

# GLENWOOD 50+ CENTER

JANUARY - FEBRUARY - MARCH 2020

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



**2400 Route 97  
Cocksville, MD. 21723  
(410) 313-5440**

**Center Email**  
glenwood50@  
howardcountymd.gov

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

**GO50+Hours**  
Mon - Sat: 7 am - 9 pm  
Sun: 9 am - 6 pm

**Council Website**  
[www.glenwood50plus.org](http://www.glenwood50plus.org)

**Volunteer Website**  
[www.hocovolunteer.org](http://www.hocovolunteer.org)

**County Website**  
[www.howardcountyaging.org](http://www.howardcountyaging.org)

## **In This Issue**

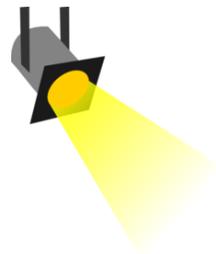
General Info           **P 2**  
On-Going Programs   **P 3-4**  
Programs/Events      **P 5-8**  
HCC Classes           **P 9**  
Exercise/Fitness      **P 11-12**



PLEASE SCAN  
YOUR CARD  
EACH VISIT

January is always a time for new beginnings and a common goal in the new year is to focus on wellness. We are on board with that idea and wanted to share the International Council on Aging's definition: "Wellness is derived from our ability to understand, accept, and act upon our capacity to lead a purpose-filled and engaged life. In doing so, we can embrace our potential to pursue and optimize life's possibilities." In the coming year, members will be asked to think about what makes you smile, what wellness items are on your bucket list, and what are your expectations for life. Then together we will explore how to help you make them happen. Also in January, come to the Waffle Bar on January 3rd and meet Lucky Sohi, our new assistant director.

See you around the center  
Regina, Lucky, Chris, Evan, Stephanie



## Cabin Fever DIY

**Thursday, January 23, 2 pm**

**Cost: \$10**



Come in from the cold and join us for a cozy afternoon of creating. We will be delving into glue resist batik pillow covers and wax sachets. You will leave with one pillow cover or three sachets. No experience necessary, all supplies included. When you register you will be asked which project you are interested in and what design you would like to create in the pillow cover. Samples will be on display in the lobby by January 3rd.

# GENERAL INFORMATION

## 50+ Center Staff

**Regina Jenkins Director**  
rjenkins@howardcountymd.gov  
410-313-5443

**Lucky Sohi, Assistant Director**  
lsohi@howardcountymd.gov  
410-313-4832

**Chris Ferraro, Registrar**  
cferraro@howardcountymd.gov  
410-313-5440

**Evan Larkin, Utility Worker**  
elarkin@howardcountymd.gov  
410-313-4836

**Stephanie Rigsby, Nutrition Specialist**  
srigsby@howardcountymd.gov  
410-313-4833

## Connections / Kindred Spirits Staff

**Judy Miller, Director**  
jumiller@howardcountymd.gov  
410-313-4849

**Andrea Bryant, Program Assistant**  
abryant@howardcountymd.gov  
410-313-5441

**Bridget McAndrews, Program Assistant**  
bmcandrews@howardcountymd.gov  
410-313-5441

## Glenwood 50+ Center Council

<b>President:</b>	Laurel Gafke
<b>Secretary:</b>	Linda Deffinbaugh
<b>Treasurer:</b>	Gary Gafke
<b>Members at Large:</b>	
Annette Dill	Bea Dane
Joel Goodman	Willie Hill
Bernadette Roussel	Toni Matthews

**Council Meetings:**  
**Second Tuesdays at 1 pm**  
**All are welcome to attend**

## THANK YOU LOCAL BUSINESSES

The following businesses donated gift cards and products to our very successful Holiday Basket Raffle.

