 1	<b>19</b> <b>No North Laurel 50+ Programming</b>  <b>Visit us at the 50+ EXPO at Wilde Lake High School</b>
<b>22</b> Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 <b>NO LUNCH</b> <b>Medicare 102 1</b> Painting Class 1	<b>23</b> Line Dance 11:15 No "Let's Chat" Ballroom Dance 1:30	<b>24</b> Zumba Gold 9:30 Massage 10 <b>Ask Dr. Dan 11</b> Pilates 11:15 <b>Open Computer Lab 11</b> <b>Computer Chat 12</b> Open Art Studio 1	<b>25</b> Agewell 10 News Talk 10 Building Balance 11:15 Open Games Day 1	<b>26</b> Strength Training 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
<b>29</b> Mindful Mondays 9 <b>One-on-One Nutrition Ed 9:30</b> Chair Yoga 10 Gentle Yoga 11 Painting Class 1	<b>30</b> Agewell 10 Line Dance 11:15 <b>Music with AI 10:30</b> Building Balance 11:15 <b>Birthday Bash 12</b> <b>Let's Chat 1</b> Ballroom Dance 1:30	<b>31</b> Zumba Gold 9:30 Massage 10 <b>Local History 10:30</b> Pilates 11:15 <b>Open Computer Lab 11</b> <b>Costume Bash 11:45</b> <b>Computer Chat 12</b> Open Art Studio 1	<b>November 1</b> <b>Community Café 9 to 10:30</b> S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Building Balance 11:15 Open Games Day 1	<b>2</b> Strength Training 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**

# October 2018

## Community Café

Monday, October 1 9 am until 10:30 am

Listen to music, play games, and interact with others over coffee and snacks in the Lunch Room. Visit with North Laurel Senior Council members for program information.

**Sponsored by the North Laurel Senior Council**

## Fall Book & Bake Sale

Friday, October 5 9 am to 12 pm

Browse for a selection of gently used books at bargain prices and don't miss out on Fall sweet treats too!

**Sponsored by the North Laurel Senior Council and the Book Babes**

## Park Ranger Outreach: Fall Focus

Wednesday, October 10 10 am

Visit with your Park Ranger in the Lobby to learn about the changing foliage and the various hiking trails in Howard County.

## Identity Theft with Officer Lingham

Wednesday, October 10 10 am

Learn strategies for protecting your private information and what to do if that is ever compromised. Presented by Andre Lingham, Senior Liaison, Howard County Police.

## Physical Therapy Seminar: Prevention and Treatment of Lower Back Injuries

Wednesday, October 10 11 am

A local physical therapist and team will share the latest techniques for the prevention of lower back injuries as well as effective solutions to treat lower back pain.

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

## Fall Harvest Celebration

*Sign up by 10/4*

Friday, October 12 11 am to 1 pm

Cost: \$3 plus lunch donation for those 60+  
Enjoy a Fall craft activity, raffle, apple cider and live music by the "Just Us" band.

## Fused Glass Class: Cabochons

*Sign up by 10/12*

Tuesday, October 16 1 pm to 4 pm

Cost: \$38 includes materials

Become familiar with the use of materials, tools and basic techniques to create fused glass cabochons for unique jewelry pieces.

## Acrylic Painting

*Sign up by 10/18*

Mondays, October 22 & 29 1 pm to 4 pm

Cost: \$56 includes materials

Learn the basics of painting with acrylics including prepping canvas, mixing colors and brush techniques. All levels welcome.

## Ask Dr. Dan: Getting Along with Others

Wednesday, October 24 11 am

Join Dr. Dan Storch, Psychiatrist certified in Geriatrics, for an opportunity to gain insight into how we can build better relationships with other. Discussion is encouraged.

## Costume Bash

Wed, October 31 11:45 am to 12:45 pm

Cost: \$2 plus lunch donations for those 60+  
Join us for a toe-tapping concert featuring Blues, Rock 'n Roll and Popular hit songs. Light refreshments and treats provided.

## The History of the Laurel Sanitarium

Wednesday, October 31 10:30 am

Kevin Leonard, "History Matters" writer from the Laurel Leader will discuss the **History of the Laurel Sanitarium** sharing stories of its scandals, murders and famous patients.