

# NORTH LAUREL 50+ CENTER

January-February-March 2020

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



**9411 Whiskey Bottom Road  
Laurel MD 20723**

**410-313-0380**  
50+ Center Hours  
Monday - Friday  
8:30 am - 4:30 pm

**Located in the  
North Laurel Community  
Center  
410-313-0390**

NLCC Fitness Center Hours  
Monday - Saturday  
8:00 am - 9:00 pm  
Sunday 9:00 am - 6:00 pm

**Center Email**  
nlaurel50@  
howardcountymd.gov

**Newsletters Online**  
www.howardcountymd.  
gov/northlaurel50

**Volunteer Website**  
www.hocovolunteer.org

## **In This Issue**

General Information	<b>Page 2</b>
On-Going Programs	<b>Page 3-4</b>
Programs & Events	<b>Page 5-7</b>
Instructional Classes	<b>Page 8-11</b>
Noteworthy News	<b>Page 12</b>

## Age-Friendly Howard County Initiative



The county is beginning a three-to-five year plan to join the AARP network of age-friendly states and communities. Achieving this designation requires focused efforts on a “liveable” community and making sure that Howard County is a great place to grow older and to

grow up. Above all, an age-friendly community respects everyone, no matter a person’s age or stage of life.

An age-friendly county is a place that has:

- Useable outdoor spaces
- Opportunities for work and play
- Needed services
- Affordable, accessible and safe housing
- Effective, safe and accessible transportation options
- Engaging activities and social events
- Effective and varied communication

For more information and/or to become involved in a workgroup, visit [www.howardcountymd.gov/agefriendly](http://www.howardcountymd.gov/agefriendly).

 **AARP**<sup>SM</sup>  
Tax-Aide<sup>TM</sup>

**Tuesdays - Wednesdays - Fridays**

**Tuesday, February 4 through Wednesday, April 15  
11 am to 2:45 pm**

AARP Foundation Tax-Aide volunteers are trained and IRS-certified each year to ensure that they know about and understand the latest changes to U.S Tax Code. The free service helps older adults and low income people navigate complicated tax codes, ensure proper credits and deductions, and file their federal and state returns.

**By appointment only.** Call the 50+ Front Desk at 410-313-0380.

# General Information

## 50+ Center Staff

### Trisha Olsen, Director

tolsen@howardcountymd.gov 410-313-0389

### Cathy Burkett, Assistant Director

cburkett@howardcountymd.gov 410-313-0388

### Carmen Faye, Registrar

cfaye@howardcountymd.gov 410-313-0380

### Cheryl Campbell, Nutrition Specialist

chcampbell@howardcountymd.gov 410-313-0387



## Connections at North Laurel Staff

**General Number** 410-313-7218

### Nancy Riley, Connections Director

nriley@howardcountymd.gov 410-313-7691

### Rachel McCracken, Connections Asst. Dir.

rmccracken@howardcountymd.gov 410-313-0398

### Nakear Frazier, Connections Assistant

nfrazier@howardcountymd.gov 410-313-0396

### Regina Joffe, Connections Assistant

rjoffe@howardcountymd.gov 410-313-0395

## The North Laurel Senior Council

Pam Campbell

Kay Carter

Susan Garber

Merrilyn Hill

Joan Lewis

Jim Pendleton

Donna Pruzenski

Bernita Tilghman

**Upcoming Center Council meetings:  
January 21, February 18 and March 17  
at 1 pm. All are welcome. The Council is  
recruiting new members.**

## NL Senior Council Notes

The North Laurel Senior Council advises and assists the North Laurel 50+ Center staff in providing attractive programs to enrich the physical, educational and social well-being of seniors across Howard County. Members promote and support 50+ Center and Connections at North Laurel activities, programs, and fundraisers and may represent the 50+ Center.

The Council supports the Community Café, Birthday Bash, Music programs, Open Game Day and the daily coffee service. They have partnered with Connections at North Laurel, the Vivian L. Reid Fund, eMerge, Inc. and NeighborRide.

## PROGRAM CLOSURES

Wednesday, January 1 50+ and Connections **CLOSED** (New Year's Day)

Wednesday, January 15 50+ and Connections **CLOSING at 1:30 pm** (Staff Meeting)

Monday, January 20 50+ and Connections **CLOSED** (Martin Luther King, Jr. Day)

Monday, February 17 50+ and Connections **CLOSED** (President's Day)

**For the status of North Laurel Community Center (NLCC) building, call Recreation & Parks at 410-313-0390 or their status line 410-313-4452 choose 5 for NLCC**

# On-going Programs

## **Walking Club**

**Monday - Friday**

**8 am**

The Walking Club meets five days a week for a brisk walk around the indoor track - 12 laps equals 1 mile. A weatherproof and safe way to stay fit! Cards are at the 50+ Front Desk to record distance and time to track your "tracks".

