



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

50+Center Hours

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

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

INSIDE THIS ISSUE:

News & Notes	2
Membership/Registration	3
Fitness, Health & Wellness	4 - 5
On-going Programs	6
Nov & Dec Offerings	7
Monthly Calendar	8
Menu & Nutrition Notes	INSERT

**The North Laurel 50+,
Connections & Kindred
Spirits Programs are
closed:**

**Friday, Nov 11
Thursday, Nov 24
Friday, Nov 25
Monday, Dec 26**

NORTH LAUREL 50+ CENTER NEWS & NOTES



Appreciating What We Have

We take time this season to appreciate the freedoms and good fortunes in our lives by honoring and supporting others. Honor our hometown heroes on November 10th with a Veteran's Day Meet and Greet. The 50+ community gives thanks on November 17th at the Ten Oaks Ballroom with music and a full Thanksgiving Dinner. Please bring non-perishable food items to share with the Howard County Food Bank. Tickets are available at the 50+ Front Desk.

The North Laurel Senior Council kicks off its annual Giving Tree project in December to support the Route 1 Day Resource Center. On December 1st, the Reservoir High School Dance Company engages older adults in dance and conversation with "Dancing Across the Generational Divide."

Stop by and enjoy all the Center has to offer -

Trisha, Michelle, Carmen & Lauren

CENTER HIGHLIGHTS



**Thanksgiving Social
Wednesday, November 16
11 am**



**Fall Classical Concert:
Crosswinds
Wednesday, November 30
11 am**

NEWS & NOTES

In Your Neighborhood

North Laurel 50+ Center, located within the North Laurel Community Center, offers a variety of programs and activities for persons age 50 and older. The monthly newsletter with Center activities and events is available for pick-up at the Center and on-line at www.howardcountyaging.org.

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.

North Laurel Senior Council

The Council supports North Laurel 50+, Senior Center Plus & Kindred Spirits operations, serves as an advisory group, plays a leadership role and represents the Center to the community. Assistance with events is always welcome.

Coffee w/ the Council	Nov 1 & Dec 1	10 am
Music with Kay	Nov 2 & Dec 7	10:30 am
Rack 'Em Up Pool Party	Nov 3 & Dec 1	12:30 pm
Council Meeting	Nov 8 & Dec 13	1 pm
Matinee Movie	Nov 17 & Dec 15	1 pm
Birthday Bash	Nov 29 & Dec 27	12 pm
The Giving Tree Project	Dec 2106 to Feb 2017	

MEET THE STAFF

Trisha Olsen	410-313-0389
Director, 50+ Center	
Michelle Feng	410-313-0388
Assistant Director, 50+ Center	
Carmen Faye	410-313-0380
Front Desk, 50+ Center	
Lauren Hilinski	410-313-0387
Nutrition Specialist, 50+ Center	
Nancy Riley	410-313-7218
Director, Connections & Kindred Spirits Social Club	
Rachel McCracken	410-313-7691
Assistant Director, Connections	
Nancy Gabie	410-313-0396
Program Assistant, Connections	
Nicholas Keplinger	410-313-0398
Program Assistant, Connections	
Vacant	410-313-7218
Program Assistant, Kindred Spirits	

Helpful Numbers

State Health Insurance Program	(410) 313-7392
Maryland Access Point (MAP)	(410) 313-1234
RTA Mobility	www.transitRTA.com
	1-800-270-9553



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 formerly known as Senior Center Plus program, is a certified social model day program that offers a safe, affordable & stimulating 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 4-hour program provides therapeutic programming, a well balanced lunchtime meal and snacks. For more information, please contact Nancy Riley, Director at (410) 313-7218 or email at nriley@howardcountymd.gov.

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 education, socialization, support and companionship in a safe and nurturing environment. For more information, contact Nancy Riley at 410-313- 7218 or nriley@howardcountymd.gov.

MEMBERSHIP & REGISTRATION

Membership

You must be a registered member to use the North Laurel 50+ Center. Membership is free and it is a quick application process. It is required to register for programs & activities. Stop by the 50+ Center Front Desk between 9 am and 4 pm Monday through Friday for your membership card with photo ID.

Registration

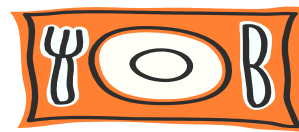
Sign-up for classes and activities at the 50+ Center's Front Desk. Some programs and activities require pre-registration and fees. Information on classes at North Laurel: <http://apm.activecommunities.com/howardcounty> We recognize that at times, members may need to withdraw from a class. All refund requests are subject to a minimum 20% administrative fee and there are no refunds for missed sessions. Additional fees may be assessed to recover costs associated with the program.

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 and \$100 for non-residents. For more information, please call 410-313-0380 or visit the North Laurel 50+ Front Desk.

