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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

Active Aging & Pink Week & 50+ EXPO

Active Aging Week (Sept 24 thru Sept 30) promotes the benefits of a healthy lifestyle by giving older adults the opportunity to experience diverse activities and exercise in a safe, friendly and fun atmosphere. North Laurel 50+ supports active aging with programs for individuals to fully engage in activities to promote overall wellness.

Pink Week 2017 (Oct 2 thru Oct 6) supports the fundraising efforts of the North Laurel Senior Council in raising funds and awareness of breast health. Visit their Pink Sale Table to purchase raffle tickets for a chance to win great prizes.

The 50+ EXPO at Wilde Lake High School on Friday, October 20 brings information, screenings, performances and seminars together under the theme of Preparedness, Information and Education.

Stop by and enjoy all the Center has to offer -

Trisha, Michelle & Carmen

CENTER HIGHLIGHTS

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North Laurel 50+, NLCC, & Connections are closed Monday, September 4th

North Laurel 50+ & Connections are closed Monday, October 9th

North Laurel 50+ is closed Friday, October 20



**Labor Day Luau
Wednesday, September 6
11 am**



**Oktoberfest with
Just Us Band
Wednesday, October 25
11 am**

**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 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 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, Sept 13 9:30 am to 12 pm
Monday, October 23 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, Sept 7 & Oct 5 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, September 21 1 pm to 3 pm

Bridges of Madison County

Thursday, October 19 1 pm to 3 pm

October Sky

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

Sponsored by the North Laurel Senior Council

Game Day

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, September 26 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.

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

Fri, Sept 15 & Wed, October 25 10:30 am
Visit with HCPD Officer Andre Lingham for tips on protecting yourself and home .

Talkin' Broadway Series

Monday, September 11 1 pm to 2 pm

The Great Broadway Divas & their musicals

Monday, October 2 1 pm to 2 pm

More Great Broadway Divas & their musicals

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

Travel Talk: *The Botswana Bush*

Tuesday, October 24 10:30 am to 12 pm
Experience a mobile tented camp safari in the Botswana bush. Join travel enthusiast, Rick, as he shares pictures and video from his recent trip. See charging elephants, hippos in camp and watch a pride of lions up close.

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.

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

Massage Therapy

Wednesdays & Fridays 10 am to 1 pm
No Massage Friday 10/20

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 1 pm to 2:30 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, September 12 9 am to 1:30 pm
Tuesday, October 10 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)

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 Workshops Series

Explore new ideas, learn new techniques and engage in meaningful dialogue with a varied choice of art projects.

Cost: \$8 inc. materials 9:30 am to 11 am

Friday, Sept 29 Crystal Drop Earrings

Friday, Oct 27 Handmade Lanyard

Friday, Nov 17 Chic Bracelets

Register at least 3 days before class starts

Creative Painting Series

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

Cost: \$10 inc. materials 9:30 am to 11 am

Friday, Oct 13 Pumpkin Painting on Wine Glass

Friday, Nov 3 Sunflower Coaster

Friday, Dec 15 Snowflake Bowl

Register at least 3 days before class starts

Fused Glass Mosaic

Thursday, October 24 1pm to 3:30 pm

Cost: \$25 inc. materials

Learn basic techniques to create a unique mosaic piece using chips of glass laid into a black base. Instructor: Charlene Randolph

Drawing for Beginners, Intermediate and Advanced Levels * - A HCC Class

Thursdays, Sept 21 to Oct 26 (no class 10/19)

Cost: \$79 9:30 am to 11:30 am

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Classes focus on a variety of approaches to drawing and is appropriate for all levels. See flier or Front Desk for more information.

* **Howard Community College (HCC) classes are held at North Laurel 50+; all registration is through HCC at www.howardcc.edu. More info at 443-518-1000.**

Music with Al

Thurs, Sept 7 & Wed, Sept 13 11 am

Wed, Oct 11 & Tues, Oct 24 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, Oct 4 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

SEPTEMBER MONTHLY SPECIAL EVENTS

Labor Day Luau

Wednesday, September 6 11 am to 1 pm

Cost: Free program. Lunch donation for 60 +

Join us for an end-of-summer party featuring a tasty pulled chicken BBQ lunch and live music by Ellis Woodward. Limited seating. Reservations required.

Estate Planning Seminar

Friday, September 8 10:30 am to 11:30 am

An planning expert will provide invaluable information on estate planning including wills, trusts and power of attorney. Ensure that your family is properly taken care of during their lifetime, while preserving a legacy for future generations. Please reserve your space.

MONTHLY SPECIAL EVENTS

Dental Fair

Saturday, September 9 10 am to 3 pm
Screenings and information for vulnerable adults lacking access to affordable dentistry. Contact Miriam Bennett at 410-313-6028.

