

WELCOME TO THE ELKRIDGE 50+ CENTER NEWS



NOVEMBER-DECEMBER 2018



Autumn usually brings shorter days, but at the Elkridge 50+ Center, some days are longer! Join us Tuesdays and Thursdays 8:30 am - 8:30 pm, and Saturday mornings 8:30 am - 12:30 pm! These expanded hours make it easier for 50+ members to use the fitness equipment room, take exercise classes, and enjoy lifelong learning programs.

On December 4, we are thrilled to offer Howard County Encore Network's "What's Next? Thinking About Our Changing Lives Between 50 and 65..." Reserve your spot for this provocative discussion and discover new possibilities for your encore stage of life!

Check out our evening activities including: Yoga for Anxiety and Depression, Zumba Gold, and Gentle Yoga. Explore new food options in our "Eating for One" program on November 13, or have fun and get creative with Glass Etching on December 13.



Elkridge 50+ Center
6540 Washington Blvd
Elkridge, MD 21075
Front desk 410-313-5192
Fax: 410-313-4929
Center Email:
Elkridge50@howardcountymd.gov

Center Hours
Monday, Wednesday & Friday
8:30 am to 4:30 pm
Tuesday & Thursday
8:30 am to 8:30 pm
Saturday 8:30 am - 12:30 pm

Fitness Equipment Room
Monday, Wednesday & Friday
8:30 am to 4:00 pm
Tuesday & Thursday
8:30 am to 8 pm
Saturday 8:30 am - 12 pm



Spotlight On: The Elkridge 50+ Holiday Party!

Please join us Friday, December 14 to celebrate the Holidays! Enjoy delicious food, wonderful entertainment from the "Fabulous 50+ Players," and fun games and prizes. The doors open at 10:30 am for coffee, the show starts promptly at 11 am, and lunch will be served at 12 pm. Games and prizes will finish this festive event.

Celebrate the season with your friends at the Elkridge 50+ Center. Tickets are on sale at the front desk, \$20 per person. Register today!

50+CENTER NEWS TO USE

CENTER INFORMATION:

Monday, November, 12
Veterans Day - Center closed

Thursday & Friday, November 22 & 23
Thanksgiving - Center closed

Monday, December 25
Christmas Day - Center closed

Go50+ Fitness Membership

Includes access to Elkridge 50+ and Ellicott City 50+ fitness equipment rooms, as well as North Laurel, Roger Carter and Gary J. Arthur Community Centers' fitness rooms. The cost for 50+ Howard County residents is \$75/year (non-county residents is \$100). The Roger Carter Center has a 50+ rate for pool.

Elkridge 50+ Center Staff

Jeannie DeCray, Director
jdecray@howardcountymd.gov
410-313-5175

Jeanne Slater, Assistant Director
jslater@howardcountymd.gov
410-313-5174

Marcus Hockaday, Nutrition Specialist
mhockaday@howardcountymd.gov
410-313-4930

Nicholas Keplinger, Registrar
nkeplinger@howardcountymd.gov
410-313-5172

Rochelle Hayes, Utility Worker
rhayes@howardcountymd.gov
410-313-5173

State Health Insurance Assistance Program

Appointments are held at locations around the county. Call 410-313-7392 for an appointment.

MAP in Person: Maryland Access Point will hold appointments the last Tuesday of the month. Drop-ins are welcomed.



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

THANKSGIVING CELEBRATION!

THE *Giving Thanks* LUNCHEON and DANCE

Music by **Sly 45**
A Baltimore-based band rocking the blues, jazz and classic pop scene!

Thursday, November 15, 2018
Ten Oaks Ballroom
5000 Signal Bell Lane, Clarksville 21029

Doors Open 10:30 a.m. • Program Begins 11 a.m. • Lunch 12 noon
Tickets on Sale at all Howard County 50+ Centers \$15/person

PLEASE BRING NON-PERISHABLE FOOD ITEMS FOR THE HOWARD COUNTY FOOD BANK

FOR MORE INFORMATION, CALL
410-313-5440 (VOICE/RELAY)

 Howard County Office on Aging and Independence
Department of Community Resources and Services
www.howardcountymd.gov/aging



Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-5192** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

