



9411 Whiskey Bottom Road
Laurel MD 20723
(410) 313 - 0380
Fax: (240) 568-3030

nlaurel50center@
howardcountymd.gov

50+Center Hours

Monday - Friday
8:30 am - 4:30 pm

Website:
www.howardcountyaging.org

NORTH LAUREL 50+ CENTER NEWS & NOTES

Blow the Winter Cold Away

While we await spring, there are plenty of activities at the Center to keep busy with in March.

Choose a healthy aging option:

- ARL Health Fair (3/4)
- Healthy Aging Seminar: Active Aging - Preventing Pain (3/8)
- Living Healthy with High Blood Pressure (3/15)
- Ask Dr. Dan: Finding My Happiness Keeps Me Happy (3/16)

Then, learn something new:

- Travel Talk: Road Trip Around New Zealand (3/15)
- Talkin' Broadway: Musicals Based Upon the Silver Screen(3/21)
- Master Gardeners: Edible Heirlooms (3/29)

Stop by and enjoy all the Center has to offer -

Trisha, Michelle, Carmen & Lauren

*Winds of March we welcome you, there is work for
you to do. Work and play and blow all day,
Blow the winter cold away. ~ Unknown*

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CENTER HIGHLIGHTS



Shamrock Shindig

Tuesday, March 9

11 am to 1 pm

Radio in Baltimore

Tuesday, March 22

11 am to 12 pm



North Laurel 50+ Center & Senior Center Plus will be closed on Friday, March 25, 2016 for the Good Friday holiday. NLCC is open for fitness and walking.

Inclement Weather? Call 410-313-0380 for program status



In Your Neighborhood

North Laurel 50+ Center, located within the North Laurel Community Center, offers a variety of programs and activities for persons age 50 and older. The monthly newsletter with Center activities and events is available for pick-up at the Center and on-line at www.howardcountyaging.org.

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 may contact us through Maryland Relay by calling 7-1-1.

North Laurel Senior Council

The Council supports North Laurel 50+, Senior Center Plus & Kindred Spirits operations, serves as an advisory group, plays a leadership role and represents the Center to the community. Assistance with events is always welcome.

Coffee w/ the Council	March 1	10 am
Music with Kay	March 3	10:30 am
Rack 'Em Up Pool Party	March 3	12:30 pm
Women's History Movie	March 3	1 pm
Council Meeting	March 8	1 pm
Matinee Movie	March 17	1 pm
Birthday Bash	March 29	12 pm

MEET THE STAFF

- Trisha Olsen** 410-313-0389
Director, 50+ Center
- Michelle Feng** 410-313-0388
Assistant Director, 50+ Center
- Carmen Faye** 410-313-0380
Front Desk, 50+ Center
- Lauren Hilinski** 410-313-0387
Nutrition Specialist, 50+ Center
- Nancy Riley** 410-313-7218
Director, Senior Center Plus & Kindred Spirits Social Club
- Rachel McCracken** 410-313-7691
Assistant Director, Senior Ctr Plus
- Nancy Gabie** 410-313-0396
Program Assistant, Senior Ctr Plus
- Vacant** 410-313-0398
Program Assistant, Senior Ctr Plus

Helpful Numbers

- State Health Insurance Program**
(410) 313-7392
- Maryland Access Point (MAP)**
(410) 313-5980
- RTA Mobility** www.transitRTA.com
1-800-270-9553

Senior Center Plus

Are you a caregiver of a parent or loved one, or do you know someone who is providing care for an aging parent?

The Senior Center Plus program, a certified social model day program, offers a safe, affordable & stimulating option. Directed by a Certified Occupational Therapy Assistant, the staff is dedicated to providing a place for your loved one to socialize in a structured and supportive environment. The 4-hour program provides therapeutic programming, a well balanced lunch time meal and snacks. For more information, contact Nancy Riley, Director at (410) 313-7218 or nriley@howardcountymd.gov.

The **Kindred Spirits Social Club at North Laurel** is a place for people diagnosed with an early stage memory disorder to interact with others who are walking the same journey. The club provides education, socialization, support and companionship in a safe and nurturing environment. For more information, contact Nancy Riley at 410-313- 7218 or nriley@howardcountymd.gov.

MEMBERSHIP & REGISTRATION

Membership

You must be a registered member to use the North Laurel 50+ Center. Membership is free and it is a quick application process. It is required to register for programs & activities. Stop by the 50+ Center Front Desk between 9 am and 4 pm Monday through Friday for your membership card with photo ID.