The Basics: Fall Prevention Exercise Workshop

Tuesday, September 12 11:15 am
Many factors are associated with increased risk of falls - don't let lack of balance or strength be one of them. In this fun and educational workout, a fitness instructor shares a series of exercises to improve your agility, balance, strength and coordination. Must be registered to attend.

Fall Book & Bake Sale

Friday, September 15 9 am to 1 pm
Browse a variety of gently used books at bargain prices and enjoy fall themed sweet treats. Come early for best selection.

Sponsored by the North Laurel Senior Council

Birthday Bash

Tuesday, Sept 26 & Oct 31 12 noon
Celebrate your birthday with a free lunch and cake. Sign-up in the lunch binder to reserve your spot by 9/20 & 10/25.

Sponsored by the North Laurel Senior Council

Remembering When: A Fire and Fall Prevention Program

Tuesday, September 19 11 am
Older adults face a high risk of loss in fires and for falling in their homes. Learn quick tips on how to minimize your risk for falls and how to keep your home and yourself safe. Presented by a Howard County Fire & Rescue Specialist.

Laminate and Learn

Wednesday, September 27 10 am
Representatives from Office on Aging and Independence's Senior Health Insurance Program (SHIP) will be on site to laminate your Medicare and two additional cards. *Note: Social Security cards cannot be laminated.*

Pink Week 2017

Monday thru Friday October 2 to October 6
Support the North Laurel Senior Council's Pink sale table and raffle in their effort to raise funds to promote breast health and breast cancer awareness.

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 and bottomless root beer. Tickets at the 50+ Front Desk.

See October Insert for more on:

Audiology Screening	Wed, Oct 11
Medicare 101	Wed, Oct 11
Medicare 102	Wed, Oct 18
Essential Oils	Tues, Oct 17
Financial Forum	Wed, Oct 18
Council Trip to Lancaster	Thurs, Oct 19
A Taste of Tea	Thurs, Oct 19
50+ EXPO 2017	Friday, Oct 20
Medicare Open Enrollment	Wed, Oct 25
Halloween Spooktacular	Tues, Oct 31

Sign - up for programs at 50+ Front Desk

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
28 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 NO LUNCH NO OPEN ART	29 Building Balance 11:15 Line Dance 11:15 Birthday Bash 12 Ballroom Dance 1:30	30 Zumba Gold 9:30 Massage 10 NO PILATES NO OPEN ART	31 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Gentle Yoga 1:30	Sept 1 Coffee w/ Council 9 Total Toning 9:30 Massage 10 Sit, Stitch 'n Give 11 NO PILATES
4 No 50+ or Connections Programs NLCC is closed for Labor Day	5 Agewell 10 Building Balance 11:15 Line Dance 11:15 50+ Jam Session 1 Ballroom Dance 1:30	6 Zumba Gold 9:30 Massage 10 Labor Day Luau 11 Pilates 11:15 Computer Chat 12 Open Art Studio 1	7 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 Pool Party 12:30 Open Games Day 1 Gentle Yoga 1:30	8 Massage 10 Estate Planning 10:30 Sit, Stitch 'n Give 11 Pilates 11:15 DENTAL FAIR Saturday Sept 9 10 am to 3 pm
11 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Talkin' Broadway 1 Open Art Studio 1	12 Exercise Counseling & Guidance 9 Agewell 10 The Basics: Fall Prevention Exercise 11:15 Line Dance 11:15 NL Council Meeting 1 Ballroom Dance 1:30	13 Zumba Gold 9:30 Nutrition Counseling 9:30 Massage 10 Music with AI 11 Pilates 11:15 Open Art Studio 1	14 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Gentle Yoga 1:30	15 Book 'n Bake Sale 9 to 1 Total Toning 9:30 Massage 10 Ofc. Lingham 10:30 Sit, Stitch 'n Give 11 Pilates 11:15
18 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	19 Agewell 10 Fire & Fall Prevention 11 Line Dance 11:15 Building Balance 11:15 NO HEALTHY TASTINGS Ballroom Dance 1:30	20 Zumba Gold 9:30 Massage 10 Pilates 11:15 Computer Chat 12 Open Art Studio 1	21 S.H.I.P. 9:30/10:45 HCC: Drawing 9:30 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Matinee Movie 1 Open Games Day 1 Gentle Yoga 1:30	22 Total Toning 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15 Salad Bar 12
25 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Open Art Studio 1	26 Agewell 10 MAP Outreach 11 Building Balance 11:15 Line Dance 11:15 Birthday Bash 12 Ballroom Dance 1:30	27 Zumba Gold 9:30 Laminate & Learn 10 Massage 10 Pilates 11:15 Open Art Studio 1	28 HCC: Drawing 9:30 News Talk 10 Building Balance 11:15 Fit 4 All 12:15	29 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 Menu & Nutrition Notes

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