Coffee Service

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



Lunch Program

To join us for lunch, please sign up **in advance** in the lunch book located at the Front Desk. Please remember to call 410-313-0380 to cancel your reservation if you are not coming.

The full cost of a regular meal is \$4.10 and \$5.39 for special meals. 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. Lunch is served Monday through Friday (unless noted otherwise) at 12 noon.

INCLEMENT WEATHER POLICY

If HOWARD COUNTY SCHOOLS status is:

1 HOUR DELAY - 50+ Center, Connections and Kindred Spirits are 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. The Connections Social Day Program at North Laurel and Kindred Spirits are closed.

CLOSED - Call the 50+ Center (410-313-0380) or the 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. The Connections Social Day Program at North Laurel and Kindred Spirits are closed.

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.

FITNESS OFFERINGS

Age Well Exercise

Tuesdays & Thursdays 10 am to 11 am
Cost: \$23 for 8 classes 11/1 to 11/29

No Class 11/24

Next session: 12/6/16 to 1/3/17 No Class 12/27

Learn basic cardio combinations, burn calories, increase endurance, build lean muscle tone and bone density. Hand weights & elastic bands are provided.

Instructor: Leah Daniels.

Building Balance

Tuesdays & Thursdays 11:15 am to 12 pm
Cost: \$ 48 for 8 sessions 11/17 to 12/20

No Class 11/22 & 11/24

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

Instructor: Liz Presti.

Mat Pilates

Wednesday & Friday 11:15 am to 12:05 pm
Cost: \$46 for 8 sessions 11/16 to 12/14

No Class 11/25

Build flexibility, lean muscle, strength and endurance with emphasis on breathing to relieve stress and develop a strong core.

Instructor: Maggie Lockhart.

Mindful Mondays

Mondays 9 am to 9:45 am
Cost: \$35 for 6 sessions 11/14 to 12/19

A little gentleness and taking time to pay attention to the body can have a strong impact on how the rest of the day unfolds, but it can be hard to begin. This fusion class combines a guided meditation focused on varying themes with light yoga stretches to incorporate mindfulness in your daily life. Instructor: Connie Bowman

Total Toning

Fridays 9:30 am to 10:15 am
Cost: \$42 for 6 sessions 11/18 to 12/30

No Class 11/25

An all-over workout of targeted areas to strengthen and tone core muscle groups.

Instructor: Leah Daniels.

Chair Yoga

Mondays 10 am to 10:50 am
Cost: \$52 for 8 classes 11/28/16 to 2/6/17

No Class 12/26/16, 1/2/17 & 1/16/17

Enjoy all the benefits of yoga in this seated exercise designed to reduce stress, increase range of motion, strength and tone muscles.

Instructor: Lisa Rados, RYT.

Gentle Yoga

Mondays 11 am to 12:15 pm
Cost: \$52 for 8 classes 11/28/16 to 2/6/17

No Class 12/26/16, 1/2/17 & 1/16/17

Thursdays 1:30 pm to 2:45 pm
Cost: \$56 for 8 classes 11/3 to 12/29

No Class 11/24

Focused on strengthening all areas of the body while relieving stress and tension. Learn proper posture and breath work to deepen your practice. Instructor: Lisa Rados, RYT.

Zumba Gold

Wednesdays 9:30 am to 10:30 am
Cost: \$54 for 8 sessions 10/19 to 12/14

No Class 11/23

A fun, Latin - inspired workout designed for the active older adult, incorporating Zumba's contagious rhythms at a lower intensity. Instructor: Roxanne Hartman.

Class schedules are subject to change.

Please confirm latest dates with staff

HEALTH & WELLNESS OFFERINGS

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 one mile. A safe & weatherproof way to stay fit! Cards to record distance and time are available to track your "tracks."

Fit 4 All

Thursdays 12:15 pm to 1:15 pm

Cost: \$0 11/3 to 12/29 No Class 11/24 & 12/1

Get "off the couch" with this drop-in group exercise using DVDs for stretching and light cardio. Some weights used as appropriate. All fitness levels are welcome.

Line Dance Drop-In

Tuesdays 11:15 am to 12:45 pm

Cost: \$1/day drop-in fee

Learn today's popular step sequences in these fun weekly sessions. First half of class is basic and beginner refresher steps and the second half is more advanced sequences. Line dancing led by Linda Pohland.

State Health Insurance Program (SHIP)

Thursday, Nov 3 & 17 9:30 am & 10:45 am

Thursday, Dec 1 & 15 9:30 am & 10:45 am

Free and confidential assistance with health insurance concerns. Schedule through the 50+ Front Desk by calling 410-313-0380.

Medicare Prescription Drug Annual Enrollment Period - Oct 15 to Dec 7

Appointments are available at the North Laurel 50+ Center on Wed, November 16 & Wed, December 7. Schedule appointments by calling 410-313-7392.