Bolder Restaurant - Tony Locos  
Ten Oaks Tavern - Ragin Reef  
Nantucket Reef - Weis Market  
Wheelhouse Farm Market  
Glenwood Wine & Spirits  
Mount Airy Nails - Books with a Past  
As You Like It Salon & Spa  
The Yoga Center of Columbia  
Reflexology by Linda  
Four One Oh Nail Bar

**Please be sure to support these businesses in our community.**

## CENTER CLOSINGS

Wednesday, January 1	<b>CLOSED</b> (New Year's Day)
Wednesday, January 15	<b>CLOSING at 1:30 pm</b> (Department Meeting)
Monday, January 20	<b>CLOSED</b> (Martin Luther King, Jr. Day)
Monday, February 17	<b>CLOSED</b> (President's Day)

# ON-GOING PROGRAMS

## **Ask the Pharmacist**

**2nd Monday, 9 am - 1 pm**

Bring all of your questions to pharmacist, Don Hamilton, P.D. Meet one on one and get answers to your pressing questions about your medications.

## **Blood Pressure Screenings**

**4th Tuesday, 8:30 - 11 am**

Sponsored by Howard County General Hospital. Keep on top of your blood pressure to avoid serious health concerns. Let the nurse help you keep track of your readings. First come first served.

## **Maryland Access Point**

**2nd Wednesday, 9 am**

Join Emily LeClerq for answers to your questions about resources throughout the county. Each month Emily presents a new topic.

## **Meditation**

**Fridays, 8:30 am**

Start your day off completely centered. Susan leads a 20 minute meditation program. Bring a mat and drop by and join us.

## **Basketball - Drop in**

**Monday, Wednesdays, Fridays, 9 - 11 am**

**Players must be 50+ years of age**

Join this group for a fun and competitive workout.

## **Nutrition Counseling**

**1st Wednesday, 9:30 am**

Meet with Carmen Roberts, our Registered Dietician and she can help improve your quality of life through nutrition and education.

## **Reflexology with Linda**

**Thursdays, 9 am - 2 pm**

**Cost: \$30 for 30 minutes, \$60 for 60 minutes** Linda Deffinbaugh, RN offers reflexology to our members. Reflexology is based on the theory that there are reflex points on the feet, hands and head linked to every part of the body.

## **Walking Group**

**Monday - Friday, 7 am**

Our walking group meets five days a week. Come join us any day for a brisk walk indoors. Walk at your own pace and enjoy camaraderie. Join us October 2nd for Walk Maryland Day.

## **Pickleball**

**Tuesdays, Thursdays, 11 am - 12:30 (3 Courts)**

**Tuesdays, Thursdays, 12:30 - 2:30 (6 Courts)**

**Fridays, 12 - 2 pm (3.5 and lower)**

Come join the fun! Pickle Ball combines elements of tennis, badminton and ping-pong. Be prepared to love it. Volunteers provide informal instruction on Fridays.

# ON-GOING PROGRAMS

## Senior Tech Solutions

**2nd Tuesday, 3:30 pm**

Come with your Android phone for workshop on how to get the most from your device.

## Billiards-Table Tennis

**Monday-Fridays, 8 am - 4:30 pm**

Stop by the front desk and grab a key to the game room. Enjoy a game of table tennis or pool!

## Chinese Mahjong

**Tuesdays, 1 - 3 pm**

Learn how to play and enjoy the friendships that are created.

## Pinochle

**Mondays, Fridays, 10 am - 4:30 pm**

Pinochle is a classic two-player game developed in the United States, and it is one of the country's most popular games. We are looking for new players and beginners are welcome.

## Advanced Duplicate Bridge

**Mondays, Wednesdays, 12:45 - 4:00 pm**

**Cost:\$1**

Includes coffee and tea.

Duplicate Bridge is the most widely used variation of contract bridge in club play.

## New Release Movies

**2nd and 4th Friday, 1 pm**

**Cost: \$1**

Check front desk for details.

## Seniors Together, Men's Forum

**Tuesdays, 10 am-12 pm**

Stop in and join this group of gentlemen who meet weekly to engage in lively conversation about current events or other issues in the news.

## Open Studio: Arts & Crafts - Join Us

**Wednesdays, 9am - noon**

Are you working on any crafts at home? Painting, knitting, crocheting, jewelry making, paper crafts or more? Drop in and create!