Registration

Sign-up for classes and activities at the 50+ Center's Front Desk. Some programs and activities require pre-registration and fees. Information on classes at North Laurel: <http://apm.activecommunities.com/howardcounty>

We recognize at times members may need to withdraw from a class. All refund requests are subject to a minimum 20% administrative fee and there are no refunds for missed sessions. Additional fees may be assessed to recover costs associated with the program.

Go 50+ Fitness Center Membership

The Howard County Go 50+ fitness center membership is available to Howard County 50+ Center members with access to 4 fitness rooms throughout Howard County. The cost is \$75 per year for residents and \$100 for non-residents. For more information, call 410-313-0390 or visit the North Laurel 50+ Front Desk.

Coffee Service

The North Laurel 50+ Center has coffee service Mondays thru Fridays when the 50+ Center is open. Regular and decaffeinated coffee and hot water are available. At times, breakfast snacks are offered courtesy of the North Laurel Senior Council. Donations are appreciated to continue this service.



Lunch Program

To join us for lunch, please sign up **in advance** in the lunch book located at the Front Desk. Please remember to call 410-313-0380 to cancel your reservation if you are not coming.

The full cost of a regular meal is \$4.10 and \$5.39 for special meals. Those 60+ are requested to contribute toward the cost of the meal. Those under 60 pay the full cost of the meal. Contributions ensure the continued viability of this program.

Lunch is served Monday through Friday (unless noted otherwise) at 12 noon.



Inclement Weather Policy

If Howard County schools are **closed**, the 50+ Center, Senior Center Plus & Kindred Spirits are **closed**. The NLCC manager determines when or if the building will open to the public.

Call the Rec & Parks message line at 410-313-4452 and choose "5" for the status on NLCC.

If schools are **2 hours** late, the 50+ Center will open at **10:30 am** with limited programming, no lunch and no paratransit. Senior Center Plus and Kindred Spirits will be closed.

If schools are **1 hour late**, the 50+ Center, Senior Center Plus and Kindred Spirits will open at **9:30**.

Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County Senior & 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

FITNESS OFFERINGS

Fab Fusion

Tuesdays & Thursdays 11:15 am to 12 pm
Cost: \$ 48 for 8 sessions 3/10 to 4/5
Light cardio and strength routines will challenge your muscles to increase range of motion, balance and flexibility. Includes seated exercises & use of bands & weights.
Instructor: Liz Presti

Age Well Exercise

Tuesday & Thursday 10 am to 11 am
Cost: \$44 for 16 classes 3/29 to 5/19
Learn basic cardio combinations in an easy format to increase endurance, build muscle tone & bone density. Hand weights & elastic bands are provided.
Instructor: Jeanne Sealing

Mat Pilates

Wednesday & Friday 11:15 am to 12:05 pm
Cost: \$46 for 8 sessions 2/19 to 3/16
Build flexibility, lean muscle, strength and endurance with emphasis on breathing to relieve stress and develop a strong core. Instructor allows for modifications in range of difficulty. Instructor: Maggie Lockhart.

Ballroom & Latin Dance - Beginners

Tuesdays 1:30 pm to 2:30 pm
Cost: \$52 for 6 sessions 4/5 to 5/10
Learn basic steps to a variety of fun and versatile dance styles. Singles & Couples welcome. Instructor: Linda White.

Total Toning

Fridays 9:30 am to 10:15 am
Cost: \$42 for 6 sessions 2/12 to 3/18
An all-over workout of targeted areas to strengthen and tone.

Tap Aerobics

Wednesday 10 am to 11 am
Cost: \$43 for 8 classes ON HIATUS
Tone, trim and tighten by combining the rhythm of tap dancing with a healthy low impact aerobic workout. Tap shoes are optional; smooth soled shoes required.
Instructor: Ronnie Mack

Gentle Yoga

Monday 11 am to 12:15 pm
Cost: \$56 for 8 classes 2/8 to 4/4
Thursday 1:30 pm to 2:45 pm
Cost: \$56 for 8 classes 1/21 to 3/24
Reduce stress, tone muscles and increase strength and energy with fluid breathing. Work at your own level - modifications provided. Instructor: Lisa Rados, RYT.

Chair Yoga

Monday 10 am to 10:50 am
Cost: \$52 for 8 classes 2/8 to 4/4
Enjoy all the benefits of yoga in this seated exercise. Reduce stress, tone muscles and increase strength & energy. Instructor will modify according to fitness level & health challenges. Instructor: Lisa Rados, RYT.

