

ELLICOTT CITY 50+ CENTER

January-February-March 2020

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



**9401 Frederick Road
Ellicott City, MD 21042**

**Main Building Front Desk
410-313-1400**

Main Building Hours
Monday - Friday
8:30 am - 4:30 pm

**50+ Fitness Center
Front Desk
410-313-0727**

50+ Fitness Center Hours
Monday - Thursday
8:30 am - 8 pm
Friday 8:30 am - 4:30 pm
Saturday 8:30 am - 12 pm

Center Email
ellicottcity50@
howardcountymd.gov

Newsletters Online
www.howardcountymd.
gov/ellicottcity50

Volunteer Website
www.hocovolunteer.org

In This Issue

General Information	Page 2
On-going Programs	Page 3-4
Programs & Events	Page 5-9
Instructional Classes	Page 9-13
Fitness Center Info	Page 14-15
Noteworthy News	Page 16

Because of You...

...the Ellicott City 50+ Center was recently named as the Best Senior Center by *Baltimore Style* magazine! Your active participation in our programs and services allows us to shine like a beacon throughout the Greater Baltimore area.

In addition to your valuable Center participation, we must

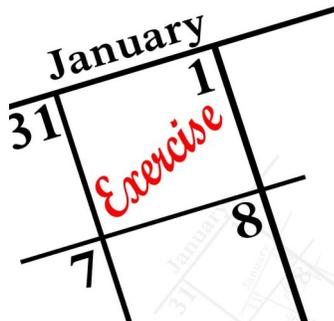
take a moment to thank those who supported the Center in other ways. Our deep appreciation to those who supported the Holiday Craft Boutique, the Center Council Bake Sale, and the Small Miracles Cat and Dog Rescue Giving Project. Lastly, much thanks to Witzke's Funeral Home and Brightview Senior Living for their generous support of Center events.

Our expression of gratitude would not be complete without thanking the volunteers that help keep the Center running all year long. Included are the entire Center Council, Lois Berry, Leo Bianco, Peg Buehlman, Barbara Calkins, Dick Callow, Gene Crawford, Nancy Cudmore, Kathy Galante, Jerry Gettleman, Agnes Halsor, Lorna Kleinrock, Susan Malmgren, Connie Marchetti, Lorraine Norris, Raj Srinivas, Fayette & Andy Stewart, Dottie Vermillion, Pat Weir, Pat Williams and Greg Wright. Their continued service and support makes all things possible. Our deepest thanks!

Heartfelt 
THANKS

Make Your Resolution with Us!

If a healthy lifestyle is part of your New Year's resolution, Ellicott City 50+ Center is the place for you! The Center offers individual nutrition consultation with a Registered Dietician every month following the Mission: Nutrition! presentation. Additionally, there are a variety of group exercise classes to



meet every level of ability. For those who prefer a less structured work-out, the fitness equipment room is available for a modest annual fee. If finding an exercise program is on your "to-do list", Ellicott City 50+ Center has you covered! To fully actualize your resolution for a healthy and fit New Year, see pages 11-15 for details.

General Information

50+ Center Staff

Cindy Saathoff, Director
 csaathoff@howardcountymd.gov 410-313-1415

Vicki Stahly, Assistant Director
 vstahly@howardcountymd.gov 410-313-1421

Jodi Bargamian, Registrar
 jbargamian@howardcountymd.gov 410-313-0727

David Irwin, Fiscal Tech
 dirwin@howardcountymd.gov 410-313-1422

Michelle Resig, Registrar
 mresig@howardcountymd.gov 410-313-1400

Michelle Rosenfeld, Fitness Coordinator
 mrosenfeld@howardcountymd.gov 410-313-1404

AJ Small, Contingent Utility Tech
 asmall@howardcountymd.gov 410-313-1419

Vacant, Nutrition Specialist
 410-313-1418

Vacant, Registrar
 410-313-0727

Felicia Stein, Connections Director
 fstein@howardcountymd.gov 410-313-1425

Joyce Nagel-Mortell, Connections Asst. Dir.
 jnagel@howardcountymd.gov 410-313-1426

Jill Rose, Connections Assistant
 jrose@howardcountymd.gov 410-313-1408

Ellicott City 50+ Center Council

President: Gigi Rammling

Vice President: Marian O'Byrne

Secretary: Dorothy Biller

Treasurer: Joe Strassner

Members at Large:

Bill Amos	Carla Buehler
John Green	Marilyn Hartsell
Sajda Ilyas	Clark Jones
Nancy Miller	Mark Shimshak

Upcoming Center Council meetings:
 January 13, February 10 and March 9
 at 1 pm. All are welcome.