## New Members & Volunteers

**Second Tuesday of each month, 9 am**

Register in advance for this orientation geared to new members and volunteers. Join the staff for a complete overview of programs and activities and a tour.

**NOTE:** 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.

# ON-GOING PROGRAMS

## Genealogy

**Second Thursday of each month, 10 am**

Join Dottie Aleshire, former program coordinator at Howard County Genealogical Society. Specific details on various genealogy topics will be sent out via email from the center. Open to anyone, no experience necessary.

## Coffee Service

**Monday-Friday, 9 - 11 am**

Coffee service is available in the lobby daily. A donation box is provided and your contribution is appreciated.

## PROGRAMS, EVENTS AND CLASSES

## Welcome Waffle Bar

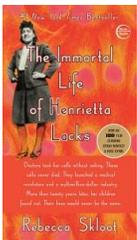
**Friday, January 3, 9 - 10 am**

Come to the lobby for fun, catch up with friends for the new year and meet our new Assistant Director Lucky. Enjoy waffles, turkey sausage, toppings, juice and coffee. Donations are accepted.

## Book Club

***The Immortal Life of Henrietta Lacks***

**Thursday, January 9, 1 pm**



The book club meets every six weeks and is led by a different member each time. This month talk about "The Immortal Life of Henrietta Lacks."

## Foods that Bring Good Luck

**Wednesday, January 8, 12 noon**

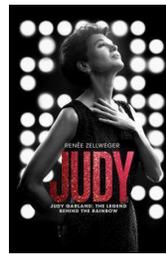
**Cost: \$8**

Join us for a delicious and fun lunch. We will be sharing foods that are said to bring good luck in the New Year such as greens, black eyed peas, pomegranates and more.

## Movie Day

**Friday, January 10, 1 pm**

**Cost: \$1**



Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub.

## History of Broadway

**Monday, January 13, 11 am**

Join Steve Friedman for his entertaining and informative series on Broadway. Each session focuses on a different era, enjoy lecture and singing.

## Civil War Series

**Wednesday, January 15, 10 am**

Susan Soderberg from the Montgomery County Historical Society will be presenting Abraham Lincoln's Montgomery County Connections. A historic look back at the Congressman and the President and his diverse connections to Montgomery County before and after the Civil War.

# PROGRAMS, EVENTS AND CLASSES

## Cabin Fever DIY

Thursday, January 23, 2 pm

Cost: \$10



Come in from the cold and join us for a DIY afternoon. Create Glue Resist pillow covers and wax sachets with essential oils, dried flowers and fruit.

## Lunar New Year

Friday, January 24, 11:30 am

Cost: \$10

Join us for a special meal of dumplings, spring rolls and fruit and a discussion on the celebration of Lunar New Year. Please register at the front desk.

## Movie Day

Friday, January 24, 1 pm

Cost: \$1

Former architect Bernadette



Fox seems to have it all, a beautiful home in Seattle, a successful and loving husband, and a brilliant teenage daughter who's about to attend boarding school.

When Bernadette suddenly disappears without a trace, her concerned family sets off on an exciting adventure to solve the mystery of where she might have gone.

## Cast Iron Skillet Cooking

Tuesday, February 4, 2 pm

Cost: \$10

Learn how to create a wide array of foods in a cast iron skillet. They have made a comeback and they are easy and fun to use. Desserts and Savory dishes will be demonstrated.

## AARP Tax Aide

Mondays, Thursdays, begins February

Call for an appointment on 410.313.5440

AARP tax aides will begin free income tax preparation for Howard County residents. This service is co-sponsored by AARP and the IRS. Electronic filing is provided at no charge. The tax service is available to all middle & low income taxpayers, with special emphasis on ages 60 and older.

## iPhone, iPad Workshop

Wednesday, February 5, 10 am

Join Mike Vecera for his iPad and iPhone help sessions. Sign up in the binder at the front desk and learn to make the most of your device.