ONGOING SCHEDULE OF ACTIVITIES

Monday

9-10 am Walking Club
9-10 am Strength Training
10-11 am Smart Phone (3rd Monday)
10:30 am-12 pm Asian Brush Art
11am- 1:45 pm Bingo (last Monday)
1-3:30 pm Bridge Club
2-3 pm Arthritis Exercise class

Tuesday

9-10 am Walking Club
8:30 am - 4 pm MAP Consultations
(last Tuesday)
9-10 am Agewell Exercise
10 am-12 pm Knitting Club
12:30-3:30 pm Party Bridge
7-8 pm Zumba Gold

Wednesday

9-10 am Walking Club
9-10 am Strength Training
10-11:30 am Pastel Art (Nov. 14 & 28)
11 am-12 pm Balance 4 All class
10-11 am Wii Bowling
1-2 pm Chair Yoga
2-3 pm Arthritis Exercise class

Thursday

9-10 am Agewell Exercise
10-11 am Paws for Comfort visit
10-11 am Police Talk (last Thursday)
1-2 pm Tai Chi
1-3 pm Movies (3rd Thursday)
1:30-3 pm Just Bead It (1st Thursday)
2-3 pm Book Club (2nd Thursday)
6-7 pm Yoga for Anxiety & Depression
6-7 pm Brain Injury Caregiver Group
(4th Thursday)

Friday

9-10 am Walking Club
9-10 am Yoga
10 am-12 pm Open Minds Group
1-2 pm Soul Line Dancing
2-4 pm Social card/board games



Lunch FAQs:

How would I register for lunch? Five (5) days before the day you want lunch, sign-up at the front desk with your name and phone number.

How do I cancel? Notify the front desk or call 410-313-5192. Please note: Missing 3 lunches without prior notification will result in wait-list sign-up only.

How much is lunch? Participants 60 years and older may contribute anonymously and voluntarily. Those under 60 years may pay: \$4.48 for Regular meals, \$5.01 for boxed meals, \$5.95 for Special meals. Participant donations go back into the meal program so that we can provide more meals. They also help us provide supportive services that are directly related to the nutrition program, including nutrition screenings and education.

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

EXERCISE AND FITNESS

Age Well Exercise

Tuesday & Thursday

9 - 10 am

\$59 for 22 classes

(This program is partially supported by Howard County General Hospital)

Arthritis Exercise Class

Monday & Wednesday

2 - 3 pm

\$67 for 21 classes

(Individuals 60 and over are encouraged to make the suggested donation to ensure continued viability of the program. Those 59 and under pay the actual fee.)

Balance 4 All

Wednesday

11 am - 12 pm

\$49 for 11 classes

Chair Yoga

Wednesdays

1 - 2 pm

\$53 for 10 classes

Soul Line Dance

Friday

2 - 3 pm

\$44 for 9 classes

Strength Training

Monday & Wednesday

9 - 10 am

\$81 for 19 classes



Tai Chi

Thursday

1 - 2 pm

\$59 for 11 classes

Walking Club

Monday, Tuesday, Wednesday, Friday

9 - 10 am

(Free & Ongoing. Meet at entrance/Friday at the Park)

Yoga - Level 1

Friday

9 - 10 am

\$38 for 7 classes

Bring your own mat

Yoga for Anxiety and Depression

Thursday

(new evening class)

6 - 7 pm

\$43 for 8 classes

Bring your own mat

Zumba Gold

Tuesday (starts 10/23)

7 - 8 pm

\$43 for 8 classes



*All class refund requests are subject to a 20% administrative fee and there are no refunds for missed sessions.

Fitness Equipment Room is Open!

Just \$75/year gives you access to five fitness equipment rooms in Howard County! It's a convenient and affordable opportunity to get moving and feel great. See the front desk for more information on the GO50+ Program. The Elkridge 50+ fitness equipment room is now open:
Monday, Wednesday & Friday 8:30 am - 4 pm
Tuesday & Thursday 8:30 am - 8 pm
Saturday 8:30 am - 12 pm

Please Note:

Fitness equipment orientations are offered on Wednesdays at 10 am and provide a great opportunity for you to learn how to safely and effectively use the equipment. It's free and registration is required.

NOVEMBER HIGHLIGHTS

Nutrition Talk: Super Seeds

Thursday, November 1, 11 am-12 pm
Free

Learn about all the health benefits of the wonderful world of seeds.

