

# The Senior Connection

NEWS and EVENTS from the  
Howard County Office on Aging

Department of Citizen Services

Volume 5, No. 9 • September 2015

A Message from

## Allan H. Kittleman

Howard County Executive



There is no doubt that our country's 77 million Baby Boomers are aging. But, unlike previous generations, many Baby Boomers – those born between 1946 and 1964 – favor aging in place in a diverse community over moving to a retirement community. However, maintaining an older single family home can become burdensome and moving into a rental apartment means giving up equity. That's why Howard County has provided the impetus for a new class at the University of Maryland to research and make recommendations to help those facing this dilemma. The class will focus on design and financing options for small condominium developments to attract empty nesters who want to age in the community; identify some of the most common home designs for aging residents in the county; and develop a range of renovation plans to suit various needs. These plans will be accessible by homeowners, saving them the design cost of renovation projects. Focus groups or stakeholder surveys will help identify desirable design features, price points and other variables. Watch for more information about this innovative initiative coming soon.

A Message from

## Starr P. Sowers

Administrator, Office on Aging



It's National Senior Center Month!

This month, Howard County will join in a nationwide celebration of LIFE in our 50+ Centers —

**Learning, Independence, Friends and Energy.**

Our six 50+ centers offer a wide variety of health and fitness classes, lifelong learning options, cultural and creative arts and volunteer opportunities. Visit us at [www.howardcountyaging.org/50pluscenters](http://www.howardcountyaging.org/50pluscenters) to locate a center or find activities that appeal to you.

We also invite you to join us on September 17 as we cut the ribbon on our newly-expanded Ellicott City 50+ Center and officially open the brand new state-of-the-art Ellicott City 50+ Fitness Center. Mark your calendars for Active Aging Week which kicks off September 27 — it's a perfect opportunity to explore new health and wellness programs at each of our centers.

With open enrollment time fast approaching, don't forget that our 50+ Centers also offer free assistance with Medicare eligibility and coverage through the State Health Insurance Assistance program (SHIP). To find out more, stop in or call SHIP at 410-313-7391 (voice/relay) to set up a one-on-one counseling appointment.

## Celebrate LIFE at Howard County's 50+ Centers

**Join the Celebration at the Office on Aging's 50+ Centers in September!**

Celebrate LIFE – **Learning, Independence, Friends and Energy** – is the theme for activities surrounding National Senior Center Month. Come visit one of Howard County's six 50+ centers or three senior plus sites this month to find out how to add more LIFE to your life!

### LEARNING: Expand Your Knowledge

Howard County's 50+ centers encourage activities that promote lifelong learning with classes offered in conjunction with Howard Community College, and guest speakers ranging from National Parks Service Rangers to local authors, genealogy and Civil War enthusiasts, brain fitness experts and many more. Older adults are also encouraged to share their expertise and explore new interests through rewarding volunteer and community service opportunities. Howard County's new volunteer website offers many options to fit your interests and schedule. Check it out at [www.hocovolunteer.org](http://www.hocovolunteer.org) or stop in any 50+ center to ask how you can get involved.

### INDEPENDENCE: Live on Your Terms

Services that support continuing independence are a mainstay of our 50+ center programming. Better Balance and A Matter of Balance classes offer confidence building activities and strengthening exercises to those who are unsteady on their feet, while the Living Well and Living Well with Diabetes programs provide peer support and personal empowerment to those living with one or more chronic conditions.

*Continued on next page*



*North Laurel Senior Center Plus members express their creativity through art, at times infused with a wonderful sense of humor.*

## Senior Center Plus Sites Offer Engaging Activities

Ellicott City Senior Center Plus has expanded! The beautifully updated Plus area now boasts four accessible restrooms, an expanded and well-appointed pantry, better access to the fitness and multi-purpose rooms, a newly renovated small program room, and a gated porch area out front. These changes will add to the staff's ability to provide an engaging, interesting, and safe environment for participants at this location.

Howard County's Senior Center Plus program is currently offered in three locations: Ellicott City, Glenwood and North Laurel. Each offers a 4-hour therapeutic program for persons with cognitive and/or physical disabilities who can benefit from specialized programming and supervision. The benefits of Senior Center Plus extend to the families of participants as well. "Jim (my Dad) had extraordinary experiences at the Senior Center Plus; your staff and involvement in your programs helped maintain his quality of life. He thoroughly enjoyed all your activities — one of his favorites was "Chair Yoga" — how great is that for an ol' guy!"