## Black History: Harriet Tubman

Wednesday, February 12, 11 am

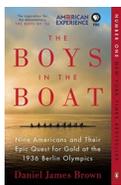
Join storyteller Janice Green for her mesmerizing presentation of Harriet Tubman, an American Abolitionist and Activist.

# PROGRAMS, EVENTS AND CLASSES

## Book Club

### ***The Boys in the Boat***

**Thursday, February 13, 1 pm**



This month's selection is *Boys in the Boat* by Daniel James Brown, led by Gloria.

## Galentines Luncheon

**Friday, February 14, 12 noon**

**Cost: \$10**

Join us on this Friday for a special Galentine lunch and sit back and enjoy the music of Pet Rock. Bring that special friend and share the gift of friendship with us.



## Civil War Series

### **Misplacing History; Rowers Ford**

**Wednesday, February 19, 10 am**

Presented by Jim Johnston of the Montgomery County Historical Society. This talk discusses the crossing of the Potomac River on June 27, 1863.

## There's an App for That

**Thursday, February 20, 10 am**

Learn about new apps that are available on your Smartphone for fitness, nutrition and wellness. The program will get you more comfortable utilizing all the technology that is available for self-management of your health and wellness needs.

## Steph's Special

### **A Mardi Gras Luncheon**

**Tuesday, February 25, 12 noon**

**Cost: \$12**

Enjoy jambalaya, beignets and king cake. Bring your beads and help us kick off Mardi Gras!

## Online Learning Expo

**Wednesday, February 26, 10 am**

Join the staff of Glenwood library for a workshop on the online learning options available to anyone. Learn a new skill, brush up on an old one. Discover all of the wonderful options.

## TED is Back - TED Talks

**Thursday, March 5, 10 am**

Join us in the library and enjoy two TED talks facilitated by a staff member. Come to learn and engage with others.

**NOTE:** 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

# PROGRAMS, EVENTS AND CLASSES

## **Native American Slavery**

**Fridays, March 6 - 20, 9:30 am**

**Cost: \$20**

The major topics covered will be Indians as slaves, Indian Slaver Nations, and why African Americans replaced Native Americans as slave force.

Instructor: Roger Swartz

## **Joseph Brant & Chief Logan**

**Friday, March 13, 1 - 3 pm**

Joseph Brant was a Mohawk who was a military and political leader. He sided with the British during and after the American Revolution. Come learn about his life. We will also talk about Chief Logan who was a Cayuga Orator and war leader.

Instructor: Deb Swartz

## **iPhone, iPad Workshop**

**Monday, March 16, 10 am**

Join Mike Vecera for his iPad and iPhone help sessions. Sign up in the binder at the front desk and learn to make the most of your device.

## **AARP Driver Tek**

**Monday, March 16, 1pm**

The AARP Smart DriverTEK workshop is an easy, interactive way to stay up to date on the newest technology in your current or future car. Learn about popular features like blind-spot detection systems, forward-collision warning systems and much more.

## **History of Broadway (Note Day)**

**Tuesday, March 17, 11 am**

Join Steve Friedman for his entertaining and informative series on Broadway. Each session focuses on a different era, enjoy lecture and singing.

## **St. Patty's Day Luncheon**

**Tuesday, March 17, 12 noon**

**Cost: \$10**

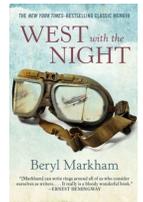
Rachel and Rueben are back on the menu. Join us for this annual celebration of all things St. Patty's Day. Enjoy the instrumental sounds of the Mighty Kelltones.

## **Book Club**

### ***West with the Night***

**Thursday, March 19, 1 pm**

Join the Book Club with this month's selection by Beryl Markham, led by Martha Clark.



## **Spring Wreath Workshop**

**Tuesday, March 24, 2 pm**

**Cost: \$10**

Using live materials, create a beautiful spring wreath. Grapevines, moss and more will be on hand. Bring gloves.

## **Waffle Bar**

**Tuesday, March 31**

**9 - 10 am**

Come to the lobby for fun, and to catch up with friends. Enjoy waffles, turkey sausage, toppings, juice and coffee. Donations are accepted.