Zumba Gold

Wednesday 9:30 am to 10:30 am
Cost: \$54 for 8 sessions 4/6 to 5/25
Join in this fun, Latin - inspired workout. Designed for the active older adult, this version incorporates Zumba's contagious rhythms & is performed at a lower intensity.
Instructor: Roxanne Hartman

***Class schedules are subject to change.
Please confirm latest dates with staff.***

HEALTH & WELLNESS OFFERINGS

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 to record distance and time are available to track your "tracks."

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/beginner refresher steps and second half is more advanced sequences. Dancing led by Linda Pohland.

Blood Pressure Screening

Tuesdays in March 10 am to 12 pm
Meet with a registered nurse in the lobby to monitor your blood pressure.

Nutrition Counseling

Monday, March 21 9:30 am to 12 pm
Cost: Donations for members 60+; \$33 per half hour or \$60 per hour for members under 60
Schedule an individual appointment with Rona Martiyan, MS, RD, LDN, and improve your health and quality of life through nutrition counseling. Sign up at Front Desk for a 30 minute session or 1 hour for diabetics.

Healthy Tastings

Tues, March 15 **Know Your Greens** 10:30 am
Join Lauren in the Hammond Branch Room for healthy nutrition information, recipes and sampling.

Exercise Counseling

Thursday, March 10 9 am to 12 pm
Through individual appointments, Jennifer Lee, 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.

Fitness Center Guidance

Thursday, March 10 1 pm to 3 pm
Meet Jennifer Lee in the Fitness Room for group coaching and guidance on using the fitness equipment. Must have fitness pass.

Massage Therapy with Ellen Consoli

On Hiatus until further notice

Experience the relaxing benefits of massage therapy to help relieve the stress in your life.
\$22 for 15 minutes - \$32 for 25 minutes
\$52 for 50 minutes

Ask Dr. Dan

Wednesday, March 16 11 am
Welcome back Dr. Dan Storch for a round table discussion on "Finding My Happiness Keeps Me Happy."



Brain Health

Fridays, March 4, 11 & 18 10 am to 12:30 pm
Find out the health of your brain with psychologist, Dr. Jennifer Schwartz-Mitchell. On-site services include memory evaluation and assessment with practical strategies to maintain your independence. Covered by most health insurances. Call 410-381-7596 for an appointment.

Sign - up for programs at 50+ Front Desk

ON-GOING PROGRAMS

State Health Insurance Program (SHIP)

Thursday, March 3 & 17 9:30 am & 10:45 am
Free and confidential assistance with health insurance concerns. Schedule through the 50+ Front Desk by calling 410-313-0380.

Open Art Studio

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

Open Games Day

Thursdays 1 pm to 3 pm
Bring your own games or choose from ones at the center.

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.

Sit, Stitch 'n Give

Fridays 11 am to 3 pm
Gather to socialize and stitch projects for personal use or community giving.

Rack 'Em Up Pool Party

Thursday, March 3 12:30 pm to 2:30 pm
Friendly competition at the pool tables in Rocky Gorge Room. All players welcome.

Sponsored by the North Laurel Senior Council

Matinee Movie

Thursday, March 17 1 pm to 3 pm
Free viewing of **The Martian** shown in the comfort of the Center. Snacks & popcorn for sale. Sign-up in the Matinee Movie binder at 50+ Front Desk.

Sponsored by the North Laurel Senior Council

AARP Tax Assistance Program

Tues, March 1, 8, 15, 22 & 29 9 pm to 1 pm
Weds, March 2, 9, 16, 23 & 30 1 pm to 4 pm
Thurs, March 3, 10, 17, 24 & 31 1 pm to 4 pm
Free tax assistance to older adults and low income individuals by IRS certified counselors on 2014 Federal & Maryland State tax returns. Available February 2 to April 15, 2016, by appointment only by calling 410-313-0380.

Travel Talk: Road Trip around New Zealand

Tuesday, March 15 10:30 am to 12 noon
Explore Auckland, Wellington, Bay of Islands and the spectacular Milford Sound in this presentation from travel enthusiast, Rick.

Q & A with Officer Lingham

Friday, March 18 10:30 am
Join HCPD Senior Liaison, Andre Lingham, for information on public safety and scams.