Center Council Notes

The Council would like to thank all those bakers who donated their time and talent to the Holiday Bake Sale. All proceeds from this fundraiser will benefit upcoming programming at the Center.

We look forward to the Luck of the Irish Marathon Bingo on March 20. Be sure to come out and get lucky with us. Great prizes and a guaranteed fun afternoon.

Interested in serving on Council? Several seats are open and if necessary, elections will be held in early March. See the front desk for an information packet.

Email: ellicottcity50pluscouncil@gmail.com

ADJUSTED HOURS OR BUILDING CLOSURES

Wednesday, January 1	CLOSED (New Year's Day)
Wednesday, January 15	CLOSING at 1:30 pm (Department Meeting) 50+ Fitness Center will re-open at 4:30 pm
Monday, January 20	CLOSED (Martin Luther King, Jr. Day)
Tuesday, February 4	Main Building CLOSED (Special Election. Exercise classes will meet)
Monday, February 17	CLOSED (President's Day)

On-going Programs

Coffee Service

Monday thru Friday

9 am-1 pm

Coffee service is available in the Great Room. A donation box is provided and your contribution is appreciated.

Pinochle

Monday thru Friday (as available)

12:30-4 pm

Join others in the Great Room (as available) and engage in this trick-taking card game. Do your best to form combinations of cards into melds and make new friends!

Painting Together

**Monday 10 am-12 pm, Tuesday 12-4 pm,
Wednesday 1-4 pm or Thursday 9 am-12 pm**

Designed for the artist looking to paint socially with other artists. No supplies provided. Check with the day's facilitator for space availability.

Table Tennis

Monday, Wednesday and Friday

1:30-4 pm

All levels of play are welcome to drop-in for doubles play. Improve hand-eye coordination as well as posture. Two tables provided; bring a paddle and table tennis balls.

Open Bridge

Monday and Friday

12:30-3:30 pm

Open Bridge is available twice a week for those who enjoy playing in a casual environment. No instruction is provided.

Cribbage Club

Mondays

11 am

Join the fun where the objective is to get the value of the cards to reach exactly 15 or 31. This card game is designed for two to four players. Come play or learn this game!

B Games

Mondays

10:30-11:30 am

Drop in for an hour of entertaining game action! Try your hand at virtual bowling, test your memory recall through pictures or create words from a set of jumbled letters.

Bowling (Wii)	Jan 6	- - -	Mar 9
Brain Builders	Jan 13	Feb 10	Mar 16
Boggle	Jan 27	Feb 24	Mar 23

Mah Jongg

Tuesdays

9 am-12 pm

Enjoy a morning of friendly competition in this game played with a set of 144 tiles. Tiles are based on Chinese characters and symbols and winning requires skill, strategy and calculation. Instruction not provided.

Play Chess

Tuesday and Thursday

10 am

Like to play or looking to learn? Join instructor and chess enthusiast, Gene Crawford, in the Center's Great Room as he provides basic fundamentals on this strategic game. A great time to drop by and play with fellow chess players.



Drop-In Games

Tuesday and Thursday

1-4 pm

Enjoy an afternoon of open game play. Room reserved for those willing to share the space with others playing different games such as Canasta, Hand and Foot or Pitch. No supplies or instruction provided.

On-going Programs

Blood Pressure Screenings

First Tuesday of the month

9 am-12 noon

Understanding high blood pressure and knowing how to manage it is an important part of maintaining your health. Take advantage of the opportunity to be pro-active with your health. *Sponsored by Howard County General Hospital.*

Needlework Club

Wednesdays

1-3 pm

Knitters, crocheters, fabric crafters and others come together to share their talents. Come by and join this fun and ageless group who happily share fellowship and conversation.

Kings & Queens Bridge

Wednesdays

9 am-12 pm

This bridge group formed in 2005 after a group took Bridge lessons together. Interested, new participants should stop in and speak with the facilitator to assure space availability. No instruction provided.

Book Club

Wednesday, January 22 at 1 pm

The group will discuss "*About Grace*" by Anthony Doerr.

Wednesday, February 26 at 1 pm

The group will discuss "*Showdown: Thurgood Marshall and the Supreme Court Nomination that Changed America*" by Wil Haygood.

Wednesday, March 25 at 1 pm

The group will discuss "*The Tea Girl of Hummingbird Lane*" by Lisa See.

Medicare Counseling (SHIP)

Wednesday mornings or

Thursday afternoons

Meet with a trained counselor for help with your Medicare questions. This free service is available to Medicare beneficiaries of any age and their families/caregivers. To schedule an appointment, call **410-313-7392**.

Seniors Together, Men's Forum

Thursdays

10 am-12 pm

Join this group of gentlemen who meet weekly to engage in lively conversation about current events and other noteworthy issues.