The track is available anytime the NLCC is open and there is no organized activity in the gym. Check the status of the gym by calling NLCC at 410-313-0390.

## **Coffee Service**

**Monday-Friday**

**8:30 am - 12 pm**

Coffee service is available in the Lobby when the 50+ Center is open. At times, snacks are available courtesy of the North Laurel Senior Council. Donations are appreciated to continue this service.

## **Billiards**

**Monday - Friday**

**10 am - 4:30 pm**

Two tables are available for those who enjoy playing pool in a casual environment. No instruction is provided. Sticks and balls available at the NLCC Front Desk or bring your own. Please call to confirm availability as subject to change.

## **Open Art Studio**

**Mondays**

**1 pm - 4 pm**

Drop in to work on your individual project in the Patuxent Art Studio. All mediums welcome. Please call to confirm availability as subject to change.

## **Daily Lunch Program**

**12 noon**

Lunch is served Monday through Friday, unless otherwise noted. To join us for lunch, sign-up in the lunch binder five days in advance. If you need to cancel your lunch, please call 410-313-0380.

Meals are available to persons age 60 and older. The cost is \$4.62 for a regular meal, \$5.17 for a box meal and \$6.13 for a special meal. Persons age 60+ are requested to contribute towards the cost and those under 60 years of age pay the full cost of the meal.

**The monthly menu is available at the  
50+ Center Front Desk**

## **Birthday Bash**

**Last Tuesday of the Month**

**12 pm**

Celebrate your birthday with a free lunch and cake. Sign-up in the Lunch Binder to reserve your spot one week out. Sponsored by the North Laurel Senior Council.

## **Community Café**

**Thursday, January 2**

**Monday, February 3**

**Monday, March 2**

**9 am until 10:30 am**

Learn about 50+ Center programs and events while interacting with others over coffee and snacks in the Lobby.

***Sponsored by the North Laurel Senior  
Council***

## **Acoustic Jam Session**

**First Tuesday of the month**

**1 pm to 3 pm**

Meet up with local music enthusiasts to share and play; bring your instrument of choice. All talents are welcome!

# Ongoing Programs

## Computer Chat

**Select Wednesdays and Fridays**

**Between 12 pm and 4 pm**

**1 hour appointments**

Getting hung up on today's ever advancing technology? Need a little one-on-one time to ask questions that pertain to your specific problem?

Schedule a free one-hour appointment by signing up at the 50+ Front Desk.

Please bring your own device.



## Crafting Club

**Wednesdays**

**1 pm - 4 pm**

### 50+ Crafting Club

Share ideas, connect and create easy do-it-yourself crafts in a fun, engaging environment. All crafters are welcome! Please bring your own materials.

## Rack 'Em Up Pool Party

**First Thursday of the month**

**12:30 pm - 2:30 pm**

Enjoy some friendly competition at the pool tables in the Rocky Gorge Room.

All levels of players are welcome.

## Newstalk : A Current Events Group

**Thursdays**

**10 am**

A lively discussion group focusing on current news - locally, nationally and globally. A Seniors Together Peer Outreach Program facilitated program. New member always welcome.

## Open Game Day

**Thursdays**

**1 pm - 3 pm**

Enjoy an afternoon of open game play. Room reserved for those willing to share the space with others playing different games. Bring your own game to share or choose from ones at the Center. No instruction provided.

## Matinee Movie

**Third Thursday of the Month**

**1pm**

Free viewing of current movies with snacks and popcorn for sale. See the listing of selections on the 50+ Center board. Sign-up in the Matinee Movie binder.

**January 16**

**February 13**

**March 19**

**The Mule**

**Serenity**

**Glass**

## Sit, Stitch 'n Give

**Fridays**

**11 am - 3 pm**

Gather to socialize and stitch projects for personal use or community giving. Knitters, crocheters, fabric crafters and others come together to share their talents. Drop in on this fun and ageless group who happily share fellowship and conversation.

# Programs and Events

## **Music with Al**

11 am

**Monday, January 13**

**Tuesday, January 21**

**Monday, February 3**

**Thursday, February 13**

**Wednesday, March 18**

**Tuesday, March 31**

Dance and sign along with the musical stylings of Mr. Al Callahan, past contestant in the Maryland Senior Idol. Dancing and singing along are encouraged.