Sponsored by the Howard County Office on Aging State Health Insurance Assistance Program (SHIP)

Exercise Counseling

Tues, Nov 8 & Dec 13 9 am to 12 pm

Through individual appointments, Jeannie DeCray, exercise specialist, provides a free consultation on an array of exercise related topics including getting started, selecting the right program and working out at home.

Fitness Center Guidance

Tues, Nov 8 & Dec 13 1 pm to 3 pm

Meet Jeannie DeCray in the Fitness Room for group coaching and guidance on using the fitness equipment. Go 50+ Pass needed.

Healthy Tastings

Tuesday, November 15 10:30 am to 11 am

The Versatility of Cauliflower

Tuesday, December 20 10:30 am to 11 am

Healthy Holiday Eating

Join Lauren for healthy nutrition information, recipes and sampling.

Massage Therapy with Ellen Consoli

Fri, Nov 4 & 18 Dec 2, 9 & 16 10 am to 1 pm

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

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

\$52 for 50 minutes

Nutrition Counseling

Monday, November 21 9:30 am to 12 pm

Wednesday, December 14 9:30 am to 12 pm

Schedule an individual appointment with Mary Kuttler, MS, RD, LDN, and improve your health and quality of life through nutrition counseling. Sign up at Front Desk for a 30 minute session or 1 hour for diabetics.

Sign - up for programs at 50+ Front Desk

ON-GOING PROGRAMS

Open Art Studio

Monday & Wednesdays 1 pm to 4 pm
Drop-in to work on individual projects in the Patuxent Art Studio.

Open Games Day

Thursday, November 10 1 pm to 3 pm
Bring your own games or choose from ones at the center.

News Talk: A Current Events Group

Thursdays 10 am to 11:30 am
A lively discussion group focusing on current news locally, nationally and globally.

Sit, Stitch 'n Give

Fridays 11 am to 3 pm
Gather to socialize and stitch projects for personal use or community giving.

The Giving Tree Project

From December 2016 through February 14, 2017, help the Grassroots' Route 1 Day Resource Center with donations of food, clothing and personal items. In return, an ornament is hung on The Giving Tree in honor of your contribution.

Sponsored by the North Laurel Senior Council

Rack 'Em Up Pool Party

Thurs, Nov 3 & Dec 1 12:30 pm to 2:30 pm
Friendly competition at the pool tables in Rocky Gorge Room. All players welcome.

Sponsored by the North Laurel Senior Council

Computer Chat

Wed, Nov 2 & 16 Dec 7 & 21 12 pm to 4 pm
Meet with a tech volunteer to get help with technology questions. Please schedule a 1 hour appointment at the 50+ Front Desk.

Talkin' Broadway Series

Monday, November 7 1 pm to 2 pm

More Great Musicals That Have Faded Away

Monday, December 5 1 pm to 2 pm

Great Musicals That Have Lost the Tony

Follow the evolution of Broadway's rich history through discussion and live song presentation by Broadway singer, Steve Friedman.

Matinee Movie

Thursday, Nov 17 1 pm to 3 pm

Free viewing of **Money Matters** shown in the comfort of the Center. Snacks and popcorn for sale. Sign-up in the Matinee Movie binder.

Sponsored by the North Laurel Senior Council

Protect Yourself: Scam, Auto & Personal Safety Outreach

Friday, November 18 10 am to 12 pm

Learn tips on protecting yourself and home during the holidays with specialists who will answer questions on scam/fraud prevention, auto safety, and insurance coverage options.

Travel Talk-New Zealand

Tuesday, November 22 10:30 am to 12 pm

An interactive presentation of popular travel spots, tips and photos from travel enthusiast, Rick Hildenbrand.

Birthday Bash

Tuesdays, Nov 29 & Dec 27 12 noon

Celebrate your birthday with a free lunch and cake courtesy of the North Laurel Senior Council. Sign up in the birthday binder by 11/22 and 12/21.

Sign - up for programs at 50+ Front Desk

NOVEMBER & DECEMBER OFFERINGS

Veterans Day Meet & Greet

Thursday, November 10 10 am to 12 pm
Enjoy a cup of coffee and meet local service members in the community as we honor our hometown heroes. Followed by a special presentation of military memorabilia in the Hammond Branch Room.

Thanksgiving Social

Wednesday, November 16 11 am to 1 pm
Cost: \$3 plus lunch donation for those 60+
Enjoy a gathering with friends at this year's Thanksgiving social. Special holiday lunch and a performance of music and comedy by "Two for the Show". Reserve a space by 11/9.

The Giving Thanks Luncheon and Dance at Ten Oaks Ballroom

Thursday, November 17
Doors Open at 10:30 am, Program at 11 am
Cost: \$14 dinner and show - The Classic Case
Tickets for sale at the 50+ Front Desk.