Talkin' Broadway Series

Monday, March 21 1 pm to 2 pm
Musicals Based Upon the Silver Screen
Follow the evolution of Broadway's rich history through discussion and live song presentation.

Computer Chat

Wednesday, March 23 1 pm to 3 pm
Bring along your laptop, device or smart phone for a one-on-one session with a tech volunteer. Appointments required.

Birthday Bash

Tuesday, March 29 12 noon
Celebrate your birthday with a free lunch and cake courtesy of the North Laurel Senior Council. Sign up in the birthday binder by 3/23.

Sign - up for programs at 50+ Front Desk

MARCH OFFERINGS

Women's History Month Movie

Thursday, March 3 1 pm to 3 pm

Join us to view the film **Unsung Heroes: The Story of America's Female Patriots.**

Sponsored by the North Laurel Senior Council

ARL Health Fair

Friday, March 4 11:30 am to 12:30 pm

Visit with students from the Applications and Research Laboratory's Health Professions Academy for information on nutrition, health and wellness. Lunch at 12 noon - by donation for those over 60. Reserve lunch by 2/24.

Healthy Aging Seminar:

Active Aging - Preventing Pain

Tuesday, March 8 11 am to 12 pm

A free seminar & trivia game where physical therapists will discuss age-related changes, benefits of exercise, balance and physical activity.

Shamrock Shindig

Wednesday, March 9 11 am to 1 pm

Cost: \$3 + lunch contribution for those over 60

Enjoy a festive St. Patrick's Day meal with live Celtic and American Folk music by the Mighty Kelltones.

Spring Book Sale

Friday, March 18 10 am to 1 pm

Shop a selection of good reading bargains. Proceeds benefit 50+ Center programming.

Spring Art Workshop

Friday, March 18 9:30 am to 11 am

Cost: \$7 includes all materials & instruction
Final project to be determined. Sign up by 3/15.

Living Healthy with High Blood Pressure

Tuesday, March 15 10 am to 12:30 pm

Cost: \$5 payable at workshop

An interactive 2.5 hour workshop designed for people diagnosed with hypertension or HBP who want to better manage their condition. Register with Wendy Farthing at 410-313-3506.

Radio in Baltimore:

A Baltimore Museum of Industry Presentation

Tuesday, March 22 11 am to 12 pm

A look back at radio broadcasting in Baltimore from the 1920s through the 1960s. Join Mr. Ed Hawkins as he covers milestones in the industry and recall personalities from the past, including his stories with station WITH.

Sponsored by the Baltimore Museum of Industry

Zentangle® 101 Workshop

Tuesday, March 15 10:30 am - 12:30 pm

Cost: \$5 includes materials

Sample the relaxing art of tangles. No artistic experience required.

Beyond Basic Zentangle® Art

Tuesdays 10:30 am - 12:30 pm

March 22 to April 12

Cost: \$32 inc. \$10 materials fee due 1st day to instructor

Learn new and intricate tangles. Bring your kit from a previous class and reading glasses.

Prerequisite: Beginner Zentangle® or 2 hour workshop

Master Gardeners Program:

Edible Heirlooms

Tuesday, March 29 10 am to 11 am

Discover the world of heirloom seeds and the variety of flavorful produce they offer.