In some cases, the Plus program helps to create poignant, lasting memories of loved ones for the spouses and caregivers left behind. "I wanted to thank everyone for being so kind and gentle with [Paul]. He loved all of you ladies and the folks in his classes. The Kindred Spirits and Senior Plus classes gave him structure, purpose and a happy place to be where no one judged him."

Call 410-313-5980 for more information about the Senior Center Plus and Kindred Spirits programs.

National organizations like the Alzheimer's Association and AARP partner with centers to heighten awareness and provide support through innovative programs like the Memory Café and Tax Aide. Local community partners including Howard County General Hospital, UMBC, the Veteran's Administration and others provide ongoing services like blood pressure, vision and hearing screenings, the opportunity to participate in research studies and host student interns.

### FRIENDS: Enjoy life, laughter and feeling connected

Sometimes, the most beneficial aspects of our 50+ centers are the least structured ones – lunch with friends, playing a few hands of cards or games of pool, or just having a quiet conversation by the fire can brighten your day. Centers provide space and opportunity for older adults to create and develop friendships that can add immeasurable value to their lives.

And, because friendships have no age boundaries, intergenerational learning opportunities have grown in popularity as well. Some Howard County students experience history being brought to life by those who have lived it; others help older adults navigate the apps on their iPads and iPhones, and embrace new technologies. All participants, regardless of age, develop a new understanding and respect for one another.

### ENERGY: Discover health and vitality

Programs to bolster the mind, body and spirit and increase physical and mental energy abound at Howard County 50+ centers. Choosing the right one to try can be daunting, however. The Office on Aging's Exercise Specialist can help; Jennifer Lee offers one-on-one consultations by appointment as well as free orientation sessions at the new Ellicott City 50+ Fitness Center. Lee also coordinates the popular Cycle2Health program, which blends the health benefits of cycling with the mental boost of shared camaraderie among participants. For more information, contact Jen Lee at 410-313-5940 (voice/relay).

It's also important to make well informed choices when it comes to your diet. The Office on Aging's Nutritionist, Rona Martiyan, MS, RD, LDN, offers both class instruction and one-on-one nutrition counseling sessions to help you plan a sensible diet. Call Maryland Access Point at 410-313-5980 (voice/relay), or contact your local 50+ center to schedule an appointment. Visit [www.howardcountyaging.org/50pluscenters](http://www.howardcountyaging.org/50pluscenters) to find a center near you.


To learn more about our programs and services, or take a free trial class, visit us during Active Aging Week, Sept. 27 through Oct. 3. Active Aging Week celebrates aging, promotes the benefits of a healthy lifestyle and gives our 50+ centers the chance to showcase their age-friendly wellness programs. Join us to see what LIFE has in store for you at a Howard County 50+ center!

**CONSUMER PROTECTION**  
**We've got you covered.**

**Take Advantage of US Before Someone Takes Advantage of YOU!**


Howard County Office of Consumer Affairs  
 410-313-6420 • [consumer@howardcountymd.gov](mailto:consumer@howardcountymd.gov)  
[www.howardcountymd.gov/consumer](http://www.howardcountymd.gov/consumer)





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Find us on  [www.Facebook.com/HoCoCitizen](http://www.Facebook.com/HoCoCitizen)

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# Join the Celebration!

Howard County Executive Allan H. Kittleman and the Howard County Office on Aging cordially invite you to attend the Grand ReOpening of the



**ELLICOTT CITY 50+ CENTER**  
and Ribbon-Cutting for the new  
**ELLICOTT CITY 50+ FITNESS CENTER**

**Thursday, September 17 \* 11:00 a.m.**  
9401 Frederick Road, Ellicott City

An informal reception will follow the ceremony, including an Open House and Tours of both buildings. For more information or to request accommodations to attend, call 410-313-1400 (voice/relay).

A forum for men to find support and  
**MEET ■ SHARE ■ LEARN**



**Man to Man**  
PROSTATE CANCER SUPPORT GROUP

**Bain 50+ Center**  
5470 Ruth Keeton Way, Columbia 21044

**Thursday, September 17**  
Meets Monthly September through June  
6:30 – 8:15 p.m.

September is prostate cancer awareness month. Prostate cancer affects one in six men. The physical and emotional issues surrounding the disease are not limited to diagnosis and treatment. The journey is different for everyone.