Personalized Easy Technology

Thursdays

Between 1:15-3:45 pm

Three 30 minute 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 30-minute appointment at the front desk in the main building. A lap top computer is available for use during this consultation. Should your question concern a different type of electronic device, please bring it with you to the appointment.



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 **410-313-1400** 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

Genealogy

with Bill Amos

Wednesday from 10 am-12 pm

Held in the 50+ Fitness Center

January 8 - Basics

Have you wanted to get into genealogy but haven't found out how and where to start? No matter what your level of experience, your ancestry searches will benefit from this review of the basics. Learn about research techniques, and available resources.

February 12 - Shadrach Rice: A Case Study

We will show how a lot of paper in an old military file can yield a fascinating story. It is an amusing, heartbreaking story of government bureaucracy and patience which eventually paid off for old Shadrach when he was too old to enjoy it.

March 11 - Court Records

These records yield a tremendous amount of genealogical information. They contain land records, naturalization records, criminal records, marriage records and divorce records to name just a few. Look at what is contained at the courthouse, how to access the records, and how to use them.

Koffee & Kibitz Social Hour

Mondays at 10 am

January 13 & 27

February 10 & 24

March 9 & 23

Looking to meet other members or find someone with like interests?

Join facilitator, Jerry Gettleman, in this newly formed social group, for unique and engaging experiences. Coffee and tea available.



Mission: Nutrition!

Wednesdays at 12:15 pm

January 15 - Fad Diets: What Works, What Doesn't, and What's Best for Long-term Weight Loss

February 12 - Good Fats, Bad Fats, and the Healthiest Foods for Heart Health

March 11 - Cooking for One or Two: Tips for Simple Meal Preparation

Explore new areas of nutrition with registered dietician, Carmen Roberts. Why not sign-up in advance for lunch and then enjoy a lunch and learn on some of the most current nutrition topics?

Nutrition Consultation

Wednesdays at 1:15 pm

February 12 & March 11

Carmen Roberts, RD, LDN, is available for individual consultation sessions to answer questions you may have about your diet. Three 20 minute appointments are available each month. Register at the front desk.

Real Estate Tips

Thursdays at 1 pm

January 16-Ask A Real Estate Agent; Open Forum

Are you thinking about selling your home? Bring your questions about getting the best price, decluttering and the market.

February 20-Declutter Your Home & Prepare to Sell

Are you thinking about selling your home and don't know where to begin? This is the presentation for you!

March 19-Senior Housing Options

What to look for & ask about when considering senior communities.

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.

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

Programs and Events

Vietnam Series

Fridays at 1 pm

January 17, February 21, March 27



This fascinating series, presented by Tom Glenn will provide an interesting perspective of this time in history.

The January presentation will revolve around the Fall of Saigon. The

February presentation

will feature the 1967 Battle of Dak To, in Vietnam's western highlands. In March, be prepared to hear about Post-Traumatic Stress Injury; a warrior's malady. Destined to be a series that will highlight, inform and give reason to reflect.

Travel Talks

Fridays at 1 pm

January 17, February 14, March 6

Hear travel ideas and learn about opportunities to travel in a local group. Why travel alone when you can find a travel buddy? Join independent travel consultants, Debbie Richmond and Andy Lunt, as they help you navigate your next excursion.

Mystery Chef

Tuesdays at 10 am

January 21, February 18, March 17

Who will be whipping up a special treat for you this month? Stop in the Great Room to find out who the Mystery Chef of the month is and what delectable goodie they have prepared. This program will provide you with nutritional tips and recipes.

Medicare 101

Thursday, January 23

10-11:30am

Held in the 50+ Fitness Center

Did you recently enroll in Medicare or soon will? Do you help someone who has Medicare as their health insurance? This presentation covers how Medicare Parts A, B and D work, what the benefits are, and when you should make decisions related to your coverage. Pre-register at **410-313-7389**.

Exercising To Improve Your Numbers

Thursday, January 23

1 pm

Impress your doctor during your next visit with how exercise naturally improves those pesky numbers. Learn what exercises will boost blood panel performance.

Ask the Pharmacist

Mondays at 11 am

January 27, February 24, March 23

Don Hamilton, P.D., Consultant Pharmacist, provides the latest updates and important information about your medications. Bring your questions, your drug lists, or your prescription containers to confidentially discuss your medication concerns.

Picture This

Tuesdays at 11 am

January 28, February 25, March 31

30 minute appointments

Do you have a digital camera that you find confusing or do you own a smart phone, and haven't figured out how to take pictures with it? Sign up at the front desk for a free 30-minute appointment and bring whatever picture-taking device you have to the appointment.

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.

