

NORTH LAUREL 50+ CENTER

October 2021



9411 Whiskey Bottom Road
Laurel MD 20723
410-313-0380

50+ Center Hours
Monday - Friday
8:30 am - 4:00 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

50+ Centers General Info
410-313-5400

Center Email
nlaurel50@
howardcountymd.gov

Newsletter Online
www.howardcountymd.
gov/northlaurel50

Active Aging Week

Celebrating aging and the benefits of active living at any age, Active Aging Week - October 4th to 10th - showcases the capabilities of older adults as vital and engaged participants in life. North Laurel 50+ is hosting a selection of programs to highlight the variety of offerings available at older adults.

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| Monday 10/4 | Center Outreach and Sharing |
| Tuesday 10/5 | MAP Outreach
Acoustic Jam Session Open House |
| Wednesday 10/6 | A Walk in the Park: Walktober Event
Mental Health Information
Book Talk on <i>Final Project</i>
Crafting Day |
| Thursdays 10/7 | Outdoor Game Day |
| Friday 10/8 | Nutrition Resources
Zumba Join-In |



A WALK IN THE PARK

Join Center staff and fellow walkers to explore the NL Community Park. Lite snack provided. Visit the Walktober website for information on HoCo events <https://www.howardcountymd.gov/walktober21>.

The Department of Community Resources and Services counts the safety and health of all of our community members as its top priority. Masks are required upon entry and throughout all common areas in County buildings including the 50+ Centers.

STAFF

North Laurel Center Staff

Trisha Olsen, Director 50+ Center

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Lucky Sohi, Assistant Director

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410-313-0388

Carmen Faye, Registrar

cfaye@howardcountymd.gov
410-313-0380

Cheryl Campbell, Nutrition Specialist

chcampbell@howardcountymd.gov
410-313-0387 (Wednesdays & Fridays)



Connections Social Day Program

This program assists members with cognitive challenges while supporting their caregivers with respite. Connections is a therapeutic, fee-for-service program that engages its members and is overseen by a Certified Occupational Therapist Assistant.

Connections is resuming at the Ellicott City 50+ Center in October. For details on the program, call Felicia Stein, COTA, Director of Connections at Ellicott City at 410-313-1425 or fstein@howardcountymd.gov.

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request an accommodation to participate in a program/event, 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.

GENERAL INFORMATION

50+ Center Membership

A Howard County 50+ Membership is required to attend or register for any class, program or activity. Membership is free for those age 50+ and is a quick registration process. Your photo ID card is valid at all Howard County 50+ Centers. **Please inform the Front Desk of any changes to your address, phone or emergency contacts.**

Program and Class Registration

Sign-up for programs and classes at the 50+ Front Desk, by phone or on-line. Payments can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration at the ActiveNet website: <http://apm.activecommunities.com/howardcounty> with an established account.

Maryland Access Point (MAP)

For information and referrals to services in Howard County, contact MAP at 410-313-1234. Appointments are available to meet with a MAP Specialist at the Center.

MAP Outreach: Active Aging Edition Tuesday, October 5

Information on resources and services for older adults and families in the Lobby

Transportation Resources

Regional Transportation Agency

(RTA) provides fixed route and para-transit services. At info@transitrt.com and by calling 880-270-9553.

Neighbor Ride, Inc. has door-to-door rides for residents 60+ with modest fees.

ON-GOING PROGRAMS

Walking Club

Monday - Friday 8:30 am

Meetup in the morning for a brisk walk around the indoor track - 12 laps equals 1 mile. The track is available anytime NLCC is open and there is no organized activity in the gym.

Billiards and Table Tennis

Monday - Friday 10 am to 4:30 pm

Billiards and table tennis tables available for friendly play. Check availability by calling the Rec & Parks Front Desk at 410-313-0390.

Acoustic Jam Session

1st and 3rd Tuesdays, 1 pm to 3 pm

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

Jam Session Open House:

Active Aging Edition

Tuesday, October 5

Check out what "The Jam" is all about.

Stay and play or just drop by!

Crafting Club

Wednesdays 1 pm to 3 pm

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

Crafting Day: Active Aging Edition

Wednesday, October 6

Gather to connect over crafts. No experience needed and all materials provided. Please reserve your space by calling 410-313-0380 by 10/4.

On Our Minds* (formerly Newstalk)

Thursdays, 10 am to 11 am

An upbeat group discussing a variety of topics with a high value on consideration mutual respect, and support. Join the Conversation! A Seniors Together Peer Outreach facilitated group. ***This group meets virtually. For more information or the link to join, contact Karen Hull at 410-313-7466.**

Open Game Day

Thursdays 1 pm to 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 or choose from ones at the Center.

Outdoor Game Day:

Active Aging Edition

Thursday, October 7

Meet in the Courtyard for outdoor fun!

Sit, Stitch 'n Give

Fridays 11 am to 2 pm

Gather to socialize and stitch projects for your personal use or for 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.

Sit, Stitch 'n Give: Yarn Bomb Edition

Friday, October 1 11:30

Join Joyce for an overview - virtual format - of what yarn bombing is and what is the interest to yarn bomb North Laurel for the holiday season.

Events and Programs

Book Presentation: *Final Project*

Wednesday, Oct 6 11 am

Join local author, Peter Eisenhut, for a discussion of his latest book, *Final Project*. In the novel, an unknown assailant murders a Russian spy, long sought by the American CIA which dramatically changes the lives of those dealing with the aftermath. Peter will share passages from the book and answer questions and signed copies will be available for purchase.