# HOWARD COMMUNITY COLLEGE COURSES

## Best American Short Stories Part 1

Thursdays, January 9 - March 19

1 - 3 pm

Instructor: George Clack

## Controversial Art

Tuesdays, January 14 - February 11

1 - 3 pm

Instructor: Kara LaRose

## Best American Short Stories Part II

Thursday, January 16 - March 26

1 - 3 pm

Instructor: George Clack

## George Washington's Crossing

Wednesdays, March 4 - April 1

9:45 - 11:45 am

Instructor: Roger Swartz

## The Crisis of Government in the US

Wednesdays, March 4 - April 1

1 - 3 pm

Instructor: Roger Swartz

To register for Howard County Community College Continuing Education Course, please visit the website: [https://](https://www.howardcc.edu/programs-courses/continuing-education/information/registration-payment/index.html)

[www.howardcc.edu/programs-courses/continuing-education/information/registration-payment/index.html](https://www.howardcc.edu/programs-courses/continuing-education/information/registration-payment/index.html)

HCC course attendees must complete paperwork to become members of the Glenwood 50+Center.

# MARATHON BINGO - COUNCIL FUNDRAISER

Support the Western Howard County Senior Council. The Council provides funding for speakers, entertainment, pickleball equipment and more. Enjoy an afternoon of BINGO. In addition to BINGO, Council Members will be selling 50/50 Raffle Tickets every hour. Enjoy light refreshments and a great time! Registration begins February 14. Limited to the first 60 registrants.



**THURSDAY, MARCH 19, 2 - 4 PM**  
**COST: \$20 FOR 2 CARDS**

# EXERCISE AND FITNESS

## Core Yoga

**Monday, 3 pm**

January 6 - March 23

Instructor: Susan Kain

Core work doesn't have to mean crunches and sit-ups. In the 50+ population, those exercises are often contraindicated!

Let's build strength from the inside out with poses that stretch tightened muscles and strengthen muscles that have become weak. This 'crunch-free' class will strengthen your core and support your spine while protecting your back.

**10 classes for \$60 (A03419.600)**

**No class 1/20, 2/17**

## Energize High Intensity Interv Trng

**Monday & Wednesday, 8:20 am**

January 6 - March 18

Instructor: Sara Schwab

This fun choreographed class alternates between floor aerobics, power development, and resistance strength training with the use of weights, bands and tubes, medicine, stability and flex ball.

**20 classes for \$100 (A03416.600)**

**No class 1/20, 2/17**

## Hatha Yoga 1-2

**Friday, 9 am**

January 3 - March 20

Instructor: Susan Kain

Find the benefits of greater flexibility, increased energy, and improved overall health by expanding your yoga practice. Class ends with deep relaxation and breathing.

**12 classes for \$72 (A03418.600)**

## Chair Yoga (Formerly Gentle)

**Tuesday, 10:15 am**

January 7 - March 24

**12 classes for \$72 (A03422.600)**

**Wednesday, 2 pm**

January 8 - March 18

**11 classes for \$66 (A03424.600)**

**Thursday, 10:15 am**

January 2 - March 19

**12 classes for \$72 (A03423.600)**

Instructor: Mary Garratt

Through creativity and modifications, everyone can do yoga with a chair. In this gentle/beginner's level class, yoga poses are done seated in a chair or standing using the chair as a prop for support and stability. Reap the benefits of greater flexibility, increased energy, improved memory and clarity, better concentration, and improved overall health.

## Hatha Yoga

**Tuesday, 9 am**

January 7 - March 24

Instructor: Mary Garratt

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

**12 classes for \$72 (A03425.600)**

**Wednesday, 3:15 pm**

January 8 - March 18

Instructor: Susan Kain

**11 classes for \$66 (A03426.600)**

**Thursday, 9 am**

January 2 - March 19

Instructor: Mary Garratt

**12 classes for \$72 (A03428.600)**

# EXERCISE AND FITNESS

## Line Dancing: Beginner Drop In

Tuesday, 2:30 pm

1 month for \$5

## Line Dancing: Intermediate Drop In

Tuesdays, 3:30 pm

1 month for \$5

## Line Dancing Beginners

Thursday, 1pm

January 2 - March 19

Instructor: Sandy Garrish

Dancing is great exercise and fun.