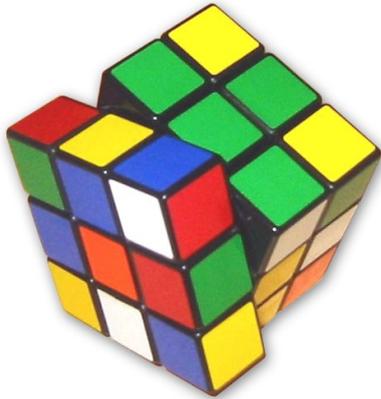
Programs and Events

Rubik's Cube Presentation

Monday, January 27

11 am

Aditya ("Adi") Ohri is a 7th grader at Dunloggin Middle School in Ellicott City. He will demonstrate his ability to solve a Rubik's cube in under 20 seconds! He has qualified for the Cubing Nationals in 2019 and timed to be in the top 700 in the country. He is exploring options for leveraging his unique cubing abilities to help and support cognitive growth.



Performance PT

Tuesdays at 1 pm

January 28, February 25, March 31

Kerry H. Hite, DPT, OCS, CMTPT

January - Ankle and foot pain:

Common injuries and foot conditions that lead to pain. When to seek help and what can you do at home.

Free foot posture screen

February - Shoulder:

What are the best and safest shoulder exercises to perform at home or at the gym. What to avoid to protect your shoulders in the future. Special topics will be for Tennis players, golfers and fitness classes.

March- Knee:

How to best strengthen and support the knee. What to use at the gym and what to avoid in daily activities and exercise routine.

Home Improvement Tips

Tuesdays at 1 pm

January 28, February 25, March 24

Join local home improvement guru contractor, Skip Conrey, as he provides helpful hints on how to keep the value in your home.

Medicare 102

Thursday, January 30

10-11:30am

Held in the 50+ Fitness Center

Learn about Medicare Part C/Health Plans and Medicare Supplement Policies. Understand how the different Medigap plans work, how they are priced and know when the best time is to enroll. Hear about how to protect yourself and Medicare from health care fraud. Pre-register at **410-313-7389**.

Bingo/Pizza

Fridays at 10:30 am

January 31, February 28, March 27

Bingo \$5/Pre-register for pizza by donation

The Center Council invites you to a morning of Bingo followed by a pizza lunch. The grand prize is generously provided by the ECity 50+ Council. You can take part in either activity but if you plan to stay for lunch, please sign up one week in advance with your suggested donation for pizza of \$6.13. Bingo is always the last Friday of the month!

Connect with Connections

Fridays at 11 am

January 31, February 28 & March 27

Each month the staff and members of the Ellicott City Connections Social Day program invite you to join in one of their planned events or activities. See a flier for more detailed information.

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

Programs and Events

AARP Income Tax Preparation **Monday & Friday day appointments** **Tuesday evening appointments** **February 3 thru April 15** **Appointments Required**

AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. Appointments will be held in the Classroom of the Ellicott City 50+ Fitness Center on the days and times listed above.

All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service. Each appointment is for one single or joint return.

- ◆ Bring Social Security cards for anyone listed on your return.
- ◆ Bring 2018 state and federal tax returns.
- ◆ Bring 2019 tax records with you.
- ◆ If you had investment transactions during 2019, be sure to bring the purchase cost for those transactions.

To set up a tax appointment, please call **443-741-1220**. You will need to leave a message, include your name and specify that you would like your appointment at the Ellicott City 50+ Center. A scheduler will call you back to confirm the date and time. All Ellicott City 50+ appointments are held in the 50+ Fitness Center. For all other tax questions, call AARP directly at **888-227-7669**.

**TAX APPOINTMENTS ARE NOT SCHEDULED
BY CENTER STAFF and TAX PREPARERS
ARE NOT AVAILABLE TO ANSWER
PHONE INQUIRIES.**

Bunco Party **Monday, February 3** **10:30 am**

It's a simple dice game that will keep you moving and laughing even on a Monday morning! The more players, the more fun. Prizes will be awarded at the end of the hour. Seating is limited, sign-up in advance.

Black History Presentation **United States Colored Troops from** **Howard County, Maryland** **Friday February 21** **11 am**

Shawn Gladden, Executive Director of the Howard County Historical Society, will present on the United States Colored Troops from Howard County who served in the Civil War from 1863-1865. Hear about men, like former slave Decatur Dorsey, who fought at the Battle of Petersburg and was awarded the Congressional Medal of Honor for bravery.

Memory Loss **Thursday, February 27th** **1 pm**

This presentation provides an overview of memory loss in aging, along with the types of dementia. Common Risk factors to lower memory loss and dementia will be addressed.

Dementia and Neuropsychiatric **Symptoms**

Thursday, March 12th
1 pm

Paul Rosenberg, MD. Professor of Psychiatry and Behavioral Sciences will focus on lifestyle changes that may help people preserve their memory. He is the Associate Director of a Memory and Alzheimer's Treatment Center.