## **Howard County Police Outreach**

### **Dates to be determined**

An officer of the Howard County Police Department will be available in the Lobby to discuss current safety tips and fraud prevention. Find out about community concerns and scams. See the 50+ Front Desk for current schedule.

## **Fresh Conversations Workshop**

### **Mondays see 50+ Front Desk for dates**

Discuss current nutrition and health topics, taste low-cost healthy recipes, and discover ways to stay active and independent. Learn tips on how to make easy changes to manage chronic conditions. Get motivated to eat healthier and become more physically active. Workshops are presented by Karen Bassinger, MS, CFCS, LDN, Family Consumer Sciences, University of Maryland Extension Service. Register at the 50+ Front Desk.

*In partnership with the University of Maryland Extension, Howard County Office of Aging and Independence & the Maryland Department of Aging*

## **Baltimore Museum of Industry**

**Wednesday, January 15**

11 am

### **Baltimore in the Roaring 20's : The Emergence of a Modern Industrial City**

In an era of change, few cities in the 1920's changed more than Baltimore.

From a mercantile trading-based community, Baltimore became an industrial powerhouse. While the population enjoyed the amenities of a post-World War modern life, businesses were finding a nearly perfect climate - social, political, labor force, geographic - to locate operations in Baltimore, a dynamic, growing city in a time when throwing off convention was part of the new social fabric.



## **Baltimore Museum of Industry**

**Friday, March 20**

11 am

### **Baltimore Enters the Industrial Age: The 19th Century - Century of Change**

The Industrial Revolution was at the heart of the Baltimore becoming a center for commerce, business and industry. When the 19th century opened, the few villages destined to become Baltimore, were modest centers of trade and finance. Then immigrants flowed in, village centers merged and Baltimore became an industrial center. Baltimore became "oyster town" with its hundred packing houses lining the waterfront. Shipbuilding, shipping companies and then railroads each had, and have a continuing role in making Baltimore an important center for commerce.

Both presented by Jack Burkert, Senior Educator - Baltimore Museum of Industry

# Programs and Events

## Lunar New Year: A Culture Program

Friday, January 24

11 am

Join us to learn about the Lunar New Year and how it is celebrated in many Asian countries. Traditional snacks and customs will be shared.

## Chili Day

Friday, January 31

11 am

Join us for the history of chili - Where did it originate? Who invented it? Did it always have beans? We will answer these questions and more while enjoying a variety of chili samples.

## Food Club

Fridays, January 3, February 7 & March 6

11 am

The Food Club is for those who have a passion for cooking, eating and exploring recipes. We will share new recipes and learn cooking techniques while sharing information about food from around the world.

**January:** Soups & Stews: Family Classics & New Easy Favorites. Please bring your favorite soup or stew recipe to share. Sign-up by January 15.

**February:** Valentine's Day - Foods and Treats. Have a decadent savory or sweet treat recipe? Please bring it to share. Sign-up by February 5.

**March:** St. Patrick's Day Recipes. Share a recipe for your luck of the Irish. Sign-up by March 4.

## Black History Month: Yarrow Mamout

Wednesday, February 5

11 am

Yarrow Mamout's story is one of the most remarkable stories in American history. Brought to Maryland on a slave ship in 1752 and enslaved for the next forty years, Yarrow (his last name) did not become a free man until he was 60 year old. He then acquired a house in Georgetown and enough money to retire on the interest from loans to white merchants and from stock dividends. In 1819, the great portrait painter Charles Wilson Peale learned of Yarrow and painted a "remarkable likeness" as a testimony to racial equity. But Yarrow, the man, was forgotten after his death in 1823 until author Jim Johnson rediscovered him in recent times. Hear Mr. Johnson tell the story from his book *From Slave Ship to Harvard: Yarrow Mamout and the History of an African American Family*.



## National Wear Red Day®

Friday, February 7

11 am

The first Friday in February has been designated by the awareness campaign, Heart Truth, as National Wear Red Day® in the United States. On this day, men and women are encouraged to wear red as a symbol of their support of women's heart health. Join us in the Lobby for information on Women's Cardiac Health.

## 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 **410-313-0380** 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.

# Programs and Events

## **Jewelry Sale**

**Friday, February 7**

**9 am to 12 pm**

Shop a great selection of gently used earrings, necklaces, bracelets and other jewelry at bargain prices. Great deals for your sweetheart just in time for Valentine's Day. Proceeds support the North Laurel Senior Council with programming.

