

Cycling Promotes Camaraderie and Health



Cycle2Health is off and riding for its thirteenth season. Pictured above: riders gather for the first moderate ride of the season.

Now in its 13th year, Cycle2Health (C2H) is a volunteer-led cycling group, sponsored by the Howard County Office on Aging and Independence (OAI) which offers weekly group bike rides for cycling enthusiasts of all levels. The 2026 season kicked off in early May with 154 registered; a \$15 fee covers the entire riding season from May through October. Rides depart from various locations in and around Howard County on Tuesday and Thursday mornings. Tuesday rides are geared toward the casual rider; Thursday rides are for moderate and more advanced levels. Volunteer ride leaders are experienced cyclists who develop and lead the various rides.

July is National Recreation and Parks Month, the perfect time to give Cycle2Health a try (registration continues throughout the season). C2H participants who range in age from 30 to 80+ and share a common interest in being active outdoors and discovering new areas to explore on their bikes. "Riding the pathways without having to think about planning or navigation makes it so easy to go on a nice bike ride for my health," says one. In addition to the health and wellness benefits of biking, the group format promotes camaraderie among the riders. "C2H is a group of great, friendly people who enjoy meeting new people and riding together," says C2H coordinator, Rachel Filar. "Many participants have continued their friendships outside of the rides."

Interested? Visit www.howardcountymd.gov/C2H for full details about the 2026 riding season and registration information. You can register online or at any of OAI's 50+ centers. Once registered, riders are encouraged to sign up for the listserv which sends out an email each week that includes the ride details for upcoming rides, plus notices of any cancellations due to inclement weather. To sign up for the listserv, email cycle2healthhowardcounty@gmail.com with the subject line "add to listserv." For more information, call 410-313-6073 or email rffilar@howardcountymd.gov.

From the desk of Calvin Ball, Howard County Executive



This month, Howard County joins our nation to celebrate 250 years of history and progress. We can't celebrate this milestone without acknowledging the sacrifice of our military members and their families.

I was proud and honored to have recently unveiled our first Veterans Monument in Howard County. This impressive sculpture is our way of saying thank you to all who have served and remembering their sacrifices. A reflecting pond and bench circle the sculpture for anyone to come and spend a thoughtful moment. I encourage you to visit the monument to honor the sacrifices of our veterans throughout history.

Pictured below, this monument wouldn't have been possible without the enormous contribution from the Howard County Veterans Foundation who worked tirelessly to bring this vision to life. As the proud son and grandson of veterans, I am personally thankful to the Veterans Foundation for all the work they do to honor the extraordinary contributions of those in uniform.

A dynamic team of historians, civic leaders, cultural partners, event planners, and county staff have been hard at work making America250 and HoCo250 a once-in-a-generation experience for everyone with meaningful, educational, and fun activities for residents of all ages. Stay tuned, get involved, and join us at events across the county as we honor our past, celebrate our present, and imagine our future together. For a schedule of upcoming HoCo250 events, visit www.visithowardcounty.com/hoco-250.



July Events at Howard County 50+ Centers

American History Trivia

East Columbia 50+ Center

July 1, 2 – 3:30 p.m. • #A04710.800

Celebrate the 250th Anniversary of the United States with U.S. History Trivia! We'll play in teams, so bring your friends or join one when you arrive. Enjoy a patriotic dessert as you learn about the rich history of our nation.

Bain's Group Exercise Summer Splash

Bain 50+ Center

July 2, 8:45 a.m. – noon • #A01452.800

Start off summer with a morning of Group Exercise Fun guaranteed to put you in a good mood. Join us for one class, or all five, starting at 8:45 am. Bring a friend for FREE!



Creative Experience: Acrylic Painting Workshop

Elkridge 50+ Center

July 8, 10 – 11:30 a.m. • #A05504.801

Explore the joy of acrylic painting with Jillian Kohler in a hands on workshop designed for curious beginners and seasoned creators alike. All materials included in the \$40 fee.

Mosaic Magic: Tile & Glass Art

Bain 50+ Center

July 9, 1 – 2 p.m. • #A01511.800

As part of the Art & the Brain Series in honor of Brain Awareness Month, explore the use of tile, glass and found materials to create one-of-a-kind mosaic art designs. All materials included in the \$15 fee.

Boosting Your Mood with Food and Fitness

Bain 50+ Center

July 21, 11 a.m. • #A01496.800

Your mood can be affected by your eating and exercise habits. Learn how eating well and staying active can help improve your outlook. Presented by Humana.

Age Wisely with MAP: Rehabilitation Fund Loan Program

Glenwood 50+ Center

July 14, 11 a.m. – 12:30 p.m. • #A03620.801

Need to make repairs to your home? Learn more about Howard County's Rehabilitation Fund Loan Program, which helps eligible county homeowners make repairs and improvements. For more information, contact Emily Leclercq, 410-313-5917.

OEM presents: Disaster Preparedness Jeopardy

Elkridge 50+ Center

July 16, 1 – 2 p.m. • #A05771.800

Disaster Preparedness Jeopardy is a take on America's favorite answer-and-question game! Join the Office of Emergency Management (OEM) to put your disaster preparedness knowledge to the test.

The Industrial Revolution in the Patapsco River Valley

Ellicott City 50+ Center

July 23, 1 – 2:30 p.m. • #A02649.801

Now a destination for hiking, biking and fishing, the Patapsco River Valley played a key part in America's Industrial Revolution. Factories lined the banks of the river from Sykesville to Elkridge producing flour, textiles, lumber, and iron. Join Dr. Mark Stout to learn more about its unique history.

Master Gardeners: Gardening in a Warming Planet

Glenwood 50+ Center

August 4, 11 a.m. – 1 p.m. • #A03611.802

Join one of Howard County's Master Gardeners to learn about the challenges gardeners face as our climate changes. Bring your gardening questions to get answers!

Adaptive Equipment in the Kitchen



East Columbia 50+ Center

July 28, 10 – 11:30 a.m. • #A30145.801

Join Nutrition Specialist and chef Alex Rhine and Jennifer Blevins, manager of The Loan Closet of Howard County, to explore helpful kitchen tools to make cooking easier, safer, and more enjoyable. Explore common issues faced by those with disabilities or limited mobility while working in the kitchen and try adaptive equipment designed to help create healthy meals at home, regardless of skill level. Participate in a live cooking demonstration, try adaptive tools firsthand, enjoy a healthy snack, and learn simple tips for preparing healthy meals with greater comfort and confidence. For more information, contact Alex Rhine at 410-313-4833 (voice/relay).

**Howard County**
Office on Aging and Independence

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