



New Elkridge 50+ Center...Coming early 2018

WHAT'S HAPPENING AT ELKRIDGE 50+ CENTER IN NOVEMBER/DECEMBER

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Staff

Jeanne Slater, Director

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(410) 313-4930

Maryland Access Point (MAP)

Aging & Disability Resource
Information Specialists
410-313-1234

Website

www.howardcountymd.gov/aging

CLOSINGS for November/December:

November 1, Open at 10am after meeting

November 11, Veterans Day

November 24 & 25, Thanksgiving

December 5, Close at 1:30 for meeting

December 26, Closed for Holiday

ELKRIDGE 50+ CENTER

5660 Furnace Ave.
Elkridge, MD 21075

Join Us
Monday through Friday
8:30 am to 4:30 pm

November/December 2016

Director's Notes

Construction is now underway at 6540 Washington Boulevard and there is certainly progress to be seen. The walls are down, the ground has been broken and men are diligently working on our beautiful new building.

In the meantime, as we draw to the end of another year, it's a great time to reflect on the things for which we are grateful. I'm grateful for my Elkridge Family, our new building under construction and the opportunity to continue to serve the Elkridge community in our cozy temporary place on Furnace Avenue. Stop in today for a hot meal, an interesting class, fun party or just a simple chat with friends.

Happy Holidays to you and see you soon!

~Jeanne



SPECIAL EVENTS FOR NOVEMBER 2016

ORIGIN AND HISTORY OF THE BIBLE

Thursdays in November
3rd, 10th, 17th and 24th
11:00-1:00

Free

Bible scholar, Thelma Carter, will take you through the Bible. Get Inspired as you study the oldest book in the world.

AARP DRIVING CLASS

Friday, November 4
10:00-2:30

There are many new laws of the road, learn what they are and hear tips that will help keep you safe. Some insurance companies may give you discounts on your policy for taking this class!

Handmade Holiday Cards

Wednesday, November 9
10:30-12:00

\$5.00 for 3 cards

Design 3 beautiful holiday cards to give to the special people in your life. Delicious holiday snacks will be served and lunch is available by donation, with reservation.



GIVING THANKS

SPAGHETTI & MEATBALL DINNER

Thursday, November 10
11:30-1:00

\$5.00

Enjoy a delicious, homemade spaghetti & meatball dinner. Play trivia and win a prize.



ASK DR. DAN

Wednesday, November 16
11:00-12:00

Free

Dr. Dan Storch will join us today to provide some helpful, healthy ways to stay positive as we navigate through the many changes in lives and in our country.

NUTRITION TIPS WITH RONA

Thursday, November 17
10:00-11:00

Free

Enjoy an interesting talk with Rona and learn how to eat healthy in the harvest months.

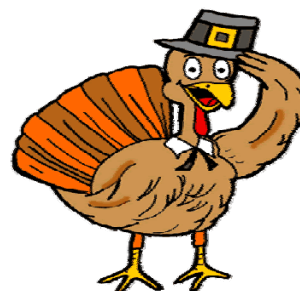
LET'S DISH

Friday, November 18
11:00-12:30

Mexican Casserole

Donations accepted

Watch us make a yummy, hearty dish with chicken, beans & cheese that is sure to please any guest. It's fun, easy and delicious! Sign up today.



SPECIAL EVENTS FOR DECEMBER 2016

iPHONE/ANDROID CLASS

**December 2
10:00-11:30
Free**

**Today's smart phones can do so much!
Learn all the great
features of your phone and make your life
easier.**

POLICE SAFETY TIPS

**Thursday, December 8
10:00-11:00
Free**

**PFC Andre Lingham from the Howard
County Police Department will join us to
share some personal safety tips and update
you on crime in the area.**

HOLIDAY CELEBRATION

**December 14
10:30-1:00
\$20.00**

**Celebrate the season with a delicious
catered lunch, music, games and gifts for
everyone.**



LET'S DISH

**Surprise Holiday Treat
Friday, December 16th
11:00-12:30**

Donations accepted

**Make a delicious, holiday treat to share with
your friends and family!**

GIFT EXCHANGE BINGO

**Monday, December 19
11:00-12:00**

**Enjoy the fun game of bingo with a
Holiday "twist". Just bring a wrapped
gift valued around \$10.00 and have fun!
Delicious holiday treats will be served
and lunch will be available with
reservation.**