The Office on Aging's Man to Man Prostate Cancer Support Group offers confidential support and education. Guest speakers include doctors, health care practitioners and survivors, who address issues related to treatment options, side effects and practical guidance.

The group meets the third Thursday of the month from September through June. For more information, contact Gary Scher at [gscher@comcast.net](mailto:gscher@comcast.net) or 202-253-1025.

A PRESENTATION OF THE  
**HOWARD COUNTY  
OFFICE ON AGING**



**THE  
CAREGIVING JOURNEY**  
*Strategies • Support • Success*

**SAVE THE DATE**

**Howard County 4<sup>th</sup> Annual Caregiver Conference**

**Saturday, November 14, 2015**  
**8:00 AM - 3:00 PM**

North Laurel Community Center  
9411 Whiskey Bottom Road, Laurel, MD 20723

\$10/PERSON (INDIVIDUAL PARTIAL SCHOLARSHIPS MAY BE AVAILABLE)  
CONTINENTAL BREAKFAST AND LUNCH PROVIDED • FREE ON-SITE RESPITE PROVIDED

**Registration opens Monday, September 21**

FOR ADDITIONAL INFORMATION:  
Contact Maryland Access Point (MAP)  
at 410-313-5980 (VOICE/RELAY) or email  
[map@howardcountymd.gov](mailto:map@howardcountymd.gov)



If you need this document in an alternative format or need accommodations to attend, contact Maryland Access Point (MAP):  
[map@howardcountymd.gov](mailto:map@howardcountymd.gov) • 410-313-5980



# Beware of Medicare and Health Insurance Scams During Open Enrollment

**D**uring the Affordable Care Act (ACA) and Medicare open enrollment periods, scam artists try to trick people who don't know how to sign up or are confused about which medical coverage is best for them.

## Here Are Some Tips to Protect Yourself

- Medicare and health exchanges will not phone you about your benefits.
- Do not trust Caller ID. Scammers can override Caller ID to appear however they wish.
- There is no such thing as an Affordable Care Act or Obamacare card.
- You do not have to pay money to receive or update your Medicare card.
- New Medicare cards without Social Security numbers will be issued to current Medicare beneficiaries in eight years; in four years, all new Medicare beneficiaries will be issued Medicare cards without Social Security numbers.
- Identity thieves use your personal information to steal your money, credit and benefits.

**AFFORDABLE CARE ACT OPEN ENROLLMENT**  
November 1, 2015 – January 31, 2016

## It's Time to Review Your Medicare Drug Plan

By *Bill Salganik, Counselor,*  
*State Health Insurance Assistance Program (SHIP)*

**I**t's time to think about reviewing your Medicare prescription plan, and this year, our State Health Insurance Assistance Program (SHIP) has new ways to help you.

Even if you were happy with your drug plan this year, it's important to re-shop. Each year, insurance companies can — and do — change their premiums, copays, deductibles and lists of covered drugs. The plan that worked well for you in 2015 may not be a good plan for 2016. During open enrollment (Oct. 15 to Dec. 7) you can change your Medicare drug or health plans, or pick a plan if you are already on Medicare and don't yet have one. All changes will take effect Jan. 1, 2016.

To start the review process, first, watch your mail. Insurance companies are required to send you a notice of any changes for 2016. Second, call SHIP for assistance. To make an appointment for a one-on-one review, call us at 410-313-7392 (voice/relay). If you prefer to do your own computer review, we can show you how. New this year, SHIP is offering a "Second Opinion" service; simply complete our electronic form, and a SHIP Counselor will take a look and get back to you by phone or email.

To join our email list (to receive general information, deadline reminders, presentation schedules and the 'Second Opinion' electronic form), go to [www.howardcountyaging.org/ship](http://www.howardcountyaging.org/ship) and click on "Join the Howard County SHIP email list."

SHIP offers one-on-one counseling by appointment at the Bain, Ellicott City, Glenwood and North Laurel 50+ Centers, as well as a full schedule of weekend and evening enrollment events during the open enrollment period.

These tech-savvy criminals can also make e-mail and websites look like they are from Medicare or an ACA health exchange. Be wary of attachments or links in e-mail that comes from anyone you don't know. Verify the sender of any email that asks for personal information before responding.