Fresh Conversations Workshop: Macular Degeneration: Sight Saving Strategies

Wednesday, Oct 13 10:30 am

Discuss current nutrition and health topics to discover ways to eat healthier. This month's conversation on macular degeneration (AMD) shares:

- What is a good AMD diet and what foods to avoid
- How to create a AMD shopping list
- Actions to take to protect your vision

Presented by Karen Bassinger, MS, CFCS, LDN, Family and Consumer Sciences, University of Maryland Extension Service. Join us for fun and conversation!

Tiny Book Club **HYBRID**

Tuesday, Oct 19 2 pm

Where we read a book of approximately 150 pages. This month's selection is *The Great Gatsby* by F. Scott Fitzgerald. Please call the 50+ Front Desk at 410-313-0380 to RSVP for in-person attendance or to receive the WebEx link to attend on-line.

ACTIVE AGING WEEK

Monday, Oct 4 Resource Outreach

Visit with staff in the lobby for information on programs available at the Center.

Tuesday, Oct 5 MAP Outreach
Acoustic Jam Session

Wed, Oct 6 A Walk in the Park
Mental Health Resources

Table with emotional and behavioral health information in the Lobby.

Book Talk: *Final Project*

Crafting Day

Thursday, Oct 7 Game Day - Outdoors

Friday, Oct 8 Nutrition Resources

Meet with Nutrition staff for healthy eating programs and services in the Lobby.

Zumba Join-in

Active Aging Editions bolded throughout

Bird is the Word at High Ridge Park

Wednesday, October 20 9 am

Meet us at High Ridge Park where we will join Howard County Park Ranger and bird enthusiast Erin Eve and she guides us on a leisurely walk to explore birds and their habitat. Limited binoculars and field guides available - please bring your own. All participants will be eligible for a themed gift basket raffle.

Advance sign-up required so we can notify you 24 hours ahead in case of cancellation due to inclement weather. Limited to 15 participants.

The park is located at 10100 Superior Ave in Laurel. Meet at the picnic tables beside the parking lot.

Health and Fitness Programs

Line Dance

Tuesdays, 11:15 am to 12:45 pm

\$5 for month - can pay for multiple months

Learn popular step sequences in these fun weekly sessions. The first half of the class is basic and beginner refresher steps and the second half has more advanced sequences. A fun and interactive way to be more active. Instructor: Linda Pohland

Mat Pilates

Mondays & Thursdays, 11:30 am to 12:30 pm

\$48 for 8 sessions

Pilates enhances flexibility while building lean muscle, strength and endurance in the hips, back and abdomen. Improve your posture and your balance as you strengthen these core muscles. Mats and props are available during class.

Instructor: Maggie Lockhart

Chair Yoga

Mondays, 10 am to 10:50 am

\$52 for 8 classes

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

Instructor: Lisa Rados

Zumba Gold

Fridays, 10 am to 11 am

\$54 for 8 classes

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

Instructor: Roxanne Hartman.

Zumba Join-In: Active Aging Edition

Friday, October 8

Current Fitness Class Schedules available at the 50+ Front Desk

Massage Therapy

Wednesdays & Fridays, 10 am to 1 pm

Experience the relaxing and stress relief benefits of massage therapy. Full body 60 and 90 minute sessions are available.

Services provided in the Health Room by Ellen Consoli, LMT. All COVID protocols for professional LMT therapy will be followed to ensure safety.

\$68 for 60 minutes

\$96 for 90 minutes

Nutrition Education & Consultations

Second Monday of Month, 9 am to 11 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.

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.

OCTOBER NORTH LAUREL 50+ CENTER

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Sept 27 Mon - Fridays: Walking Club Go 50+ Fitness Table Tennis Billiards	28 Line Dance 11:15 am	29 Massage 10 - 1 Chair Yoga Dance Demo 10 Crafting Club 1	30 On Our Minds * 10 Mat Pilates 11:30 Open Games 1 *virtual at this time	Oct 1 Zumba Gold 1 Massage 10 - 1 Sit, Stitch 'n Give: Yarn Bomb Edition 11:30
ACTIVE AGING WEEK				
4 Center Outreach 9 Chair Yoga 10 Mat Pilates 11:30	5 MAP Outreach 9 Line Dance 11:15 Acoustic Jam Session 1	6 A Walk in the Park 9 Mental Health Resources 9 Massage 10 - 1 Book Talk 11 Crafting Day 1	7 On Our Minds* 10 Mat Pilates 11:30 Outdoor Game Day 1	8 Nutrition Resources 9 Zumba Join-in 10 Massage 10 - 1 Sit, Stitch 'n Give 11
11 Nutrition Education 9 - 11 Chair Yoga 10 Mat Pilates 11:30	12 Line Dance 11:15	13 Massage 10 - 1 UMD Fresh Conversations 10:30 Craft Club 1	14 On Our Minds* 10 Mat Pilates 11:30 Open Games 1	15 Zumba Gold 11 Massage 10 - 1 Sit, Stitch 'n Give 11
18 Chair Yoga 10 Mat Pilates 11:30	19 Line Dance 11:15 am Acoustic Jam 1 North Laurel Senior Council 1 Tiny Book Club 2	20 Bird is the Word at High Ridge Park 9 Massage 10 - 1 Crafting Club 1	21 On Our Minds* 10 Mat Pilates 11:30 Open Games 1	22 Zumba Gold 10 Massage 10 - 1 Sit, Stitch 'n Give 11
25 Chair Yoga 10 Mat Pilates 11:30	26 Line Dance 11:15 am Acoustic Jam 1	27 Massage 10 - 1 Crafting Club 1	28 On Our Minds* 10 Mat Pilates 11:30 Open Games 1	29 Zumba Gold 10 Massage 10 - 1 Sit, Stitch 'n Give 11