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

Programs, Events / Instructional Classes

The Irishman's Choral Amhránaí Na Gaeilge

Friday, March 13
12:30 pm

Come celebrate an early St. Patty's Day, as we welcome

Amhránaí Na Gaeilge

the Irishman's Chorale, an

authentic Irish Choral Group founded in 1985 by Larry Feely. This group is one of the largest all male Irish choruses in the United States. The Chorale is dedicated to the preservation of Irish culture and its history through music. **Seating is limited sign up at the Front Desk.**



AARP Smart DriverTEK Workshop

Thursday, March 19

10:30 am

Held in the 50+ Fitness Center

Learn how to utilize the latest high-tech safety features in your car. Learn what technology to look for when shopping for a new car, safety benefits and more! Free but advanced sign-up is required.

AARP Driver Safety Course

Thursday, March 26

10:00 am

Cost : \$15 AARP Member/
\$20 non- Member fee

Take the AARP Smart Driver classroom course to refresh your driving skills, learn techniques for handling turns, learn proven driving methods to help keep safe while driving and more. **To register for this class please call AARP's Peter Surana at 410-364-8647.**

Lifelong Learning

Beyond Basic Bridge Class

Thursdays January 2-23

1-3 pm

This follows the Basic Beginners and Advanced Beginner Bridge classes. Students will learn scoring, doubling, opening strong two bids and responses, best leads, learning the Rule of 11 in No Trump, tips on playing bridge hands, and mentoring class members as they play actual hands. Mark Shimshak, ACBL Life Master, Instructor.
4 classes for \$43 (A02498.601)

Intermediate Bridge Class

Thursdays March 5-26

1-3 pm

This class follows the Basic, Advanced Basic, and Beyond Basic Bridge classes. Students will learn preemptive bids, slam bidding and the Blackwood convention, the Stayman convention with opening no trump hands, signaling, finessing and more mentoring of class members as they play individual hands. Mark Shimshak, ACBL Life Master, Instructor.



4 classes for \$43

(A02499.601)

Front Desk Volunteers

Volunteers are always needed at the greeting station of the front desk. Are you a "people person" who feels comfortable working around computers or answering phones? If so, ask for details at the front desk. Would you like to help but have limited time? We are always in need of subs who can fill in when regular volunteers are unavailable.

Instructional Classes

Art/Design

Intermediate & Advanced Watercolor Class

Master the fundamentals of drawing, shapes, values, textures and design. Learn how to use different tools and materials to create a natural landscape. Anny Steensen, Instructor



Wednesdays 10 am-12 pm
January 15-March 18
10 classes for \$95 (A02500.600)

Fridays 10 am-12 pm
January 17-March 20
10 classes for \$95 (A02500.601)

Beginner Watercolor Class

Thursdays 1-3 pm
January 16-March 19
 Ever thought about dabbling in watercolor? Try this new class that offers opportunities to learn the basics of watercolor. No previous experience is necessary; you too can paint!
10 classes for \$95 (A02501.601)

Card Crafting

Friday, January 17 1:30-3:30 pm
Valentine's Day theme

\$10 (+\$3 supply fee) (A02503.600)

Friday, March 13 1:30-3:30 pm
Spring theme

\$10 (+\$3 supply fee) (A02503.601)

All level paper crafters will enjoy creating handmade greeting cards. A \$3 supply fee per class is due to the instructor on the day of class. Register one week prior to the start of class to assure supplies. Diane Messick, Instructor.

Music/Dance

Line Dancing

Mondays, January 6-March 16 1 pm
 Stay in shape by learning to dance at a comfortable pace....step by step! Dance to country, rock and roll, Latin and Broadway music. Both men and women welcome. Ellen Laupus, Instructor.
9 classes for \$58 (A02426.601)
 No class: 1/20 & 2/17

Ukulele or Guitar Lessons

Tuesdays By Appointment
\$37 per lesson
 Sign up to get one-on-one instruction with Ray Forton. Beginners, casual and professional players are all welcome. Students are responsible for bringing in their own instrument. Please call the front desk at **410-313-1400** to schedule your lesson.



Piano or Vocal Lessons

By appointment
\$37 per lesson
 Looking to improve your pitch or play a tune on the ivories? Private piano and voice lessons are offered at the Center. Students are responsible for purchasing music books and materials. Direct all questions to the instructor, Diane Waslick at **410-978-9974**.

Instructional Classes

Personal Enrichment

Healthy, Happy Hands

Monday, January 13 and 27

Monday, February 10 and 24

Monday, March 9 and 23

Appointments begin at 11 am

\$20 for a 30 minute appointment

This is a stress free, hand rejuvenation treatment, designed to help you relax, soften and improve skin tone and texture.

