ELLICOTT CITY 50+ CENTER

July, 2021

Howard County 50+ CENTERS
Enrichment. Engagement. Connection. Growth.

9401 Frederick Road
Ellicott City, MD 21042

Main Building
410-313-1400

50+ Fitness Center
410-313-0727

Center Email
ellicottcity50@ howard-countymd.gov

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

50+ Hotline 410-313-5400

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

Visiting the Center Just Got Easier

Now Open Without Appointment

Beginning July 1, all Howard County 50+ Centers will be open at 100% capacity with advanced appointments no longer necessary and masks optional. Drop-in activities are now available on a first-come, first-served basis.

We appreciate your patience as we maneuver through the re-opening process and better define our schedule of on-going programs to fit the growing demands of a busy 50+ Center. We look forward to welcoming back our volunteers and instructors as we reintroduce exciting programs and events to our members. Remember that it is always helpful to sign up for programs & events at the Front Desk to assure available seating.

While the Congregate Meal Program is not offered at this time, you are more than welcome to bring your own to the Great Room during lunch hour. Invite your friends and after a long, hard year, re-establish the joy of socializing in-person once again!

Join Us For:

- July 6 - Tchotchke Bingo (see page 4)
- July 12 - Tom Glenn (see page 6)
- July 13 - Trivia (see page 4)
- July 19 - Anti-Inflammatory Eating (see page 6)
- July 28 - Beginner Mandala (see page 6)

Vaccination Card Pouch & Lanyard

Protect your health card and make it easier to find when booster shots roll around. Several pouches and lanyards are still available. If you haven't received one and would like to do so, please ask the front desk on your next visit to the Center. A perfect welcome back gift to ECity 50+ members. Limited supply.

Help NeighborRide celebrate older adult independence with a frozen treat on Thursday, July 15 from 2-3:30 pm in the ECity parking lot!

General Information

50+ Center Staff

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

Vicki Stahly, Assistant Director
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Jake Krebs, Registrar
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David Irwin, Fiscal Tech
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Michelle Rosenfeld, Fitness Coordinator
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AJ Small, Contingent Utility Tech
asmall@howardcountymd.gov 410-313-1419

Brandy Leno, Nutrition Specialist
bleno@howardcountymd.gov 410-313-1418

Felicia Stein, Connections Director
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Joyce Nagel-Mortell, Connections Asst. Dir.
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Jill Rose, Connections Assistant
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Nakear Frazier, Connections Assistant
nafrazier@howardcountymd.gov 410-313-0396

Ellicott City 50+ Center Council

President: Bill Reichert
Vice President: Sajda Ilyas
Secretary: Dorothy Biller
Treasurer: Joe Strassner

Members at Large:

Bill Amos
Carla Buehler
Karen Gatzke
Marilyn Hartsell
Caroline Jackins
Helaine Jeffers
Pat Philip
Gigi Rammling

Email: ellicottcity50pluscouncil@gmail.com

Upcoming Center Council meetings:

July 12 at 1 pm. All are welcome.

Center Council Notes

The Center would like to extend sincere thanks to these exiting Center Council members; John Green, Clark Jones, Nancy Miller and Mark Shimshak. Their hard work and dedication to the Center has been appreciated by members and staff alike and their presence on Council will be missed!

Interest did not outweigh available seats on the Center Council, therefore elections were not necessary. Please give a warm welcome to the newest members of the Center Council, who include: Karen Gatzke, Caroline Jackins, Helaine Jeffers, Pat Philip and Bill Reichert,

ADJUSTED HOURS OR BUILDING CLOSURES

Monday, July 5 CLOSED (Independence Day Observed)

General Information

Howard County 50+ Center Participation Guidelines

Anyone 50 years or older is welcome to join Ellicott City 50+ Center activities. In order to ensure a healthy and safe environment for all participants, there are a few simple guidelines to ensure that all members' rights and needs are respected.

- Members must be independent and be able to navigate the Center. Those who need assistance must have a qualified companion or aid with them.
- Members must be able to function in the Center without one-to-one assistance or supervision from staff.
- Members should not use language or behavior that is obscene, abusive, loud or insulting. They should not harass or discriminate based on race, sex, age, national origin, religion, disability or sexual orientation.
- Members must maintain personal hygiene standards.

To obtain a full list of guidelines, please request a copy at the front desk.

Transportation Options

Participants are responsible for their transportation to and from the Center. One transportation resource available is through Regional Transit Agency/RTA Ride. To use this option, riders must be certified. For certification, reservations and cancellations please call the RTA Customer Service Line at 1-800-270-9553 or visit the RTA website at www.transitRTA.com for more information.

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current. Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated.

Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done via the ActiveNet website: http://apm.activecommunities. com/howardcounty. Account must be established prior to registering for class.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

On-going Programs

Painting Together

Monday or Wednesday 1-4 pm

Tuesday 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.

Cribbage Club

Monday at 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!

Seniors Together, Men's Forum

Monday

10 am-12 pm

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

Table Tennis

Monday - Recreational

Friday - Competitive

2-4 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

1-4 pm

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

Book Club

Monday, August 23 at 1 pm

The group will discuss "*The Narrowboat Summer*" by Anne Youngson.

Monday, September 27 at 1 pm

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

Brain Games

Tuesday at 11am

Drop in for an hour of entertaining game action! Win a prize at Bingo, try your hand at Trivia, work your brain at Boot Camp or create words from a set of jumbled letters.

Tchotchke Bingo	July 6
Trivia	July 13
Boggle	July 20
Brain Boot Camp	July 27

Medicare Counseling (SHIP)

Tuesday by Appointment

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.

