



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

50+Center Hours

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

On the Web at
howardcountymd.gov/aging or
howardcountymd.gov/northlaurel50

The 50+ Center Staff

Trisha Olsen, Director

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Michelle Feng, Assistant Director

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Carmen Faye, Front Desk

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Lauren Hilinski, Nutrition Program Specialist

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NORTH LAUREL 50+ CENTER

General Information

Welcome to North Laurel 50+

The North Laurel 50+ Center, located within the North Laurel Community Center, offers a variety of programs and activities for persons age 50 and older, including:

- Arts & Intergenerational Programs
- Daily Lunch Program/Nutrition Education
- Exercise Classes/Full Gym/Go 50+ Fitness Center
- Lifelong Learning Classes
- Social Programs/Special Events
- Volunteer Opportunities

The Connections Social Day Program and the Kindred Spirits Club are also located at North Laurel.

Our monthly newsletter with 50+ Center activities and events is available for pick-up at the Center and on-line at www.howardcountyaging.org. To receive it via email, call the 50+ Front Desk at 410-313-0380.

50+ Center Membership

You must be a 50+ Center member to use the North Laurel 50+ Center and to register for programs. Membership is free and is a quick application process. The 50+ Center Front Desk is open from 8:30 am and 4 pm Monday through Friday to issue your membership card with photo ID.

Go 50+ Fitness Center Membership

The Howard County Go 50+ Fitness Center Membership is available to Howard County 50+ Center members with access to four fitness rooms throughout Howard County. The cost is \$75 per year for residents/\$100 for non-residents.

Class & Program Registration

Sign-up for classes, program and events at the 50+ Center's Front Desk. Some programs and activities have fees and require preregistration. Details are in the newsletter, on the web at www.howardcountymd.gov/50pluscenters and at <http://apm.activecommunities.com/howardcounty>.

GENERAL INFORMATION

Lunch at North Laurel

Lunch is served Monday through Friday (unless noted otherwise) at 12 noon. To join us for lunch, please sign up **in advance** in the lunch binder located at the 50+ Front Desk. Please call 410-313-0380 to cancel any reservation.

The full cost of a regular meal is \$4.10 and \$5.39 for a special meal. Those 60+ are requested to contribute toward the cost of the meal. Those under 60 pay the full cost of the meal. Contributions ensure the continued viability of this program.

Coffee Service

The North Laurel 50+ Center has coffee service Mondays through Fridays when the 50+ Center is open. Regular and decaf coffee and hot water are available. At times, snacks are offered courtesy of the North Laurel Senior Council. Donations are appreciated to continue this service.

Inclement Weather Policy

If HOWARD COUNTY SCHOOLS status is:

1 HOUR DELAY - Center is open with regular programming.

2 HOUR DELAY - Center opens at 10:30 am. NO lunches served. Programs scheduled to begin at 10:30 am or later will be held. Connections & Kindred Spirits are closed.

CLOSED - Call 50+ Center (410-313-0380) or Status Line (410-313-7777) to see if or when the Center will open. All instructor-led programs are cancelled for the day. NO lunches served. Connections & Kindred Spirits are closed.



Maryland Access Point (MAP)

For information and referrals to services in Howard County, contact MAP at 410-313-1234, at www.marylandaccesspoint.info or email at map@howardcounty.gov. Check with the 50+ Front Desk for scheduled MAP specialist outreach visits.



LOCAL HELP FOR PEOPLE WITH MEDICARE

State Health Insurance Program (SHIP)

First & Third Thursdays 9 am and 10:45 am
Meet with a trained counselor for help with your Medicare questions. This free service of the SHIP Program is available to Medicare beneficiaries and their families/caregivers. To schedule an appointment at the North Laurel 50+ Center, please call 410-313-7392.

Regional Transportation Agency (RTA)

Providing fixed route and paratransit services. Call 800-270-9553 or info@transitrt.com.

Neighbor Ride, Inc.

Door to door transportation for residents age 60+. Modest fees. Call 410-884-7433 or www.neighborride.org.

The Multiservice Center

Co-located human service agencies that provide a variety of outreach and crisis services. Call 410-313-0220.

VOLUNTEER OPPORTUNITIES

North Laurel Senior Council

The Council, a group of dedicated member volunteers, supports the North Laurel 50+, Connections and Kindred Spirits Programs in their operations, serves as an advisory group, plays a leadership role and represents the Center in the community. Assistance with events is always welcome. For more information, stop by the Council board in the west hallway or visit their website at <http://northlaurelSeniorCouncil.org/>.

Council Sponsored Event	Day & Time	Location
Coffee with the Council	First Weekday each month 9 am	Lobby
Music with Kay	First Wednesday 10:30 am	Hammond Branch
Rack 'Em Up Pool Party	First Thursday 12:30 am	Rocky Run Game Room
Council Meeting	Second Tuesday 1 pm	Dorsey Run
Matinee Movie	Third Thursday 1 pm	Dorsey Run *
Birthday Bash	Last Tuesday *	Chesapeake I & II
Brain Teaser/Game Day	First & Third Thursdays 1 pm	Savage Mill
Snacks for Coffee Bar	Daily *	Lobby

* Subject to change - Check the 50+ Front Desk for any updates

For information on volunteering with the Office on Aging and Independence and to view current volunteer opportunities, go to:

www.hocovolunteer.org

Thank You North Laurel Volunteers

North Laurel Senior Council	50+ Front Desk Assistants
Line Dance Instructors	Ladies of Sit, Stitch 'n Give
The Book Babes	Display Case/Décor Ladies
Project Search Students	HCC Nursing Students
High School Community Intern Program Students	
Lunch Room Reservationists/Servers	

CONNECTIONS SOCIAL DAY & KINDRED SPIRITS



Are you a caregiver of a parent or loved one, or do you know someone who is providing care for an aging parent?

The Connections Social Day Program at North Laurel is a certified social model day program that offers a safe, affordable and stimulating care option. Directed by a Certified Occupational Therapy Assistant, the staff is dedicated to providing a place for your loved one to socialize in a structured and supportive environment. The four hour program provides therapeutic programming, as well as a balanced lunchtime meal and snack. For more information, please contact Nancy Riley, Director at (410) 313-7218 or email at nriley@howardcountymd.gov.

The Connections Social Day & Kindred Spirits Staff



**Nancy Riley, Director
Connections Social Day &
Kindred Spirits at North Laurel**
410-313-7218/410-313-7691
nriley@howardcountymd.gov

**Rachel McCracken, Assistant
Director, Connections Social Day**
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**Nicholas Keplinger, Program
Assistant, Connections Social Day**
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nkeplinger@howardcountymd.gov

**Vacant, Program Assistant
Connections Social Day and
Kindred Spirits Club**
410-313-0396

HOURS OF OPERATION

Connections Social Day	Monday thru Friday 9:30 am to 1:30 pm
Kindred Spirits	Tuesdays & Thursdays 9:30 am to 1:30 pm



The **Kindred Spirits Social Club at North Laurel** is a place for people diagnosed with an early stage memory disorder to interact with others who are walking the same journey. The club provides support, education, socialization, companionship and a sense of purpose in a safe and nurturing environment.

For more information and/or to schedule an appointment, contact Nancy Riley at 410-313-7691 or nriley@howardcountymd.gov.

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.