NUTRITION TALK WITH RONA

**Thursday, December 15th
10:00-11:00**

Free

**Get some great nutrition tips and learn how
to make
healthier choices with the food you eat and
feel great!**

PANCAKE BREAKFAST

**Wednesday, December 21
9:00-10:30
Donations accepted**

**Enjoy delicious homemade
pancakes, eggs,
sausage, fruit and danish.**



ONGOING PROGRAMS

Mondays:

8:00am—9:00am: *Walking Club (meet in front parking lot)*

10:30am—2:00pm: *Bridge/Card Group*

11:00am—2:00pm: *Bingo with Lunch (reserve one week in advance) (Nov. 28 & Dec. 19)*

Tuesdays:

9:00am—10:00am: *Age Well Exercise*

9:00am—10:00am: *Walking Club*

10:00am—12 Noon: *Knitting Club*

12 Noon—*Lunch (reserve one week in advance)*

12:30pm—1:30pm: *Book Club (Nov. 8 & Dec. 13)*

Wednesdays:

8:00am —9:00am: *Walking Club (meet in front parking lot)*

9:00am—11:00am: *Pancake Breakfast (Nov. 16 & Dec. 21)*

10:00am—11:30am: *Wii Fitness/Bowling (Nov. 16 & Dec. 21)*

12 Noon—*Lunch (reserve one week in advance)*

2:00pm—3:30pm: *Line Dance*

After 11am Free bread and pastries are available.

Thursdays:

9:00am—10:00am: *Age Well Exercise*

10:00am—3:00pm: *Open card games*

10:00am—11:00 pm: *Nutrition Education & Counseling (Nov. 17 & Dec. 15)*

11:00am—1:00pm: *Origin and History of the Bible*

12 Noon—*Lunch (reserve one week in advance)*

1:00pm—4:00pm: *Bridge Club (new members welcome)*

Fridays:

8:00am—9:00am: *Walking Club (meet in front parking lot)*

10:30am—11:30pm: *Chair Yoga*

10:00am—1:00pm: *Legal Aide (second and fourth Fridays); appointments appreciated — call (410) 480-1057; walk-ins welcome*

12 Noon—*Lunch (reserve one week in advance) (Nov. 18 & Dec. 16- Let's Dish)*

Americans with Disabilities Act Accommodations

If you need accommodations to attend Elkridge 50+ Center events/programs or if you need this document in an alternate format, please contact the Center at 410-313-5192 or 410-313-4930.

Join Us For Lunch!

Elkridge 50+ Center offers meals to anyone 60 years and older, as well as their spouses, regardless of age. Voluntary, anonymous contributions are requested from eligible program participants. Persons under age 60 must pay full cost of meal. Reservations must be made one week in advance. People who do not make reservations are not guaranteed a meal.



Participant contributions are used to offset the meal cost, to increase the number of meals served, and to provide supportive services directly related to the nutrition program, such as nutrition screenings and education. The cost of the regular meal is \$4.10 and \$5.39 for special meals. Participants are requested to contribute as generously as they can to ensure the viability of this important program.

NOVEMBER 2016 LUNCHES:

Tuesday, November 1

Ham & cheese sandwich, pepper cabbage, pears & milk.

Thursday, November 3

Green salad, lemon chicken, scalloped potatoes, veggies & milk.

Tuesday, November 8

Golden fried chicken, redskin mashed potatoes, squash, salad, fruit, corn bread & milk.

Thursday, November 10

Spaghetti & meatball dinner with salad and garlic bread.

Tuesday, November 15

Chicken veggie soup, knockwurst, baked beans, cole slaw, fruit & milk.

Thursday, November 17

Roasted turkey with gravy, corn bread stuffing, green beans, salad, fruit & milk.

Tuesday, November 22

Pork chops, garden salad, mashed potatoes, lima beans, fruit & milk.

Monday, November 28

Italian cold cut sub, potato salad, fruit, apple juice & milk.

Tuesday, November 29

Salisbury steak, mashed potatoes, peas, fruit & milk.