## Get Informed to Stay Safe

### FOR ACA HEALTH INSURANCE EXCHANGES

- In Maryland, call the Maryland Health Connection at 1-855-642-8572 or visit [www.MarylandHealthConnection.gov](http://www.MarylandHealthConnection.gov)
- In Howard County, call Healthy Howard at 410-988-3737 or visit [www.healthyhowardmd.org](http://www.healthyhowardmd.org).

### FOR MEDICARE

- Visit [www.Medicare.gov](http://www.Medicare.gov); or
- In Howard County, contact the State Health Insurance Assistance Program (SHIP) at 410-313-7392 or visit [www.howardcountyaging.org/ship](http://www.howardcountyaging.org/ship)

### FOR CONSUMER INFORMATION OR ASSISTANCE

- Contact the Howard County Office of Consumer Affairs at [consumer@howardcountymd.gov](mailto:consumer@howardcountymd.gov) or 410-313-6420.

## Medicare Open Enrollment

**October 15 thru December 7, 2015**

For a schedule of FREE Howard County Medicare events  
[www.howardcountyaging.org/ship](http://www.howardcountyaging.org/ship)

**Know your options and contact  
Howard County SHIP for help!**



## LOCAL HELP FOR PEOPLE WITH MEDICARE

- Information/Counseling
- Prescription Drug Plans
- Help with Costs
- New to Medicare
- Supplemental Policies
- Fraud and Abuse



**410-313-7392** (VOICE/RELAY)  
[www.howardcountyaging.org/ship](http://www.howardcountyaging.org/ship)



# New for 2015! \$1 Admission Fee

All Proceeds Benefit the  
**Vivian Reid Community Fund for Older Adults**



## Don't Miss the 17<sup>th</sup> Annual 50+EXPO!

**Friday, October 16 • 9 AM - 4 PM**

Wilde Lake High School  
5460 Trumpeter Road, Columbia, MD

### IMPORTANT PARKING NOTICE:

Attendees *must* use the **FREE COURTESY SHUTTLE** at The Mall in Columbia (by Sears) for **50+EXPO PARKING**.

**ONLY**  **ACCESSIBLE PARKING ON-SITE!**

### KEYNOTE

Nancy Z. Henkin, Ph.D., founder of the Intergenerational Center at Temple University:  
***Creating a Community for All Ages***

### PLUS

- 160+ Exhibitors
- NEW! Focus on Fitness Evaluations
- All Day Entertainment in 50+Café
- Two Shows by The Capitol Steps
- Seven Educational Seminars
- Free Flu Vaccines
- Free Health Fair Screenings
- Raffles and Prize Drawings



410-313-6410 (VOICE/RELAY)  
[www.howardcountyaging.org](http://www.howardcountyaging.org)

The **Vivian Reid Community Fund** provides emergency financial assistance to older adults and adults with disabilities in Howard County who have essential needs not covered by Medicare and Medical Assistance.

**These funds can mean the difference between food and heat or rent and medications.**

Donations to the Reid Fund **qualify as deductible contributions** under Section 170 (c) (1) of the IRS Code.

If you need accommodations to attend, contact Maryland Access Point (MAP) at 410-313-5980 or [map@howardcountymd.gov](mailto:map@howardcountymd.gov)

## Sign up NOW to receive your **FRIEND of the 50+EXPO!** gift package!

For EACH \$20 donation, you will receive one FREE admission to the EXPO; a "Friends" recognition badge; one RESERVED seat for "The Capitol Steps" on Friday, October 16, and be entered into an exclusive "Friends ONLY" grand prize drawing!

**Simply complete this form and indicate your preferred show time. Thank you for your support!**

I want to be a Friend of the EXPO and have enclosed my check/cash for \_\_\_\_\_ FRIENDS @ \$20/ea. = \$ \_\_\_\_\_

PLEASE INDICATE # of TICKETS: \_\_\_\_\_ 12:00 noon show OR \_\_\_\_\_ 2:00 p.m. show

Check this box if you do NOT want to receive tickets for the show.

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Check this box if you do NOT wish to have your name published as a contributor.

Note: If your "Friends" donation is received after October 3, pick up your Capitol Steps tickets at the theatre on the day of the show.