Beverly Anderson

will demonstrate how to use natural ingredients, along with your selection of your scented or unscented oils for your hand massage. Hand massage can help relax your senses, increase circulation, alleviate arthritis pain and more. Please contact the Center at least 24 hours prior, if you cannot keep your appointment.



Spot Energy Healings

Wednesdays

Appointments begin at 2:15 pm

\$10 for 15 minutes

Spot energy healings are specific to each person, focusing on areas of the body which need the most attention. Whether you need pain relief, a calm and quiet mind, a relaxed body, or need to feel more energized, these 15-minute spot energy healings can make a big difference.

All Spot Energy Healings are done fully clothed, and seated in a chair by Sharon Sirkis, RN, Certified Energy Healer. To make an appointment call, **410-730-1986** or email sirkisprice@verizon.net For medical issues, please consult your personal physician.

Exercise

Agewell Seated Aerobics

Tuesday & Thursday

9 am

January 7-March 19

This seated aerobics class covers warm up and stretching exercises. It also includes the use of hand weights and improves overall balance. A great choice for those looking for a workout from a seated position.

22 classes for \$59

(A02403.601)

Chair Yoga

Monday & Wednesday

10 am

January 6-March 18

Experience the benefits of yoga with the security of a chair! Increase strength, flexibility and balance through standing and seated postures. Yoga helps to relieve tension, improve breathing, and promotes an overall sense of well-being. Bring a non-slip mat to place under your chair.

20 classes for \$126

(A02421.601)

No class: 1/20 & 2/17

Better Balance

Tuesday & Thursday

10 am

January 7-March 19

This is an effective program for those with chronic conditions impacting their balance or who feel unsteady on their feet. Those participants 60 years of age and older can contribute up to the full cost of the program, to ensure program viability. Participants under age 60 pay the full fee listed below. Pre-screening is required by calling Malarie Burgess at **410-313-6073**. Internet registration NOT available for this class.

22 classes for \$70

(A02413.601)

Instructional Classes

Register early! Exercise classes in progress may be full. Inquire at the front desk.
All exercise classes are scheduled to run between 45 and 55 minutes in duration.

Functional Fitness

Fridays

11 am

January 10-March 20



Take a class that gives you a workout to be better prepared for real life situations. Train specific muscles to help you do every day activities safely

and efficiently. Focus on stretching, balance, and muscle tone.

11 classes for \$59

(A02425.601)

Foundations of Exercise

Tuesday & Thursday

12 pm

January 7-March 19

Learn basic functional exercises either seated or standing to help increase joint flexibility, range of motion and muscular strength. Proper technique within your limitations is emphasized so you can better reach your fitness goals.

22 classes for \$116

(A02404.601)

Exercising with Arthritis

Fridays

12 pm

January 10-March 20

Class is designed to help those who have joint and/or muscle problems related to arthritis. Work towards the goal of improved joint mobility, muscle strength and endurance in order to improve performance of daily activities.

11 classes for \$59

(A02402.601)

Seated Strength

Monday & Wednesday

12 pm

January 6-March 18

Explore a variety of strengthening and functional stretching exercises designed to



increase range-of-motion, strength and endurance. Strength training helps increase muscle mass, metabolism and strengthens bones and joints. Weights, bands, and tubes may be used sitting or using the chair as support.

20 classes for \$106

(A02408.601)

No class: 1/20 & 2/17

T'ai Chi Chih

Wednesdays

1 pm

January 8-March 18

Experience a moving meditation which is much easier to learn, remember, and practice than other forms of Tai Chi.

Can be done seated. Progressive class; late enrollment not advised.

10 classes for \$53

(A02429.601)

Registration for Winter classes opened on Friday, December 6, 2019.
Registration for Spring classes will open Friday, March 6 at 8:30 am in-person & on-line.

Instructional Classes

Flex, Stretch & Move

Tuesday & Thursday

January 7-March 19

1 pm



Improve flexibility, coordination, strength and balance. Focus on strengthening muscles and connective

tissue as well as improving joint mobility.

Class offers seated and standing option.

Bring a mat to place under your chair.

22 classes for \$116

(A02434.601)

Agewell Aerobics

Tuesday & Thursday

January 7-March 19

22 classes for \$59

1 pm

(A02400.601)

Tuesday & Thursday

January 7-March 19

22 classes for \$59

2 pm

(A02401.601)

Learn basic cardio combinations in an easy to do format, burn calories, increase cardiovascular endurance, tone, build lean muscle tone and bone density. The last portion of this class is devoted to strength and stretches. These classes are conducted in the 50+ Fitness Center and are partially funded by Howard County General Hospital.

