

# ELLICOTT CITY 50+ CENTER

April, May, June 2022



**Howard County**  
Office on Aging & Independence

9401 Frederick Road  
Ellicott City, MD 21042

Main Building 410-313-1400

50+ Fitness Ctr 410-313-0727

Center Email

ellicottcity50@howardcounty  
md.gov

Center Hours

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

Fitness Center Hours

Monday - Friday  
8:30 am-4 pm

50+ Hotline 410-313-5400

Newsletter On-line

www.howardcountymd.gov  
/ellicott-city-50-center

Volunteer Website  
www.hocovolunteer.org

In This Issue

General Info Page 1-3

At A Glance Page 4-6

On-going Programs Page 7-8

Events and Programs Page 9-11

Instructional Classes Page 12-13

Exercise Classes Page 14-15

Go50+ Info Page 16

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

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month. In 2022, ACL will be focusing on

aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is *Age My Way*, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

Now is the time to discuss how planning, participation, accessibility, and making connections all play a role in aging in place – realizing that what each person needs and prefers is unique. Discover how Ellicott City 50+ Center is a great resource to help you *Age Your Way!*

Howard County Garden Club Presents

A Small Standard Flower Show

**“Celebrating Our Heritage”**

Friday, May 13 from 11 am-3:30 pm

The Howard County Garden Club will be exhibiting the best results of their horticulture skills and floral design representing



the historical past in Ellicott City. The show is open and free to the public. This year the Garden Club will be selling beautiful assorted flowering plants to take home such as ivy, geraniums and begonias. Get yours before they sell out!

ALZ Caregiver and Early Stage Support Groups meet the 2<sup>nd</sup> Thursday of each month (April 14, May 12, June 9) at Ellicott City 50+ Center. For information or to attend, call 410-313-5955.

# GENERAL INFORMATION

## 50+ Center Staff

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

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

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

Jake Krebs, Registrar  
jkrebs@howardcountymd.gov  
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

Jill Kamenetz, MAP Specialist  
jkamenetz@howardcountymd.gov  
410-313-6009

## Ellicott City 50+ Center Council

President:	Bill Reichert
Vice President:	Sajda Ilyas
Secretary:	To Be Elected
Treasurer:	To Be Elected
Members at Large:	
Bill Amos	Carla Buehler
Karen Gatzke	Caroline Jackins
Helaine Jeffers	Pat Philip
Joe Strassner	

Email: [ellicottcity50pluscouncil@gmail.com](mailto:ellicottcity50pluscouncil@gmail.com)

Upcoming Center Council meetings:

April 11, May 9 & June 13 at 1 pm.

## Connections Social Day Program

The Connections Social Day Program is located within the Ellicott City 50+ Center. This supervised four-hour program promotes a balance of well-being, self-reliance, socialization and independence of adults who may require some assistance with daily activities. It features a variety of therapeutic programs and activities.

For more information on the program or to schedule a visit, call Felicia Stein, Connections Director at 410-313-1425.



## ADJUSTED CENTER HOURS

Friday, April 15

CLOSED (Good Friday)

Monday, May 30

CLOSED (Memorial Day)

Thursday, June 2

CLOSING AT 1 PM (Staff Appreciation Day)

Monday, June 20

CLOSED (Juneteenth Day)

# 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.

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



## 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. 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 50+ Center, please have your membership card available to scan. This helps track accurate Center attendance.

## 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.


## Transportation Options

Participants are responsible for their transportation to and from the Center. Possible transportation resources include: Regional Transit Agency/RTA Ride. To use RTA mobility services, riders must be certified. For information call the RTA Customer Service Line at 1-800-270-9553. Neighbor Ride: For price and information call 410-884-7433.

## Newsletter by Email

Sign up at the Front Desk to be added to the Center Newsletter Constant Contact List or visit: <https://visitor.r20.constantcontact.com/d.jsp?llr=opffxxxab&p=oi&m=opffxxxab&sit=xfryxhvk&f=d7a29a20-1094-4352-b463-fa6fd5f5ce8c>