Come join us for Basics. Please wear leather soled shoes.

**12 classes for \$72 (A03451.600)**

## Line Dancing Intermediate

Thursday, 2 pm

January 2 - March 19

Beyond Beginners is for individuals who have taken a beginner class.

Please wear leather soled shoes.

**12 classes for \$72 (A3453.600)**

## Meditation Drop In

Fridays, 8:30 am

Instructor: Susan Kain

Start your day off completely

centered. Susan leads a 20

minute meditation program. No

experience necessary. Bring a mat

and drop by and join us.

**Free (A03454.600)**



## Pilates

Monday, 9:30 am

January 6 - March 23

Instructor: Bob McDowell

Pilates is an exercise program emphasizing core stability, balance, and abdominal strength. It is based on 34 basic movements

that are performed on a mat. Pilates supports a healthy back and invigorates overall fitness. This class is open to all fitness

levels and modifications are available.

**10 classes for \$60 (A03409.600)**

**No class 1/20, 2/17**

## Prime Time Tone, Balance & Flex

Monday & Wednesday, 1 pm

January 6 - March 18

Instructor: Marianne Larkin

A class focusing on functional fitness for everyday living. Have fun getting fit and

strong and improve your range of motion

and balance. Tone your major muscle

groups with both seated and standing

exercises. Instructor will show modifications

for a seated option.

**20 classes for \$75 (A03476.600)**

## Sit & Fit

Tuesday & Thursday, 11 am

January 7 - March 19

Instructor: Susan Kain

Are you interested in getting stronger? Join our 'Sit and Fit' class. Everyone works at their own pace and ability level, using bands,

balls, and hand weights, while also enjoying the social benefits, in a seated position.

**22 classes for \$77 (A03431.600)**

# EXERCISE AND FITNESS

## Tai Chi

Thursdays, 9 am

January 2 - March 19

Instructor: Charlie Toth

An exercise for all people, it focuses on slow, deliberate orchestrated movements. Studies on Mind-body exercises, such as tai chi and yoga, show the positive effects of these gentler forms of exercise.

**12 classes for \$72**

**(A03147.600)**

## Flex, Stretch & Move (New)

Fridays, 2 pm

January 3 - March 20

Improve flexibility, coordination, strength and balance. Focus on strengthening muscles and connective tissue as well as improving joint mobility. Class offers both seated and standing options. Bring a mat to place under your chair.

**22 classes for \$93**

# INCLEMENT WEATHER POLICY

## Department of Community Resources and Services Inclement Weather Policy

The Department of Community Resources and Services (DCRS) facilities, including 50+ Centers, the Loan Closet, Patuxent Woods, and the Multiservice Center, will make all reasonable attempts to open on time in the event of inclement weather.

Call the DCRS Inclement Weather Line at **410-313-7777(voice/relay)** to learn of any delayed openings or closings. Additional Inclement Weather Updates can be found at:

<https://www.howardcountymd.gov/Departments/Community-Resources-and-Services>

<https://www.facebook.com/HoCoCommunity/>

50+ Centers co-located with Recreation and Park Facilities at **Gary J. Arthur** and North Laurel Community Center will follow Recreation and Parks operating procedures as it relates to inclement weather:

If Howard County Public Schools are delayed or closed, **Glenwood 50+ Center** and North Laurel 50+ Center operating procedures is as follows:

**1-hour school delay** – will strive to open at 9:30am.

**2-hour school delay** – will strive to open at 10:30am. All classes and programs scheduled before 11am are canceled. Connections and Kindred Spirits Program are canceled. No congregate meals are served.

**Schools closed** –will strive to open by 10:30am.

All classes and programs are canceled. Connections and Kindred Spirits Social Day Programs are canceled. No congregate meals are served.

