

 Howard County Office on
Aging and Independence
Department of Community Resources and Services



9411 Whiskey Bottom Road
Laurel MD 20723
(410) 313 - 0380
Fax: (240) 568-3030
Email: [nlaurel50@ howard-countymd.gov](mailto:nlaurel50@howard-countymd.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

Your Office on Aging and Independence

The Office on Aging and Independence promotes the full inclusion of persons with disabilities, addresses the needs of an increasingly diverse cultural community, and supports the desires of our citizens to remain independent as they grow older. This is evident in the OOAI programs at North Laurel.

In 2020, the 50+ Centers will produce quarterly newsletters with classes and events reflecting our standardized pricing and offerings. We are working towards a unified experience for all members. With technology advances, this includes sharing updates, on-line registration and sharing inclement weather notifications.

While we said goodbye to Michelle Feng, we extend a warm welcome to Cathy Burkett as our Assistant Director. With her experience at our sister location in Glenwood, Cathy brings creativity as well as new ideas and resources to the North Laurel community.

Stop by and enjoy all the Center has to offer -

Trisha, Cathy, Carmen & Cheryl

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North Laurel OOAI Programs are closed on 11/11, 11/28, 11/29 and 12/25 for County Holidays

WANT THE NEWSLETTER VIA E-MAIL? Complete a Postcard at the 50+ Front Desk

CENTER HIGHLIGHTS



**The Just Us Band
Friday, November 8
11 am**



**Holiday Bazaar
Friday, December 6
9 am to 12 pm**

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. If you need to cancel your lunch, please call 410-313-0380.

Meals are available to persons age 60 and older. The cost is \$4.62 for a regular or deli meal, \$5.17 for a box or deli meal with soup and \$6.13 for a special meal. Persons age 60+ are requested to contribute towards the cost and those under 60 years of age pay the full cost of the meal.

The monthly menu is available at the
50+ Center Front Desk

Healthy Tastings: Nutrition Education

Tuesday, November 19

10:30 am

Tuesday, December 17

10:30 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.

One-on-One Nutrition Education

Monday, November 4

9:30 am to 12 pm

Schedule an individual appointment with a Registered Dietician 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.

SOCIAL PROGRAMS

LIFELONG LEARNING

Birthday Bash

Tuesday, Nov 26 & Dec 31 12 noon

Celebrate your birthday with a free lunch and cake. Sign-up in the lunch binder to reserve your spot by 11/19 & 12/24.

Sponsored by the North Laurel Senior Council

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.

Rack 'Em Up Pool Party

Thurs, Nov 7 & Dec 5 12:30 pm to 2:30 pm

Friendly competition at the pool tables in Rocky Gorge. All players welcome.

Matinee Movie

Thursday, November 21 1 pm to 3 pm

The Poison Rose

Thursday, December 19 1 pm to 3 pm

Black Butterfly

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

Game Day

Every Thursday 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.

Sponsored by the North Laurel Senior Council

Sit, Stitch 'n Give

Fridays 11 am to 3 pm

Gather to socialize and stitch projects for personal use or community giving.

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

Food Club

First Fridays 11 am

Share recipes, explore cuisines, share in kitchen Q & A, learn about kitchen gadgets and meal prep ideas, share stories and meet others who are passionate about the culture of food.

HCPD Outreach

Wednesday, November 20 10 am

Wednesday, December 18 10 am

Visit with a Howard County Police Officer for tips on protecting yourself and your home.

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.

Computer Chat

Select Weds & Fridays 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.

Inclement Weather Status Line

410-313-7777

The Department of Community Resources and Services facilities Multi-Service Center, Loan Closet and the 50+ Centers inclement weather program status line is 410-313-7777.

In the event of inclement weather, the public is advised to call the status line to find out if the Multi-Service Center, 50+ Centers, and/or the Loan Closet are operating normally, have a delayed opening, or are closed.

EXERCISE CLASSES

Current Class Schedules are available at 50+ Front Desk

Age Well Exercise

Tuesdays & Thursdays, 10 am to 11 am

Cost: \$32 for 11 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: \$65 for 11 sessions

Light cardio and muscle strengthening exercises to improve posture and build hand-eye coordination for better balance.

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.

Head-to-Toe Strength Building

Fridays, 9:30 am to 10:15 am

Cost: \$35 for 5 sessions

An all-over workout of targeted areas that focuses on developing flexibility, balance, core strength and stamina.

Instructor: Leah Daniels.

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

Learn proper posture and breath work while strengthening your body and relieving stress.

Instructor: Lisa Rados, RYT.