# APRIL AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">KEY:</p> <p>Boldface= held in the 50+ Fitness Center</p> <p>All other programs held in the 50+ Center main building</p> <p>\$ = Preregistration and/or payment required</p>	<p>Fitness Equipment and Group Exercise Quarterly Pass membership available Monday through Friday in the Fitness Center. \$</p>			<p>1</p> <p>10am Chess Club</p> <p>1pm Open Bridge</p>
<p>4</p> <p><b>10am Men's Forum</b></p> <p>10:30am Cribbage</p> <p>1pm Open Bridge</p> <p>1pm Paint Together</p> <p>2pm Better Balance class begins \$</p>	<p>5</p> <p>9am Mah Jongg</p> <p>9am Paint Together</p> <p>11:30am Chair Yoga class begins \$</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>6</p> <p>10am Genealogy</p> <p>10am Chess Club</p> <p>11am Self-Healing</p> <p>11:30am Seated Tai Chi &amp; Qi Gong class begins \$</p> <p>1pm Pinochle</p> <p>1pm Needlework</p> <p>1pm Paint Together</p>	<p>7</p> <p>8:30am-4pm MAP by appointment</p> <p>9am Mah Jongg</p> <p>9am Paint Together</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>8</p> <p>10am Chess Club</p> <p>1pm Open Bridge</p>
<p>11</p> <p><b>10am Men's Forum</b></p> <p>10:30am Cribbage</p> <p>1pm Council Meeting</p> <p>1pm Open Bridge</p> <p>1pm Paint Together</p>	<p>12</p> <p>9am Mah Jongg</p> <p>9am Paint Together</p> <p>11am Take A Trip presentation</p> <p>1pm Chalking Class \$</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>13</p> <p>10am Chess Club</p> <p>1pm Pinochle</p> <p>1pm Needlework</p> <p>1pm Paint Together</p>	<p>14</p> <p>8:30am-4pm MAP by appointment</p> <p>9am Mah Jongg</p> <p>9am Paint Together</p> <p>10 am Basic Bridge 3 class begins \$</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>15</p> <p style="text-align: center;">CENTER CLOSED</p> <div style="text-align: center;">  <p>Good Friday</p> </div>
<p>18</p> <p><b>10am Men's Forum</b></p> <p>10:30am Cribbage</p> <p>1pm Open Bridge</p> <p>1pm Paint Together</p> <p>2pm Table Tennis</p>	<p>19</p> <p>9am Mah Jongg</p> <p>9am Paint Together</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>20</p> <p>10am Chess Club</p> <p>10, 11 &amp; 12pm Sign Language classes begin \$</p> <p>11am Self-Healing</p> <p>11am Ho Co Police</p> <p>1pm Pinochle</p> <p>1pm Needlework</p> <p>1pm Paint Together</p>	<p>21</p> <p>8:30am-4pm MAP by appointment</p> <p>9am Mah Jongg</p> <p>9am Paint Together</p> <p>1pm Begin Watercolor class begins \$</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>22</p> <p>10am Chess Club</p> <p>11am De-Clutter presentation</p> <p>1pm Open Bridge</p> <p>1pm Travel Talks</p> <p>1pm Intermediate Watercolor begins \$</p> <p>2pm Table Tennis</p>
<p>25</p> <p><b>10am Men's Forum</b></p> <p>10am Balance 4 All class begins \$</p> <p>10:30am Cribbage</p> <p>1pm Book Club</p> <p>1pm Open Bridge</p> <p>1pm Paint Together</p> <p>2pm Table Tennis</p>	<p>26</p> <p>9am Mah Jongg</p> <p>9am Paint Together</p> <p>10am Functional Fitness class begins \$</p> <p>10am CAR FIT</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>27</p> <p>10am Chess Club</p> <p>11am Physical Therapy Tips</p> <p>1pm Pinochle</p> <p>1pm Needlework</p> <p>1pm Paint Together</p>	<p>28</p> <p>8:30am-4pm MAP by appointment</p> <p>9am Mah Jongg</p> <p>9am Paint Together</p> <p>1pm Pinochle</p> <p>1pm Open Games</p>	<p>29</p> <p>10am Chess Club</p> <p>1pm Open Bridge</p> <p>2pm Table Tennis</p>