Balance "4" All

Monday & Wednesday

January 6-March 18

2 pm

Join one of our most sought after offerings. This class combines a perfect blend of 4 components: balance, flexibility, posture and strength, which together add up to safe and active living.

19 classes for \$100

(A02405.601)

No class: 1/15, 1/20 & 2/17

Barre & Balance

Tuesday & Thursday

January 7-March 19

2 pm

This class takes Balance 4 All to the next level. Improve balance, flexibility, posture and strength using a barre, resistance tubing, discs, hand weights and pilates balls. Increase your overall balance and help reduce risk of falling and/or fall-related injuries.

22 classes for \$116

(A02409.601)

Active Adult

Monday & Wednesday

January 6-March 18

3 pm

It's time to use it, not lose it! Get moving in this great class that will start you off with a cardio warm-up and then transition you into strength training. Conclude class by working on core balance and strengthening. No one loses in this class, instead you'll use it all. *Class content requires high level of independent balance ability.*

19 classes for \$100

(A02407.601)

No class: 1/15, 1/20 & 2/17

On the day exercise registration opens, in-person registration service is provided by lottery draw. Those who arrive after 8:30 am receive higher draw.

For walk-in or phone-in, we accept registration for those residing in your household.

50+ Fitness Center

The Ellicott City 50+ Fitness Center is available to help put you on the path to lifelong fitness. It can be found directly across the parking lot from the main 50+ Center building.



50+ Fitness Center Lobby Hours:

Monday thru Thursday 8:30 am-8 pm
 Friday 8:30 am-4:30 pm
 Saturday 8:30 am-12 pm
410-313-0727



- ◆ 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.
- ◆ Room key fobs must be returned to the front desk before you leave or a \$10 replacement fee will be charged.

Fitness Equipment Room Schedule

Day	Available Time
Monday	Open: 8:30 am-8 pm
Tuesday	Open: 8:30 am-8 pm
Wednesday	Open: 8:30 am-8 pm
Thursday	Open: 8:30 am-8 pm
Friday	Open: 8:30 am-4 pm
Saturday	Open 8:30 am-12 pm

\$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:

Elkridge 50+ Center
 6540 Washington Blvd, Elkridge 21075
 Mon, Wed, Fri 8:30 am-4 pm
 Tue & Thur 8:30 am-8 pm and Saturday 8:30 am-12

Ellicott City 50+ Fitness Center
 9411 Frederick Rd, Ellicott City 21042
 Mon-Thur 8:30 am-8 pm
 Fri 8:30 am-4:30 pm & Sat 8:30 am-12 pm

Gary J. Arthur Community Center
 2400 Rte 97, Cooksville 21723
 Mon-Sat 7 am-9 pm & Sun 9 am-6 pm

North Laurel Community Center
 9411 Whiskey Bottom Rd, Laurel 20723
 Mon-Sat 8 am-9 pm & Sun 9 am-6 pm

Roger Carter Community Center
 3000 Milltowne Dr, Ellicott City 21043
 Mon-Friday 6 am-10 pm
 Sat 7 am-10 pm & Sun 7 am-9 pm

Personal Training

Looking for one-on-one inspiration or a work-out tailored to fit your needs? Sign up for Personal Training. A physical assessment will occur during the first session. See a flier for complete details on this service.

Half hour session = \$45
Package of 4 Half hour sessions = \$160
Package of 8 Half hour sessions = \$299

The **Fitness Equipment Room** is open for drop-in use during the open hours noted above. A complimentary equipment orientation for those interested in learning how to properly use each piece of equipment is offered. Orientation is free with prior sign-up at the Fitness Center 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.

Group Exercise Quarterly Pass Classes

Quarterly Pass Class Schedule

Day/Time	9 am - 9:45 am	10 am - 10:45 am	11 am - 11:45 am		5:30 - 6:15 pm	6:30 - 7:15 pm
Monday	Floor, Core & More	Zumba Gold Toning	Power	Reserved for Non-Pass Programs	Zumba Gold	Gentle Yoga
Tuesday	Active Yoga	Zumba Gold	Gentle Yoga		Kickboxing	Power
Wednesday	Power	Zumba Gold Toning	Power		La Blast Silk	Gentle Yoga
Thursday	Active Yoga	Zumba Gold	Gentle Yoga		Zumba Gold	Power
Friday	Floor, Core & More	Kickboxing	Power		<i>Saturday classes are available to Quarterly Passholders only. All other classes are available to members at the drop-in rate.</i>	
Saturday	Passholders Only Zumba Gold	Passholders Only Gentle Yoga	- - - - -			

Group Exercise Quarterly Passes

\$150 for 3 Month Unlimited Class Pass OR \$8/Class Drop-In Fee

This pass allows you to participate in any or all of the 25 classes on the weekly Pass Class schedule listed above. Instructors show high and low options and teach to mid-level intensity. On-line registration NOT available for the Quarterly Pass. Please sign up at the Center.