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 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.

EXERCISE AND FITNESS

Line Dance

Tuesdays 11:15 am to 12:45 pm
Cost: \$5 per month effective 10/1/19

Learn today's popular step sequences in these fun weekly sessions. The first half of class is basic and beginner refresher steps and the second half is more advanced sequences. Led by Linda Pohland.

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 and 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 11/27, 11/29 & 12/25

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

\$58 for 50 minutes

Make an appointment at the 50+ Front Desk

Blood Pressure Screening

1st and 3rd Tuesdays 11 am until 12 pm

A nurse practitioner will be in the lobby area to take your blood pressure.

Sign - up for programs at the 50+ Front Desk



Go 50+ Fitness Center @ North Laurel

Monday to Saturday 8 am to 9 pm

Closed most 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 five 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 & Fitness Consultation

No consultations in November

Tuesday, December 17 9 am to 12 noon

Cost: \$15 for a 30 minute session

Through an individual appointment with exercise specialist, Malarie Burgess, you will receive a personal consultation on exercise, health and fitness 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

THE ARTS AT NORTH LAUREL 50+

Music with Kay

Wednesday, Nov 6 10:30 am
 Wednesday, Dec 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.

Music with Al

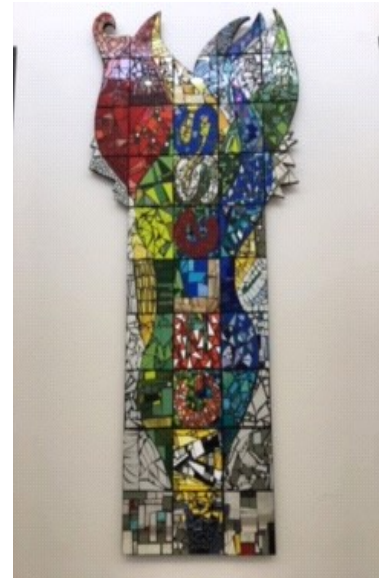
Mon, Nov 4 & Tues, Nov 26 11 am
 Wed, Dec 18 & Tues, Dec 31 * 11 am
 Drop-in for the musical renderings of Mr. Al Callahan. Dancing and singing along are encouraged.

Open Art Studio

Mondays 1 pm to 4 pm
 Drop in to work on individual projects in the Patuxent Art Studio. Please register at 50+ Front Desk.

Visit North Laurel's newest mosaic piece "Fountain" installed in June 2019.

Self-guided
 Tour Cards available in the Lobby



50+ Crafting Club

No session 11/27 & 12/25

Wednesdays 1 pm to 4 pm
 Share ideas, connect and create easy do-it-yourself crafts in a fun, engaging environment. All crafters are welcome! Please bring your own materials.

SPECIAL COMMUNITY PROGRAMS

The Howard County Office on Aging and Independence invites you to a

Thanksgiving Celebration

Thursday, November 14, 2019
 Ten Oaks Ballroom, 5000 Signal Bell Lane, Clarksville 21029

Giving Thanks Luncheon AND Dance

DOORS OPEN 10:30 AM • LUNCH 12 NOON
Tickets sold at all Howard County 50+ Centers \$15/person (all ticket sales are final; no refunds)
PLEASE BRING NON-PERISHABLE FOOD ITEMS FOR THE HOWARD COUNTY FOOD BANK
 For more information, call 410-313-5440 (VOICE/RELAY)

MUSIC BY **Sly 45** featuring blues/jazz/pop

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 howardcountymd.gov/aging



Mt. Hebron High School

Thursday, November 7, 2019

Doors Open at 9:30 am for 10 am show
 Older adults are invited to attend the dress rehearsal for musical, *Damn Yankees*, at Mt. Hebron HS, 9440 Route 99.
 Please RSVP to 410-313-0380 by 11/1.
 Carpooling is encouraged

MONTHLY SPECIAL EVENTS AT NORTH LAUREL 50+

Community Café

Friday, November 1 9 am until 10:30 am
Monday, December 2 9 am until 10:30 am

Learn about 50+ Center programs and events while interacting with others over coffee and snacks in the Lobby.

Civil War Artifacts

Wednesday, November 6 11 am to 12 pm
Commander and Civil War enactor, Eddie Roberts, will share the stories of the sacrifices, lives and relics of the soldiers during this time.

Medicare Open Enrollment

Wednesday, November 13 9 am to 1 pm
Wednesday, December 4 9 am to 1 pm

Howard County SHIP will be on site for pre-scheduled appointments for review of drug plans. Make an appointment by calling the State Health Insurance Assistance Program at 410-313-7392 - please leave a message.