# Fall Prevention Awareness Day is September 23

Falls are the leading cause of both fatal and nonfatal injury for people 65 years of age and older, but they are not an inevitable part of aging. Many older adults have one or more chronic conditions which affect their balance or cause them to feel unsteady on their feet.

Fall Prevention Awareness Day is a great time to learn about the link between fall-related injuries and osteoporosis. The good news is it is never too late to identify and treat osteoporosis or to prevent falls to avoid broken bones.

Vitamin D deficiency is a risk factor for both falls and broken bones. The proper daily dose of vitamin D and calcium is associated with reduced falls and fewer broken bones in older adults. One in 10 falls in older adults end in serious injury such as a broken bone. If we can prevent falls, we can prevent broken bones of the hip, spine and wrist. Regular physical activity and exercises that combine weight, muscle strengthening and balance helps reduce the risk of falls and actually improves the health of your bones.

The Better Balance class, offered through the Office on Aging, can help at-risk individuals gain strength, improve balance, and build confidence to help them live healthier lives and preserve their independence. Participants enjoy the company of others with similar goals, and progress at their own pace through walking, and bar and seated exercises, under the guidance of instructors trained in the Better Balance protocol.

The affordable classes are currently offered twice a week at the Bain and Ellicott City 50+ Centers. Enrollment is ongoing, but pre-screening is required. For more information, call Jennifer Lee at 410-313-5940 (voice/relay).

## Better Balance Class Schedule

### BAIN 50+ CENTER

5470 Ruth Keeton Way, Columbia

Monday & Wednesday • 1:00 – 2:00 p.m.

### ELLICOTT CITY 50+ CENTER

9401 Frederick Rd., Ellicott City

Monday & Wednesday • 12:30 – 1:30 p.m.

## Take Control of Your Health: 6 Steps to Prevent a Fall

- 1 Find a good balance and exercise program**  
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend. 
- 2 Talk to your health care provider**  
Ask for an assessment of your risk of falling. Share your history of recent falls. 
- 3 Regularly review your medications with your doctor or pharmacist**  
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed. 
- 4 Get your vision and hearing checked annually and update your eyeglasses**  
Your eyes and ears are key to keeping you on your feet. 
- 5 Keep your home safe**  
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas. 
- 6 Talk to your family members**  
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue. 

To learn more, visit [ncoa.org/FallsPrevention](http://ncoa.org/FallsPrevention).

NATIONAL COUNCIL ON AGING

## Cycle2Health

HOWARD COUNTY



TO REGISTER OR FOR MORE INFORMATION

[www.howardcountyinging.org/cycle2health](http://www.howardcountyinging.org/cycle2health)

Contact Jennifer Lee, Program Coordinator  
410-313-5940 or [jlee@howardcountymd.gov](mailto:jlee@howardcountymd.gov)

This is a recreational opportunity program for participants to experience the benefits of exercise while exploring the natural beauty and sights of Howard County. Registration is required to ride in the C2H Program. An annual \$10 fee will be collected at the time of registration, applicable to the spring through fall riding season. Rides vary in length and difficulty.

If you need this information in an alternate format, contact Maryland Access Point (MAP) at 410-313-5980 or [map@howardcountymd.gov](mailto:map@howardcountymd.gov)

## JOIN US TODAY!

Cycle2Health is a non-competitive, peer-led, bicycling club for adults of all ages and abilities!

- VARIOUS LOCATIONS
- DAYTIME HOURS
- WEEKDAY RIDES





## Thriving After “Living Well”

### Are You a Living Well Program Graduate?

Continue to take charge of your health with this facilitated group!

- focus on individual progress
- meet challenges/set new goals
- overcome setbacks
- share successes
- gain additional peer support
- recharge motivation

**Starting Tuesday, September 8 • 2:30 - 4:00 p.m.**

### North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel 20723

To register, contact Karen Hull

410-313-7466 (VOICE/RELAY) • khull@howardcountymd.gov

## Let's Lunch at Timbuktu!

1726 Dorsey Road, Hanover, MD 21076

Join us for lunch! Choose an entrée:

**Crab Cake • Chicken Scampi • Stuffed Shells**

Price varies; all entrées include dessert, coffee or ice tea, and gratuity.