## **Valentine's Day Lunch and Dance**

**Wednesday, February 12**

**11 am - 1 pm**

\$11.50 for dance and catered lunch

Love is in the air in celebration of Valentine's Day at North Laurel. Dance to the oldies but goodies music of DJ Steve and then dine on grilled chicken and steak from Outback Steakhouse. Purchase your ticket by February 7.



## **MAP Information and Assistance**

**Friday, March 13**

**10 am**

Visit with MAP Specialist, Tene Young, to receive information and referrals on resources and services available to support residents who want to plan for their immediate and future needs.

**Maryland Access Point (MAP)- A service of the Office on Aging and Independence.**

**Specialist are available by phone at 410-313-1234 or [map@howardcountymd.gov](mailto:map@howardcountymd.gov)**

## **Women's History Month**

**Documentary: *The 6888th Central Postal Directory Battalion***

**Friday, March 13**

**10:30 pm**

The 6888th Central Postal Directory Battalion, also known as the "Six-Triple-Eight", was a segregated unit that served in Europe during World War II. Huddled in damp, rat-infested warehouses, some 800 women worked tirelessly to process about 65,000 pieces of mail per shift, ensuring that soldiers on the ground would receive messages from their loved ones back home. Join us for a showing of this 72 minute documentary which will be followed by a question and answer period from one the documentary's producers.

**St. Patrick's Day Celebration: *The Mighty Kelltones***

**Wednesday, March 18**

**11 am**

Concert \$3 - includes refreshments  
Share in the luck of the Irish in this special St. Patrick's Day concert featuring the Mighty Kelltones. They will be performing live Celtic and American Folk music. Tickets available at the 50+ Front Desk.

## **ARL Health Information Fair**

**Thursday, March 26**

**11:30 am to 12:30 pm**

Visit with students from the Applications and Research Laboratory's (ARL) Health Professions Academy for information on health, disease prevention and nutrition. This is an interactive, educational forum for future doctors, nurses, EMTs and therapists to share their research and knowledge.

**To assure adequate seating, please sign up at the Front Desk for all events & activities.**

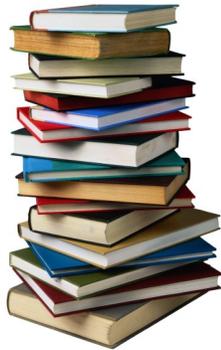
# HCC Instructional Classes

## Howard Community College Continuing Education Classes

### The Magic of the Beatles

Thursdays, January 23 to February 13  
10 am - 12 pm

The Beatles are arguably the most influential musical group in the history of popular music. As musicians, practically every one of their albums broke new ground. Join Amy Andrews as she shares her knowledge of and passion for the original “boy band.” Discover– or rediscover–their journey to musical stardom and beyond. Travel with us through the Early Years, Beatlemania, Psychedelic Years and the Studio Years, and explore why John, Paul, George and Ringo made such a lasting impact in the rock ‘n roll world and on their fans.



### How and Why We Age: Biology of Aging

Thursdays, March 26 to May 7 (no class 4/9)  
10 am - 12 pm

Learn the latest scientific discoveries about how the body ages, the theories of why we age, and the tantalizing research into preventing and treating age-related diseases. Sandy Lundahl, MPH, MA, a doctoral candidate in gerontology at the University of Maryland, will explore how aging affects every part of the body and will dispel many of the most persistent aging myths. Bring paper, pen/pencil, and a folder.

### The Mature Mind: The Psychology of Aging

Thursdays, March 26 to May 7 (no class 4/9)  
1 pm - 3 pm

When it comes to aging, you cannot believe everything you hear. Experts emphasize that aging is a normal and cumulative process that is a part of our biological design and distinct from disease and decline. Yet, society’s view of aging often tends to be negative. In this course, you will explore mistaken age-related assumptions and thought processes that inform what you say to yourself and others. Become aware of cultural stereotypes that affect behavior and healthcare. Topics include the latest findings in learning, memory, problem-solving and more. Instructor is Sandy Lundahl, MPH, MA, a doctoral candidate in gerontology at the University of Maryland.

### Pottery: Form, Function, and Design

Mondays, January 13 to March 30  
(no class 1/20 & 2/17)

Tuesdays, January 14 to March 17

Fridays, January 17 to March 20

Shape your creations as you work on a variety of projects. Learn hand building, glazing and advanced decorating techniques.