# MAY AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
2 10am Men's Forum 10am Law Day 10:30am Cribbage 12:30pm Nutrition Presentation 1pm Open Bridge 1pm Paint Together 2pm Table Tennis	3 9am Mah Jongg 9am Paint Together 1pm Pinochle 1pm Open Games	4 10am Genealogy 10am Chess Club 11am Self-Healing 1pm Pinochle 1pm Needlework 1pm Paint Together	5 8:30am-4pm MAP by appointment 9am Mah Jongg 9am Paint Together 1pm Pinochle 1pm Open Games	6 10am Chess Club 1pm Open Bridge 2pm Table Tennis
9 10am Men's Forum 10:30am Cribbage 1pm Council Meeting 1pm Open Bridge 1pm Paint Together 2pm Table Tennis	10 9am Mah Jongg 9am Paint Together 1pm Pinochle 1pm Open Games	11 10am Chess Club 11am Melanoma Awareness 1pm Pinochle 1pm Needlework 1pm Paint Together	12 8:30am-4pm MAP by appointment 9am Mah Jongg 9am Paint Together 1pm Pinochle 1pm Open Games	13 10am Chess Club 1pm Open Bridge 2pm Table Tennis
16 10am Men's Forum 10:30am Cribbage 1pm Basic Bridge 1 class begins \$ 1pm Open Bridge 1pm Paint Together 2pm Table Tennis	17 9am Mah Jongg 9am Paint Together 10:30am Hearing Screenings 1pm Chalking Class \$ 1pm Pinochle 1pm Open Games	18 10am Chess Club 11am Self-Healing 1pm Pinochle 1pm Needlework 1pm Paint Together	19 8:30am-4pm MAP by appointment 9am Mah Jongg 9am Paint Together 10am Intermediate Bridge class begins \$ 1pm Pinochle 1pm Open Games	20 10am Chess Club 11am Emotional Wellness Program 1pm Open Bridge 2pm Table Tennis
23 10am Men's Forum 10:30am Cribbage 1pm Book Club 1pm Open Bridge 1pm Paint Together 2pm Table Tennis	24 9am Mah Jongg 9am Paint Together 1pm Pinochle 1pm Open Games	25 10am Chess Club 1pm Pinochle 1pm Needlework 1pm Paint Together	26 8:30am-4pm MAP by appointment 9am Mah Jongg 9am Paint Together 11am Older American Month Luncheon \$ 1pm Begin Watercolor class begins \$ 1pm Pinochle 1pm Open Games	27 10am Chess Club 1pm Open Bridge 1pm Intermediate Watercolor begins \$ 2pm Table Tennis
30 CENTER CLOSED 	31 9am Mah Jongg 9am Paint Together 1pm Pinochle 1pm Open Games		Fitness Equipment and Group Exercise Quarterly Pass membership available Monday through Friday in the Fitness Center. \$	KEY: Boldface= held in the 50+ Fitness Center All other programs held in the 50+ Center main building \$ = Preregistration and/or payment required

# JUNE AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Equipment and Group Exercise Quarterly Pass membership available Monday through Friday. \$	<b>KEY:</b> Boldface= held in the 50+ Fitness Center All other programs held in the 50+ Center main building \$ = Preregistration and/or payment required	1 10am Genealogy 10am Chess Club 11am Self-Healing 1pm Pinochle 1pm Needlework 1pm Paint Together	2 8:30am-4pm MAP by appointment 9am Mah Jongg 9am Paint Together <b>CENTER CLOSING AT 1pm</b> (Staff Appreciation Day)	3 10am Chess Club 1pm Open Bridge 2pm Table Tennis
6 10am Men's Forum 10:30am Cribbage 12:30pm Nutrition Presentation 1pm Open Bridge 1pm Paint Together 2pm Table Tennis	7 9am Mah Jongg 9am Paint Together 1pm Pinochle 1pm Open Games	8 10am Chess Club 1pm Pinochle 1pm Needlework 1pm Paint Together	9 8:30am-4pm MAP by appointment 9am Mah Jongg 9am Paint Together 1pm Pinochle 1pm Open Games	10 10am Chess Club 1pm Open Bridge 2pm Table Tennis
13 10am Men's Forum 10:30am Cribbage 1pm Council Meeting 1pm Open Bridge 1pm Paint Together 2pm Table Tennis	14 9am Mah Jongg 9am Paint Together 1pm Chalking Class \$ 1pm Pinochle 1pm Open Games	15 10am Chess Club 11am Self-Healing 1pm Pinochle 1pm Needlework 1pm Paint Together 2pm Bob Lucido, Real Estate presentation	16 8:30am-4pm MAP by appointment 9am Mah Jongg 9am Paint Together 1pm Pinochle 1pm Open Games	17 10am Chess Club 1pm Open Bridge 1pm Travel Talks 2pm Table Tennis
20 CENTER CLOSED  Juneteenth	21 9am Mah Jongg 9am Paint Together 1pm Pinochle 1pm Open Games	22 10am Chess Club 11am Ho Co Police 1pm Pinochle 1pm Needlework 1pm Paint Together	23 8:30am-4pm MAP by appointment 9am Mah Jongg 9am Paint Together 11am Physical Therapy Tips 1pm Pinochle 1pm Open Games	24 10am Chess Club 1pm Open Bridge 2pm Table Tennis
27 10am Men's Forum 10:30am Cribbage 1pm Book Club 1pm Open Bridge 1pm Paint Together 2pm Table Tennis	28 9am Mah Jongg 9am Paint Together 1pm Pinochle 1pm Open Games	29 10am Chess Club 1pm Pinochle 1pm Needlework 1pm Paint Together	30 8:30am-4pm MAP by appointment 9am Mah Jongg 9am Paint Together 10am Cares Talks 1pm Pinochle 1pm Open Games	

# 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 10:30 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.

## 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.

## Table Tennis

Monday - Recreational

Friday - Competitive

2-4 pm

Table tennis enthusiasts are welcome to drop-in for doubles play. Please adhere to the level of play based upon the day listed above. Improve hand-eye coordination as well as posture. Two tables provided; BYO paddles and table tennis balls.