**Thursday, September 10 • 11:30 a.m. - 1:30 p.m.**

Register in person at either the Bain or Ellicott City 50+ Center

**REGISTRATION DEADLINE: SEPTEMBER 3**

To register by phone, or for more information, or transportation options, call 410-313-7283 (VOICE/RELAY)

## New! Facilitator Training

**SeniorsTogether peer support program seeks facilitators for small group opportunities.**

The Office on Aging is looking for individuals who enjoy working with groups, possess good listening skills, have a flexible schedule and are reliable.

**5 Weeks, beginning September 17**

Leadership opportunities are currently available for ongoing and new groups, and special one-time events. All training is provided.

We are also seeking individuals who have completed a Living Well workshop to facilitate post-workshop groups.

If you are interested in any of these opportunities,

**CONTACT KAREN HULL**

410-313-7466 • khull@howardcountymd.gov

If you need accommodations to attend, contact Maryland Access Point (MAP) at 410-313-5980 or map@howardcountymd.gov

# Are YOU Prepared in Case of an Emergency?

## DON'T WAIT. COMMUNICATE. MAKE YOUR EMERGENCY PLAN TODAY.



**SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!**



FEMA

AMERICA'S **PrepareAthon!**



Ready®

**Y**ou and your family may not be together when a disaster strikes, so it is important to plan in advance how you will get to a safe place; how you will contact one another; how you will get back together; and what you will do in different situations. It's especially important for older Americans to create a network of neighbors, relatives, friends and co-workers to turn to in an emergency. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones will be better prepared.

Visit [www.ready.gov/make-a-plan](http://www.ready.gov/make-a-plan) for more information.



## Howard County Paws4Comfort Program



The Paws4Comfort program fosters special bonds between pets, their owners and the County residents they visit. If you are interested in volunteering, or wish to attend a free evaluation for your pet, contact:

**Ingrid Gleysteen**, PROGRAM COORDINATOR

410-313-7461 • [igleysteen@howardcountymd.gov](mailto:igleysteen@howardcountymd.gov)



Evaluations are held at the Bain 50+ Center the **FIRST WEDNESDAY** of every month

The Bain 50+ Center is located at 5470 Ruth Keeton Way, Columbia 21044

**Remaining 2015 Evaluation Dates:**

SEPT. 2<sup>nd</sup> • OCT. 7<sup>th</sup>

NOV. 4<sup>th</sup> • DEC. 2<sup>nd</sup>

Howard County **Paws4Comfort**  
Touching Hearts... One Visit at a Time



Visit us online at [www.howardcountyaging.org](http://www.howardcountyaging.org)

# September 2015 Calendar of Events

Don't miss these exciting programs and services at one of the dynamic Howard County Office on Aging 50+ Centers near you!



## Bain 50+ Center

**Thursday, Sept. 3 • 11:30 a.m. to 1 p.m. — CRAB FEAST**

Enjoy this summertime event featuring the Retro Rockets. Menu: crabs, Maryland crab soup, BBQ chicken, macaroni salad, coleslaw, cornbread and watermelon. Reservations due by August 28. Cost: donation plus \$15/half dozen crabs.

**Tuesday, Sept. 22 • 9 a.m. to 3 p.m. — KASA THRIFT SALE**

Browse gently used and new clothing, jewelry, toys & household items, and purchase handicrafts and food. Proceeds from this fundraiser benefits the Vivian Reid Fund (emergency assistance to older adults in need).

**Friday, Sept. 25 • 6 to 8 p.m. — EVENING OF LIVE MUSIC**

Enjoy an evening of pop, rhythm & blues, & contemporary music with The Jackie Hairston Combo Band; hors d'oeuvres and refreshments. \$13; Purchase tickets and/or reserve tables of four or more: 410-313-7213.

## East Columbia 50+ Center

**Wednesday, Sept. 2 • Noon — "CELEBRATE LIFE" TEA**

Back by popular demand, join us for tea at East Columbia. From savory to sweet, enjoy foods to celebrate the summer harvest. Suggested donation: \$6; details 410-313-7680.

**Tuesday, Sept. 8 • 10 a.m. to 1 p.m. — CHECK YOUR BALANCE**

Check your balance and test your fitness age with the Wii. FREE.

**Tuesday, Sept. 29 • 5 to 6:30 p.m. —**

**DANCE PARTY HAPPY HOUR WITH JESSIE BARNES**

Join us for fun, learn a few dance moves, enjoy hors d'oeuvres, mocktails and amazing music. \$3; details at 410-313-7680.