On-going Programs

Mah Jongg

Tuesday and Thursday

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.

Pinochle

Tuesday thru Thursday

1-4 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!

Open 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.

Needlework Club

Wednesday

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.

Play Chess

Wednesday and Friday

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.

Trending

3rd Thursday of the month

July 15 at 11 am

Join this new group for a healthy inside look at a new topic each month. Enjoy respectful conversation as interested participants share their views.

Personalized Easy Technology

Thursday

Between 1:30-2:30 pm

Two 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.

Programs & Events / Instructional Classes

Tom Glenn

Monday, July 12

11am

Book Discussion and Signing

Dr. Glenn will read from his two most recent books, *Secretocracy*, a novel about the Trump administration's attack on an intelligence budgeteer, and *Coming to Terms*, a collection of short stories about coping with life's reverses. Glenn's writing derives from his eleven years of providing signals intelligence support to combat forces on the battlefield in Vietnam, his escape under fire when Saigon fell, his work in the upper levels of the U.S. intelligence community.

DIY: Lemon Body Mist & Scrub

Wednesday, July 14

1 pm

Join Joyce Nagel-Mortell for a hands on demonstration on how to use simple ingredients and create your own refreshing body mist and scrub. To assure enough supplies are available, please sign up by July 9. Class held in the 50+ Fitness Center. Free.

Anti-Inflammatory Eating

Monday, July 19

12:30 pm

Are you suffering from a chronic condition such as rheumatoid arthritis? Our nutritionist will discuss how your diet can dramatically impact the way you feel and reduce symptoms associated with chronic inflammation. Join Carmen Roberts, RD, LDN, as she explores new areas of nutrition beneficial for the active older adult.

Nutrition Consultation

Monday, July 19

1:30 pm

Carmen Roberts, RD, LDN, is available for individual consultaion sessions to answer questions you may have about your diet. Two 30 minute appointments are available each month. Register at the Front Desk.

Beginner Mandala

Wednesday, July 28

1 pm

Learn the basics and observe a demonstration on how to do Mandala Art, a simple art technique using many colorful dots. Sign up at the Front Desk. Free.

Piano or Vocal Lessons
By appointment with Diane

$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. Please direct all questions to the instructor, Diane Waslick at 410-978-9974.

Beginner Watercolor Class

Ever thought about dabbling in watercolor? This class offers opportunities to learn the basics of watercolor. No previous experience necessary; you too can paing! Supply list provided upon registration. Mostafa Torabi, Instructor.

Thursday
1-3 pm — August 5-26
4 classes $31 — (AO2501-401)

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

Instructional Classes (In-Person)

Tai Chi

This class will introduce participants to the Chinese exercise forms of Tai Chi & Qi Gong. Easy to follow movements will improve body awareness, strengthen your joints and muscles and help you develop a state of mental quietness and relaxation. Charlie Toth, Instructor. *Class held in the 50+ Fitness Center*

Thursday
9:30 am June 17-July 29
7 classes $38 (AO2430-300)

Yoga Fusion

This class is the perfect combination of the gentle stretching of yoga coupled with the core-building and strengthening of Pilates. At this time, each participant will need to bring their own mat, yoga block(s) and yoga strap to class. Bev Ludwig, Instructor. *Class held in the 50+ Fitness Center*

Friday
9:30 am June 25-July 30
6 classes $39 (AO2422-300)

Balance "4" All

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.

Monday & Wednesday
10 am August 2-September 29
17 classes for $90 (A02405.401)
No class: 9/6

Functional Fitness

Take a class that gives you a work-out 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.

Tuesday & Thursday
10 am August 3-September 30
18 classes for $95 (A02425.401)

Basic Bridge Review

This course is a review of what was taught in earlier basic bridge classes. Covered topics include requirements to open the bidding, opening bids and responses, pre-empts, over calls, etc. In the play of the hand we will discuss best leads, counting winners and losers, etc. Handouts will be provided. Mark Shimshak, ACBL Life Master, Instructor.

Thursday
1-3 pm August 5-26
4 classes $43 (AO2497-401)

Intermediate Bridge

In this course we will cover scoring, doubling, opening 2 bids, deciding on whether a slam is possible, using the Blackwood convention, learning Stayman over a NT bid, signaling, finessing and more. Handouts will be provided. Mark Shimshak, ACBL Life Master. Instructor.

Thursday
1-3 pm September 9-30
4 classes $43 (AO2496-401)

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. Can't commit weekly? Ask about filling in as a substitute.

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 Friday 8:30 am-4 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-4 pm
Tuesday	Open: 8:30 am-4 pm
Wednesday	Open: 8:30 am-4 pm
Thursday	Open: 8:30 am-4 pm
Friday	Open: 8:30 am-4 pm

GO50+

$75/year County Resident
$100/year Non-Resident
$5/daily Drop-in Fee

This package is offered in collaboration with Recreation and Parks and provides more locations for your 50+ work-out. It includes unlimited use of fitness equipment rooms at:

Bain 50+ Center
5470 Ruth Keeton Way, Columbia 21044
Mon-Fri 8:30 am-4 pm
Elkridge 50+ Center
6540 Washington Blvd, Elkridge 21075
Mon-Fri 8:30 am-4 pm
Ellicott City 50+ Fitness Center
9411 Frederick Rd, Ellicott City 21042
Mon-Fri 8:30 am-4 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? 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. 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. Please refrain taking calls while working out and wipe down equipment after use. Your cooperation is appreciated.