Class descriptions, materials fess and costs are available on-line.

**All registration is done through the college and online at [www.howardcc.edu](http://www.howardcc.edu).**

For additional information, contact HCC directly at **443-518-1000**.

**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.

# Self Enrichment

## Nutrition Education & Consultation

Monday, January 13

Wednesday, February 12

Monday, March 9

9:30 am to 11:30 am

Carmen Roberts, RD, LDN, is available for individual consultation sessions to answer questions about diet and nutrition. Sign up at the 50+ Front Desk for a 30 minute session or 1 hour for diabetics. She will also provide information in a group setting on topics to improve your health and quality of life through nutrition.

## Healthy Tastings: Nutrition Education

Tuesday, January 21

Tuesday, February

Tuesday, March 17

10:30 am

Join the 50+ Center's Nutrition Program Specialist to explore healthy foods through this interactive presentation. Get information on food trends and nutritional value and learn new recipes and healthy choices. Visit the bulletin board outside the kitchen for the monthly topic.

## Stepping Up Your Nutrition

Thursday, March 12

10 am - 12:30 pm

\$5 for workshop & educational materials

This program shares information about food and nutrition status as it relates to muscle strength and fall risk. Discover and learn why muscle matters, how nutrition affects falls, how to get enough protein and fluids and what you can do to eat better and improve your health. **To register or for more information, contact Malarie Burgess at [mburgess@howardcountymd.gov](mailto:mburgess@howardcountymd.gov) or 410-313-6073.**



## Exercise & Fitness Consultation

Tuesday, January 21

Tuesday, February

Tuesday, March 17

9 am to 12 noon

\$15 for 30 minute session

Through an individual appointment with exercise specialist, Malarie Burgess, you will receive a personal consultation on health exercise, and fitness related topics such as :

- Jumpstarting an Exercise Routine
- Selecting the Right Program for You
- Working Out at Home
- Orientation to the Fitness Center

(Go 50+ Fitness Pass required)

**Make an appointment at the 50+ Front Desk**

## Blood Pressure Screenings

Select Tuesdays

11 am-12 pm

Understanding high blood pressure and knowing how to manage it is an important part of maintaining your health. Don't pass up this opportunity to have your blood pressure checked by a Nurse Practitioner to avoid serious health conditions.

Check at the 50+ Front Desk for dates.

## Massage Therapy

Wednesdays & Fridays

10 am to 1 pm

Experience the relaxing benefits of massage therapy to help relieve the stress in your life.

Full body and chair therapy available.

Services provided in the Health Room by Ellen Consoli, LMT.

\$22 for 15 minutes - \$32 for 25 minutes

\$58 for 50 minutes

**Make an appointment at the 50+ Front Desk**

# Instructional Classes

Current Class Schedules are available at the 50+ Front Desk

## Agewell Exercise

**Tuesdays & Thursdays 10 am to 11 am**

**11 classes for \$32**

Practice basic aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training.

Supported by the Howard County Office of Aging and Independence's Health and Wellness Division

## Ballroom Dance

**Tuesdays 1:30 pm to 2:30 pm**

**8 classes for \$68**

Learn basic steps to a variety of fun and versatile dance styles. Singles and couples as well as all skill levels are welcome.

## Building Balance

**Tuesdays & Thursdays 11:15 am to 12:15 pm**

**11 classes for \$65**

Light cardio and muscle strengthening exercises to improve posture and hand-eye coordination for better balance. Includes use of bands and weights.

## Chair Yoga

**Mondays 10 am to 10:50 am**

**8 classes for \$52**

In this gentle class, yoga poses are done seated or standing using a chair as a prop for support. Benefits include increased energy, greater flexibility as well as improved concentration, clarity overall health. Yoga helps to relieve tension, improve breathing, and promotes an overall sense of well-being. Mats and props available during class.

## Gentle Yoga

**Mondays 11 am to 12:15 pm**

**8 classes for \$56**

Learn basic yoga poses and proper posture to pair with breath work and relaxation techniques. Class benefits include greater flexibility and improved strength, energy concentration, clarity and overall health. Mats and props available during class or bring your own.



## Mat Pilates

**Wednesdays & Fridays 11:15 am to 12:05 pm**

**11 classes for \$66**

Pilates enhances flexibility while building lean muscle, strength and endurance in the hips, back and abdomen. Strengthening these core muscles helps improve posture and balance. Mats and props available during class.