## Elkridge 50+ Center

**Tuesday, Sept. 8 • 10:30 to 11:30 a.m. — MEDICARE**

Learn about programs that help pay for Medicare costs and how to protect yourself from fraud. FREE; register at 410-313-7389.

**Friday, Sept. 11 • 10:30 a.m. to 1:30 p.m. — CRAB FEAST**

A crab feast including Maryland crab soup, BBQ chicken, macaroni salad, coleslaw, cornbread and watermelon. Tickets go fast! Cost: donation plus \$18/half dozen crabs. Reserve by August 31 at 410-313-5930.

**Tuesday, Sept. 22 • 12:30 to 1:30 p.m. — HISTORY OF PATAPSCO VALLEY**

Retired Park Ranger, Ed Johnson, continues his series on the Patapsco River Valley, Elkridge, Ellicott City and more. FREE.

## Ellicott City 50+ Center

**Friday, Sept. 11 • 11 a.m. to 3:30 p.m. — AMERICA IS BEAUTIFUL**

The Howard County Garden Club Flower Show & Sale. FREE ADMISSION; purchase a lunch ticket in advance for \$10. Call 410-313-1400 for menu.

**Thursday, Sept. 24 • 12:30 p.m. — SSA CHORUS**

Join us for a concert as the Social Security Administration Chorus performs; FREE and open to the public.

**Friday, Sept. 25 • 9:30 a.m. — FALL PREVENTION**

Susan Mott, Health Trends, presents technologies to enhance safety and independence, including home assessments, mobile personal emergency response systems, medication management & home monitoring.

## Glenwood 50+ Center

**Friday, Sept. 25 • 11:30 a.m. — CRAB CAKE LUNCHEON**

Join us for our annual luncheon – \$15 includes a crab cake on a roll with lettuce & tomato, coleslaw, chips, and dessert. Register at 410-313-5440.

**Wednesday, Sept. 30 • 10 a.m. — CYCLE2HEALTH TALK**

Get an overview of Cycle2Health and find out about the benefits of cycling for adults over 50. FREE.

**Wednesday, Sept. 30 • 1 p.m. — FLY FISHING TALK & DEMO**

Guide Rob Lepczyk of Great Feathers joins us to talk about fly fishing and demonstrates how to tie flies. FREE.

## North Laurel 50+ Center

**Wednesday, Sept. 23 • 11 a.m. to 1 p.m. — BLUEGRASS & BBQ**

Connect with friends at our annual Bluegrass & BBQ Event. Enjoy a catered barbeque lunch and live music by the Savage Bluegrass Band. Tickets: \$10; register at 410-313-0380.

**Tuesday, Sept. 22 • 10:30 a.m. to noon — TRAVEL TALK: CRUISING THE EASTERN MEDITERRANEAN**

Discover European charm and elegance through exploration of architectural marvels, history and stunning beaches. Join our travel enthusiast Rick and learn how to plan for a cruise, whether it's your first cruise or your next one. FREE; register at 410-313-0380.

**FOR A FULL LISTING OF EVENTS at our 50+ Centers this month, visit: [www.howardcountyaging.org/50pluscenters](http://www.howardcountyaging.org/50pluscenters)**

To request accommodations to participate, call Maryland Access Point (MAP) at 410-313-5980 (voice/relay) one week in advance.

### HOWARD COUNTY 50+ CENTERS

Bain 50+ Center.....	5470 Ruth Keeton Way, Columbia .....	410-313-7213
East Columbia 50+ Center .....	6600 Cradlerock Way, Columbia .....	410-313-7680
Elkridge 50+ Center .....	6540 Washington Blvd., Elkridge.....	410-313-5192
Ellicott City 50+ Center .....	9401 Frederick Rd., Ellicott City.....	410-313-1400
Glenwood 50+ Center .....	2400 Route 97, Cooksville .....	410-313-5440
Longwood 50+ Center .....	6150 Foreland Garth, Columbia .....	410-313-7217
North Laurel 50+ Center .....	9411 Whiskey Bottom Rd., Laurel .....	410-313-0380

### SENIOR CENTER PLUS SITES

Ellicott City Senior Center Plus .....	410-313-1425
Glenwood Senior Center Plus .....	410-313-5442
North Laurel Senior Center Plus .....	410-313-7218