Participants should be able to get up and down off the floor and walk without assistance to derive maximum benefit from these classes.

Group Exercise Class Descriptions

Active Yoga - This yoga class will keep you moving. Flow continuously through sequences of traditional Sun Salutations and standing postures, linking breath with movement and work to build strength and endurance as you improve balance and flexibility. Class is done predominantly on the floor. Mat required.

Floor, Core & More - This class targets the most challenging areas of the body: thighs, abs and backside. Help tighten, tone and strengthen those core areas. Class is predominantly done on the floor. Mat required.

Gentle Yoga - Build strength through gentle yoga stretches and strengthening exercises. Yoga also helps build bone density and range of motion. Class is done predominantly on the floor. Mat required.

Kickboxing - Start kickin' it with this intro cardio kickboxing class. Learn basic punches and kicks and put them into easy to follow combinations. This total body workout will increase strength and cardio-vascular fitness. Class done at low-impact level.

La Blast Silk - Designed for everyone that loves to dance, but doesn't like to jump. Accessible for all levels, from the absolute beginner to the experienced dancer. Enjoy a mix of ballroom dances set to great music. Perfect for those who want to tone their body, maintain a healthy lifestyle, learn to dance or have fun.

Power - A great class to help retain or regain muscle tone. This strength training class includes a cardio warm up, along with use of hand held weights, to help improve body composition and increase lean muscle mass.

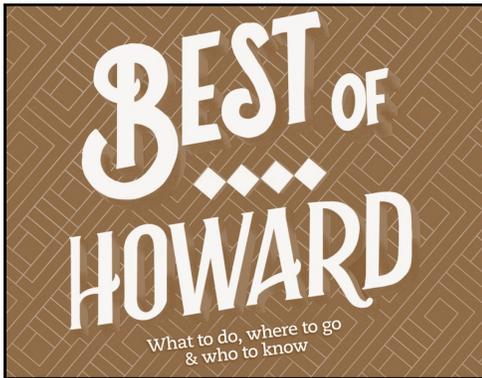
Zumba Gold® - Turns exciting Latin and international rhythms into a fun, safe and effective format for the active older adult. It's an easy to follow program that lets you move to the beat at your own speed.

Zumba Gold Toning - This high energy class combines targeted body sculpting exercises and cardio work with Latin infused Zumba moves. Students use lightweight, maraca-like toning sticks to enhance rhythm and tone their bodies.

Noteworthy News

Best Gym & Best Personal Trainer

Each year the Baltimore Sun conducts a "Best Of" contest that includes different business



categories in Howard County. Ellicott City 50+ Fitness Center was bestowed the honor of **2019 Best Gym** and Michelle Rosenfeld, Fitness Coordinator, was named the **Best Personal Trainer**. We can't thank you all enough for helping us attain this incredible honor!



Ellicott City 50+ Center Council sponsors:

Luck-O-The Irish Marathon Bingo

Friday, March 20

1-3 pm

\$20 for 2 Bingo cards

Support your Center Council by enjoying an afternoon of your favorite game of chance! Bingo winners have a chance at either \$5, \$10 or \$20 prizes. In addition to Bingo, Center Council members will conduct two 50/50 raffles at the top of the hour. Mark your calendar and wear your lucky Bingo shirt! Light refreshments served.

Welcome AJ!

The Center is pleased to introduce Alexander Small (A.J.) as our newest employee. A.J. will be taking on some of the Utility Worker responsibilities and can also be seen working the desk of the 50+ Fitness Center. Please introduce yourself to him and help us make him feel welcome!

Inclement Weather Policy

STATUS LINE: (410) 313-7777

In the event of inclement weather, the public is advised to call the status line to find out if the 50+ Centers are operating normally, have a delayed opening, or are closed.

FOR ALL CLASSES, PROGRAMS AND EVENTS LED BY AN INSTRUCTOR OR PRESENTER AT THE ELLICOTT CITY 50+ AND 50+ FITNESS CENTER, please watch or listen for school cancellations.

If **HOWARD COUNTY SCHOOLS** are:

2 HOUR DELAY — Classes or programs led by an instructor/presenter that begin at 11 am or after will be held. Classes that begin before 11 am are cancelled.

CLOSED — All classes and programs led by an instructor/presenter are cancelled.

AFTERNOON & EVENING ACTIVITIES CANCELLED — All classes and programs led by an instructor/presenter will be cancelled after 4:30 pm.

SATURDAY ACTIVITIES CANCELLED — All classes and programs led by an instructor/presenter are cancelled.