## Head-to-Toe Strength Building

**Fridays 9:30 am to 10:15 am**

**6 classes for \$42**

Explore a variety of strengthening and functional stretching exercises designed to increase range-of-motion, strength, stability and endurance. Strength training helps increase muscle mass, metabolism and strengthens bones and joints. Light weights, exercise bands, and medicine balls may be used for a varied workout.

# Instructional Classes

## Line Dance

**Tuesdays**

**11:15 am to 12:45 pm**

**\$5 for month - can pay for multiple months**

Learn today's popular step sequences in these fun weekly sessions. The first half of the class is basic and beginner refresher steps and the second half is more advanced sequences. A fun and interactive way to be more active.

## Mindful Mondays

**Mondays**

**9 am to 9:45 am**

**6 classes for \$35**

A fusion class that combines gentle, guided meditation with light yoga stretches - a great way to incorporate mindfulness into your daily life. Mats and props available during class.

## Zumba Gold

**Wednesdays**

**9:30 am to 10:30 am**

**8 classes for \$54**

A fun, Latin-inspired workout designed for the active, older adult, incorporating Zumba's contagious rhythms with a lower intensity.

**Current Exercise Class Schedules are available at the 50+ Front Desk. We do not prorate classes and there are not refunds for missed classes.**



**\$75/year County Resident**

**\$100/year Non-Resident**

**\$5/daily Drop-in Fee**

This package is offered in collaboration with Recreation and Parks. It provides more locations for your 50+ work-out. It includes unlimited use of the fitness equipment rooms at North Laurel Community Center, Ellicott City 50+ Center, ElkrIDGE 50+ Center, Gary J. Arthur Community Center/Glenwood 50+ Center and Roger Carter Community Center.

- ◆ Participants must be 50 years of age and a member of a Howard County 50+ Center.
- ◆ Passes are established from the date of purchase.
- ◆ Refunds are not provided.
- ◆ Processing for North Laurel is at the Recreation and Parks Front Desk.
- ◆ ID Cards must be self-scanned.

The **Fitness Equipment Room** is open for drop-in use whenever NLCC is open except on Monday and Wednesdays from 12:30 pm to 2 pm. A complimentary equipment orientation for those interested in learning how to properly use each piece of equipment is available. Request this at the North Laurel Community Center/Recreation and Parks Front Desk. Please use gym courtesy and give everyone a chance to experience a good work-out. During busy hours, limit your time to 20 minutes on cardio equipment. If the equipment you would like to use is occupied, please make the current user(s) aware that you are waiting for them to finish. Your cooperation is appreciated.

# Noteworthy News

## Black History Month 2020:

### African Americans and the Vote

This year's theme for Black History month is "African Americans and the Vote." 2020, an important general election year, is also landmark year for voting rights. 2020 marks the 150th anniversary of the Fifteenth Amendment (1870) which gave the right of black men to vote following the Civil War. It also marks the centennial of the Nineteenth Amendment and the culmination of the women's suffrage movement.

This year's theme, then, recognizes the struggle for voting rights among both black men and women throughout American history. It is an ongoing struggle experienced by people of color that continues into the 21st century.

**Black History Month:  
From Slave Ship to Harvard:  
Yarrow Mamout  
And the History of an  
African American Family  
Wednesday, February 5  
11 am**

### Nutrition Options At North Laurel 50+

- Healthy Tastings
- Nutrition Education and Consultations
- Daily Congregate Meal
- UMD's Fresh Conversations

## Women's History Month 2020



Women's History Month in March is an ideal time to celebrate the brave, bold, and fearless women who have influenced history. The important role women have played in shaping our nation and the world can often be overlooked, whether in the fields of science, politics, environment, legal, the arts, and more.

**Women's History Month  
Documentary:  
The 6888th Central Postal  
Directory Battalion  
Friday, March 13  
10:30 pm**

## National Nutrition Month 2020

The National Nutrition Month® 2020 theme - **Eat Right, Bite by Bite** - and accompanying graphic pays homage to the retro campaigns of the 70s and '80s that are popular again. The theme's rhyme and simple food treatment not only appeals to kids and kids-at-heart, but "bite by bite" also supports the philosophy that every little bit (or bite!) of nutrition is a step in the right direction. Small changes can have a cumulative healthful effect. Nutrition doesn't have to be overwhelming. Most importantly, **Eat Right, Bite by Bite** is fun, positive and inclusive of and adaptable for all eating patterns and cultures.

**The Center will be conducting its annual  
meal satisfaction survey in March.  
Please participate**