Art Workshop: Charming Leaf Earring

Friday, November 18 9:30 am to 11 am
Cost: \$8.00 includes materials & Instruction
Learn to select, compose and assemble a pair of Fall inspired earrings. No prior art experience necessary. Sign up by 11/16.

Fall Classical Concert: Woodwind Trio

Wednesday, November 30 11 am to 12 pm
Music is in the air as Candlelight Concert Society presents a Fall Classical special. Enjoy the beautiful sounds of the season and complimentary warm apple cider surrounded by the colors of Fall. Reserve space by 11/23.

Eats 'n Beats

Tuesday, November 22 12 pm to 1 pm
Cost: Lunch donation for those 60+
Join us for a special lunch and enjoy a variety of live music including Country and classic Beatles-style hits. Sign up by 11/16.

Buds and Blooms:

Dancing Across the Intergenerational Divide

Thursday, December 1 10 am to 11 am
Inspired by multi-generational conversation, dance and self-acceptance, this program includes movement, interviews, photography and dialogue. Participants are paired with high school students to learn about dance and each other. Limited space.

Home for the Holidays with Love Story

Friday, December 2 11 am to 1 pm
Cost: \$3 plus lunch donation for those 60+
Ring in the holidays with soul warming songs from powerhouse vocal duo, "Love Story". Followed by a special lunch. Sign-up by 11/30

Annual Holiday Bazaar

Friday, December 9 9 am to 1 pm
Shop for handmade gifts, holiday plants, wreaths, jewelry, books and baked goods.

Holiday with Elvis

Wednesday, December 14 11 am to 1 pm
Cost: \$3 plus lunch donation for those 60+

Paint – It Out Workshop: Personalized Holiday Stationery

Friday, December 16 9:30 am to 11 am
Cost: \$8 includes materials and instruction

Sign - up for programs at 50+ Front Desk

See December Insert for more information

November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
31 No 50+ Center Programming Join us at Wilde Lake High School for the 50+ EXPO	Nov 1 Coffee w/ Council 10 Agewell 10 Building Balance 11:15 Line Dance 11:15	2 Zumba Gold 9:30 Music w/ Kay 10:30 Pilates 11:15 Computer Chat 12 - 4 Open Art Studio 1	3 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Pool Party 12:30 Gentle Yoga 1:30	4 Total Toning 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
7 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1 Talkin' Broadway 1	8 Exercise Counseling 9 Agewell 10 Building Balance 11:15 Line Dance 11:15 Exercise Guidance 1 NL Council Meeting 1	9 Zumba Gold 9:30 Pilates 11:15 Open Art Studio 1	10 Agewell 10 News Talk 10 Veterans Day Meet & Greet 10 Building Balance 11:15 Fit 4 All 12:15 Open Games Day 1 Gentle Yoga 1:30	11 50+ Center & Connections Program are Closed for Veterans Day. NLCC is open for walking and the fitness room
14 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	15 Agewell 10 Line Dance 11:15 Building Balance 11:15 Healthy Tastings 10:30	16 Zumba Gold 9:30 Tap Aerobics 10 Pilates 11:15 Thanksgiving Social 11 Computer Chat 12 - 4 Open Art Studio 1 Medicare Open Enrollment 1 - 4	17 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Building Balance 11:15 Fit 4 All 12:15 Matinee Movie 1 Gentle Yoga 1:30 Thanksgiving Dinner Ten Oaks Ballroom	18 Total Toning 9:30 Art Workshop 9:30 Massage 10 Protect Yourself 10 Sit, Stitch 'n Give 11 Pilates 11:15
21 Mindful Mondays 9 Nutrition Counseling 9:30 Open Art Studio 1	22 Agewell 10 Travel Talk 10:30 Line Dance 11:15 Eats 'n Beats 12	23 NO ZUMBA Pilates 11:15 Open Art Studio 1	24 <p style="text-align: center;">Closed for Thanksgiving Day Holiday</p>	25 <p style="text-align: center;">Closed for Thanksgiving Day Holiday</p>
28 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Open Art Studio 1	29 Agewell 10 Building Balance 11:15 Line Dance 11:15 Birthday Bash 12	30 Zumba Gold 9:30 Fall Classical Concert 11 Pilates 11:15 Open Art Studio 1	Dec 1 S.H.I.P. 9:30/10:45 Coffee w/ Council 10 News Talk 10 Buds & Blooms 10 Building Balance 11:15 Gentle Yoga 1:30	2 Total Toning 9:30 Massage 10 Sit, Stitch 'n Give 11 Home for the Holidays with Love Story 11 Pilates 11:15

Lunch is served at Noon Monday - Friday except where indicated; see insert for Menu & Nutrition Notes

Walking Club Monday to Friday 8 am or walk the indoor track whenever there is open gym time