The Just Us Band

Friday, November 8 11 am to 12 pm
Cost: \$4 for concert
Celebrate the Fall season with dancing and jamming to the music of the Just Us Band. Light seasonal refreshment served.

MAP Outreach

Friday, November 8 10 am
Visit with MAP Specialist, Tene Young, to get information and referrals on resources and services available to support residents who want to plan for their immediate and future needs.

**Maryland Access Point (MAP) - a service of the
Office on Aging and Independence**

Diabetes Awareness Presentation

Wednesday, November 13 10:30 am to 11 am
November is National Diabetes Month, a great opportunity to raise awareness of this disease and to encourage those who are at risk to incorporate approachable reasonable lifestyle changes to make a lasting impact.

Ask Dr. Dan: Grief & Loss:

When is it time for more help?

Wednesday, November 20 11 am to 12 pm
Join Dr. Dan Storch, psychiatrist certified in Geriatrics, to gain more insight into the grieving process, ways to cope, how to take better care of yourself and how to support others.

“Thankful for Caregivers” Meet & Greet

Friday, November 22 10 am to 12 pm
As part of National Caregivers Month, OOA caregiver specialists will be in the Lobby to greet caregivers to present them with a little something to thank them of all they do.



Coming in December

Holiday Bazaar

Friday, December 6 9 am to 12 pm

AARP Seminar: We Need to Talk - Family Conversations with Older Drivers

Tuesday, December 10 10:15 am to 11:45 am

New Years with AI *

Tuesday, December 31 11 am to 1 pm

Sign - up for programs at the 50+ Front Desk

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
28 Mindful Mondays 9 One-on-One Nutrition Ed 9:30 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Open Art Studio 1	29 Agewell 10 Building Balance 11:15 Line Dance 11:15 Birthday Bash 12	30 Zumba Gold 9:30 Massage 10 Pilates 11:15 Crafting Club 1	31 Agewell 10 News Talk 10 Magic & Comedy Show 11 Building Balance 11:15 Open Games Day 1	November 1 Community Café 9 Strength Building 9:30 Massage 10 Food Club 11 Sit, Stitch 'n Give 11
4 Mindful Mondays 9 One-on-One Nutrition Ed 9 Chair Yoga 10 Gentle Yoga 11 Music with AI 11 Open Art Studio 1	5 Blood Pressure 11 Line Dance 11:15 50+ Jam Session 1 Ballroom Dance 1:30	6 Zumba Gold 9:30 Music with Kay 10:30 Civil War Artifacts 11 Pilates 11:15 Computer Chat 12 Crafting Club 1	7 Agewell 10 News Talk 10 Building Balance 11:15 Pool Party 12:30 Open Games Day 1 Musical at Mt. Hebron High School 10 am	8 Strength Building 9:30 MAP Outreach 10:30 Sit, Stitch 'n Give 11 The Just Us Band 11 Pilates 11:15
11 50+ Closed For Veterans Day Holiday	12 Agewell 10 Building Balance 11:15 Line Dance 11:15 NL Senior Council 1 Ballroom Dance 1:30	13 Zumba Gold 9:30 Massage 10 Diabetes Month Presentation 10:30 Pilates 11:15 Crafting Club 1 50+ Center Closes at 1 pm for Staff Meeting	14 Agewell 10 News Talk 10 Building Balance 11:15 NO LUNCH Open Games Day 1 Thanksgiving Dinner Ten Oaks Ballroom	15 Strength Building 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15 Computer Chat 12
18 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Open Art Studio 1	19 Agewell 10 Healthy Tastings 10:30 Blood Pressure 11 Building Balance 11:15 Line Dance 11:15 Ballroom Dance 1:30	20 Zumba Gold 9:30 Massage 10 HCPD Outreach 10 Ask Dr. Dan 11 Pilates 11:15 Computer Chat 12 Crafting Club 1	21 Agewell 10 News Talk 10 Building Balance 11:15 NO LUNCH Matinee Movie 1 Open Games Day 1	22 Strength Building 9:30 Massage 10 Caregiver Meet & Greet 10 - 12 Sit, Stitch 'n Give 11 Pilates 11:15
25 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	26 Music with AI 11 Line Dance 11:15 Birthday Bash 12 Ballroom Dance 1:30	27 Zumba Gold 9:30 Massage 10 Pilates 11:15 Computer Chat 12	28 Happy Holiday Closed for Thanksgiving Holiday	29 Closed for Thanksgiving Holiday
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				