Poison Control Talk

Friday, November 2, 10-11 am
Free

Are you taking your medicine safely?
Join us today and be safe.

Meet the Artist

Tuesday, November 6, 5-6 pm
Free

Meet an award winning artist, hear about her story and see her work.

Animal Control Presentation

Thursday, November 8, 10-11 am
Free

Learn about the adoption process and how animal control operates. Learn which pet is best for you and know when to adopt.

Art with Joyce

Tuesday, November 13, 10 am-12 pm
Free

Create a beautiful, easy to make, piece of art.
Material fee: \$2.00

Eating For One

Tuesday, November 13, 6-7 pm
Free

Explore options and strategies for shopping, cooking and planning meals

Relator 101

Thursday, November 15, 11 am-12 pm
Free

Get some great tips on how to downsize and find the best relator for you.

Travel Safe

Thursday, November 15, 6-7 pm
Free

Holidays are coming, learn how to travel safe on and off the road.

Virtual Dementia

Friday, November 16, 10 am-12 pm
Free

Experience how it feels to live with this debilitating disease.

Smart Phone Class

Monday, November 19, 10-11 am
Free

Our smart phones make our life so much easier. Learn today.

Maryland Insurance Administration

Monday, November 26, 10-11 am
Free

Learn your rights as an insured individual and how to obtain the best rates possible.

Dr. Dan Talk

Wednesday, November 28, 11 am-12 pm
Free

Learn how to beat the blues during the busy holiday season.

Digital photography

Wednesday & Thursday, November 28 & 29
1-3:30 pm

\$10.00 for two day class

Capture precious memories & experiences while learning learn how to take great pictures.

Baltimore Museum of Industry

Lecture Series: "Shipbuilding in Baltimore"

Wednesday, November 28, 11 am-12 pm
Free

Holiday Card Creations

Friday, November 30, 10 am-12 pm
\$6.00 for 3 cards

Make beautiful cards to give to special friends and relatives for the holidays.



DECEMBER HIGHLIGHTS

What's Next? Thinking About Our Changing Lives between 50 and 65...

Tuesday, December 4, 6-8 pm

Free

Howard County Encore Network presents this interesting presentation on how to get ready for your next phase of life. What will your encore look like?

Accessible Equipment

Wednesday, December 5, 10 am-12 pm

Free

Join us in the lobby and check out different pieces of equipment that may be useful for you.

Nutrition Talk-Holiday Baking Tips

Thursday, December 6, 11 am-12 pm

Free

Learn how to enjoy many holiday treats while consuming less calories and fat.

Holiday Intergenerational Craft

Monday, December 10, 11:15-11:45 am

By donation

Design a wonderful craft with the children from the library.

Winter Makeovers

Tuesday, December 11, 10 am-12 pm

Free

Be your best self for the holiday season and enjoy a complimentary facial.

Etching Class

Thursday, Dec. 13th 6-7:30 pm

\$20 for one glass/\$25.00 for two.

Design your own beautiful wine glass for the holidays!

Holiday Party

Friday, December 14, 10:30 am-1:15 pm

\$20.00

Celebrate the holiday season with us! Enjoy a delicious catered lunch, live entertainment, games and prizes.

Gift Exchange Bingo

Monday, December 17, 10:30 am-12 pm

Admission into bingo is a wrapped gift valued around \$10.00.

Enjoy a fun game of bingo and everyone gets a gift!

Smart Phone Class

Monday, December 17, 10-11am

Free

Our smart phones make our lives so much easier. Learn today!

Waffle Breakfast

Friday, December 21, 9-10:30 am

By donation

Enjoy freshly made waffles, eggs, bacon & more.

Quality of Life Services for Older Adults, their Families, Caregivers, and Adults with Disabilities



Howard County

MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

**AS EASY AS
1-2-3-4!**

410-313-1234

Contact us for information, assistance and referral on:

- Caregiver Support
- Long Term Supports Planning
- Guardianship/Ombudsman
- Aging in Place Resources
- Medicare Counseling
- 50+ Centers
- Social Day Programs
- Volunteer Opportunities
- Wellness Programs and more!