Sign - up for programs at 50+ Front Desk

March 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Feb 29 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	1 AARP Taxes 9 - 1 Coffee w/ the Council 10 Agewell 10 Blood Pressure 10 Fab Fusion 11:15 Line Dance 11:15 Ballroom Dance 1:30	2 Zumba Gold 9:30 Pilates 11:15 Open Art Studio 1 AARP Taxes 1 - 4	3 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Fab Fusion 11:15 Music w/ Kay 10:30 Pool Party 12:30 Women's Hx Movie 1 Open Games Day 1 AARP Taxes 1 - 4 Gentle Yoga 1:30	4 Total Toning 9:30 Brain Health 10 Pilates 11:15 ARL Health Fair 11:30 Sit, Stitch 'n Give 11
7 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	8 AARP Taxes 9 - 1 Agewell 10 Blood Pressure 10 Healthy Aging Seminar 11 Line Dance 11:15 Council Meeting 1 Ballroom Dance 1:30	9 Zumba Gold 9:30 Pilates 11:15 Shamrock Shindig 11 Open Art Studio 1 AARP Taxes 1 - 4	10 Exercise Counseling 9 Agewell 10 News Talk 10 Fab Fusion 11:15 Exercise Guidance 1 Open Games Day 1 AARP Taxes 1 - 4 Gentle Yoga 1:30	11 Total Toning 9:30 Brain Health 10 Sit, Stitch 'n Give 11 Pilates 11:15 Salad Bar Lunch 12
14 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	15 AARP Taxes 9 - 1 Agewell 10 Living Healthy 10 Blood Pressure 10 Zentangle® 101 10:30 Healthy Tastings 10:30 Travel Talk 10:30 Fab Fusion 11:15 Line Dance 11:15 Ballroom Dance 1:30	16 Zumba Gold 9:30 Ask Dr. Dan 11 Pilates 11:15 NO LUNCH Open Art Studio 1 AARP Taxes 1 - 4	17 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Fab Fusion 11:15 Open Games Day 1 Matinee Movie 1 AARP Taxes 1 - 4 Gentle Yoga 1:30	18 Total Toning 9:30 Art Workshop 9:30 Brain Health 10 Book Sale 10 Q & A with Officer Lingham 10:30 Sit, Stitch 'n Give 11
21 Nutrition Counseling 9:30 Chair Yoga 10 Gentle Yoga 11 Talkin' Broadway 1 Open Art Studio 1	22 AARP Taxes 9 - 1 Agewell 10 Blood Pressure 10 Int. Zentangle® 10:30 Radio in Baltimore 11 Fab Fusion 11:15 Line Dance 11:15 Ballroom Dance 1:30	23 Zumba Gold 9:30 Pilates 11:15 Open Art Studio 1 Computer Chat 1 AARP Taxes 1 - 4	24 News Talk 10 Fab Fusion 11:15 Open Games Day 1 AARP Taxes 1 - 4 Gentle Yoga 1:30	25 50+ Program & Senior Center Plus Closed for Good Friday
28 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Open Art Studio 1	29 AARP Taxes 9 - 1 Agewell 10 Blood Pressure 10 Int. Zentangle® 10:30 Master Gardeners 10 Fab Fusion 11:15 Line Dance 11:15 Birthday Bash 12	30 Open Art Studio 1 AARP Taxes 1 - 4	31 News Talk 10 Agewell 10 Fab Fusion 11:15 Open Games Day 1 Handbuilding with Clay 1 AARP Taxes 1 - 4	April 1 AARP Taxes 9 - 1 Brain Health 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



THE MOSAIC PROJECT

FREE STUDIO WORKSHOP

The Ancient Art of MOSAIC MAKING with a Visionary Spin!

Open to Howard County residents age 50+, each participant will learn the basic techniques of mosaic-making, including glass cutting and grouting, and will complete an individual piece to be combined in a large-scale installation piece, which will be available for public viewing. Space is limited; reserve YOURS today!

North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel, MD 20172

Thursdays in April • 10 a.m. - 12:00 noon

April • 7 | 14 | 21 | 28 • 2016


REGISTER no later than MARCH 31!

Michelle Feng

PHONE 410-313-0380 • EMAIL yfeng@howardcountymd.gov



If you need this information in an alternate format or need accommodations to attend, call Maryland Access Point at 410-313-5940 at least one week in advance.



Don't Miss the Fun, Excitement and Energy!



The 8th Annual WomenFest – designed for women of all ages to live a more balanced, healthier and fulfilled life

WOMENFEST

A Health & Wellness Event for Women

Saturday, April 30 • 10 am - 3 pm

HIGHLIGHTS

- Free Admission
- On-Site Parking
- 100+ Exhibitors/Vendors
- Dynamic Seminars
- Engaging Workshops
- Important Health Screenings
- Cooking and Fitness Demos
- All Day Door Prizes

Gary J. Arthur Community Center at Glenwood
2400 Route 97, Cooksville, MD 21723

New for 2016!

CORE CAMP

Grab a Friend & Meet Us at the Mat!

45-minute Energizing Sessions

PILATES: 10:30 – 11:15 a.m.

YOGA: 12:30 – 1:15 p.m.

YOGALATES: 2:00 – 2:45 p.m.



410-313-5440 or www.howardcountymd.gov/womenfest

Coping with Hearing Loss

Thursdays, April 14 ~ May 5

1:30 ~ 3:00 pm Cost: \$25

A four-week series by the University of Maryland Speech & Hearing Department for individuals with hearing loss and/or their families.

Topic include hearing devices, managing your environment & coping strategies. To register, call 410-313-0380 by April 8th.

For more information, contact Elaine Widom at 410-313-7353.