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

410.313.1234 VOICE/RELAY • 844.627.5465 TOLL FREE
map@howardcountymd.gov

www.howardcountymd.gov/aging

CAFÉ NOVEMBER MENU

CAFÉ NOVEMBER MENU				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Meatloaf w/ Gravy Garlic Mashed Potatoes Peas & Onions Mandarin Oranges	Pulled Pork BBQ Midwest Baked Beans Cole Slaw Pineapple Tidbits Orange Juice
5	6	7	8	9
Chicken Cacciatore Brown Rice Romano Blend Vegetables Diced Peaches	Mushroom Swiss Burger Orange Blossom Carrot Salad Midwest Baked Beans Peach Crisp	Roast Turkey & Gravy Mashed Potatoes Mandarin Oranges Mixed Veggies	Hearty Beef Vegetable Stew Chilled Pears	Cream of Tomato Soup Old Bay Grilled Chicken Breast Sandwich Pepper Slaw Apple Slices
12	13	14	15	16
Closed for Holiday	Chicken Marbella Yellow Rice Pilaf Green Beans Diced Pears Fruit Yogurt with top- ping	Bratwurst in Beer Peppers Onions Sauerkraut Vegetable Soup Chocolate Brownie	Tomato Soup Grilled Chicken Pasta Salad on Baby Spinach Corn Muffin Oranges	Hot Ham & Swiss Sandwich on Rye Greek Salad Baby Carrots Diced Peaches
19	20	21	22	23
Vegetable Soup Grilled Chicken Caesar Salad Hot Spiced Apples Macaroni Pasta Salad Corn Muffin Cookie	Roast Sliced Turkey Breast w/ Gravy Bread Stuffing Green Beans Cranberry Sauce Pie	Split Pea Soup Tuna Sandwich on Rye Orange Blossom Carrot Salad Fruit Yogurt	Closed for Holiday	Closed for Holiday
26	27	28	29	30
Teriyaki Chicken Breast Fried Brown Rice Diced Pineapple	Roasted Pork Loin w/ Dijon Mustard Sauce Italian Tomato Basil Salad Broccoli Casserole Parslied Mashed Potatoes	Chicken & Beef Jambalaya Steamed Carrots Peach Crisp	Maple Glazed Baked Ham Green Beans Mac & Cheese Broccoli Slaw	Spaghetti & Meatballs Salad Mandarin Oranges Fruit Juice

CAFÉ DECEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
	Cold Fried Chicken Breast Sandwich Applesauce Cole Slaw Juice	Beef Stroganoff w/ Buttered Noodles Mixed Veggies Tropical Fruit	Multi Bean Soup Curried Chicken Pineapple & Raisin Salad on Spinach Hot Cinnamon Apples Carrots	Meatloaf w/ Gravy Garlic Mashed Potatoes Peas & Onions Mandarin Oranges
10	11	12	13	14
Pulled Pork BBQ Baked Beans Cole Slaw Pineapple Tidbits Grape Juice	Chicken Cacciatore Rice Pilaf Romano Blend Vegetables Diced Peaches Cranberry Juice	Mushroom Swiss Burger Orange Blossom Carrot Salad Midwest Baked Beans Peach Crisp	Breaded Fish Sandwich Mixed Veggies Fruit Cocktail Orange Juice	Holiday Party Reservations
17	18	19	20 Special	21
Tuna Salad Potato Salad 3-Bean Salad Mandarin Oranges Apple Juice	Baked Pork Chop Soubise (Cream Sauce) Braised Cabbage Scalloped Potatoes	Chicken Marbella Yellow Rice Pilaf Green Beans Diced Pears Fruit Yogurt	Roast Beef w/ Gravy Mashed Potatoes Green Beans Fruit Ambrosia Pie	Hot Dog Cole Slaw Baked Beans Diced Pears
24	25	26	27 Special	28
Chicken Salad Potato Salad 3-Bean Salad Mandarin Oranges Apple Juice	Closed for Holiday	Cold Fried Chicken Breast Sandwich Applesauce Cole Slaw Juice	Pork Loin Sauerkraut Mashed Potatoes Green Beans Diced Fruit Roll Cake	Cheddar Cheeseburger Cole Slaw Apricot Halves
31				
Cold Fried Chicken Breast Sandwich Applesauce Cole Slaw Juice				