## 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.

## 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.

## Play Chess

Wednesday and Friday

10 am

Like to play or looking to learn? Join instructor and chess enthusiast, Gene Crawford, as he provides basic fundamentals on this strategic game. A great time to drop by and play with fellow chess players or to brush up on your skills.

## ON-GOING PROGRAMS

### Pinochle

Tuesday thru Thursday

1-4 pm

Join the group as they engage in this trick taking card game. Do your best to form combinations of cards into melds and make new friends!

### 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. No formal instruction provided.

### Medicare Counseling (SHIP)

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.

### Book Club



Monday, April 25 at 1 pm  
The group will discuss **"How Beautiful We Were"** by Imbolo Mbue.

Monday, May 23 at 1 pm

The group will discuss **"Washington Black"** by Esi Edugyan.

Monday, June 27 at 1 pm

The group will discuss **"The Lincoln Highway"** by Amor Towles.

### Maryland Access Point (MAP)

Thursday 8:30 am-4 pm by Appointment

Maryland Access Point (MAP) of Howard County, the information and assistance program within the Howard County Office on Aging and Independence is available to assist residents with applications for the various property tax credit programs. Refer to [www.howardcountymd.gov/finance/tax-credit-central](http://www.howardcountymd.gov/finance/tax-credit-central) for a full list of the credits, applications and requirements. Jill Kamenetz, MAP Resource Specialist will be at Ellicott City 50+ Center every Thursday and is available to help with these application. Please schedule an appointment with Jill at 410-313-6009.

### Nutrition Education & Counseling

First Monday of the month at 12:30 pm

April 4 Unavailable

May 2 Decrease Your Risk of Cancer through Nutrition

June 6 Improving Digestive Health

Join Carmen Roberts, Registered Dietitian, LDN on the first Monday of each month as she presents the latest nutritional information. Following each presentation, there are two 30-minute appointments for individual nutrition consultation available to those who pre-register on-line or in-person.

May A02420.703 and A02420.704

June A02420.705 and A02420.706

### 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 410-313-1400 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.



## EVENTS & PROGRAMS

### Genealogy with Bill Amos

Wednesday, April 6 at 10 am



#### The Census

You may be surprised at how much censuses can tell you about your ancestors. We will look at how the

federal census has evolved from 1790 through 1940 to get you prepared for next month's presentation on the 1950 census.

### Self-Healing Techniques

Wednesday, April 6 and 20

11 am

Learn to manage your health with Hazel Chung Hood. She is an internationally renowned healing arts practitioner.

### Take a Trip with Rec & Parks

Tuesday, April 12

11 am

Join Tracy Adkins as she discusses Trips and Tours from our friends at Howard County Recreation and Parks. Day trips can bring fun, friendship and education to our lives. Find out the scoop on new trips just in time for Spring and Summer.

### Scams with Officer Bill Kreitzer

Wednesday, April 20

11 am

Howard County Police Officer Bill Kreitzer will be on-site to discuss current safety tips, scams, community safety concerns and fraud prevention. Be safe, be aware, be informed!

### De-Clutter and Purge Your Home

Friday, April 22

11 am

Do you feel consumed by clutter? Do you feel like you have so much to go through that you don't know where to begin? If you are over-whelmed by clutter, just know there is a pathway out. Colleen Middleton, Realtor.

### Travel Talks

Friday, April 22 at 1 pm

Topic: Ireland by land or water

Learn of two ways to tour Ireland, by luxury motor coach and by a small boutique ship. Hosted by Debbie Richmond and Andy Lunt, Travel Experts.

### AARP Presents CAR FIT

Tuesday, April 26

10 am-2 pm

AARP provides an interactive and educational assessment to assure your vehicle fit is safe. Appointments will take 20 minutes to access your Fit. Arrive and check in at the side parking lot in your vehicle. Sign up required and can be done at the Front Desk, 410-313-1400.

### Physical Therapy Tips with Kerry Hite

Wednesday, April 27

11 am

Getting back to the Exercise Grind: What are the most common areas of weakness and stiffness? Being inactive can weaken specific muscle groups that you don't even think about. This can lead to pain or injury when starting to do regular exercise again.

## EVENTS & PROGRAMS

### Law Day

Monday, May 2

10 am-2 pm

Take advantage of an opportunity to meet with an Attorney to prepare an Advance Directive at no charge. Name your health care agent, state your desire about life sustaining procedures and your wishes about organ donation. Sign up at the Front Desk.

### Self Healing Techniques

Wednesday, May 4 and 18

11 am

Learn to manage your health with Hazel Chung Hood. She is an internationally renowned healing arts practitioner.

### Genealogy with Bill Amos

Wednesday, May 4 at 10 am

The 1950 Census

At last, it is here! For many of us it is the first time we will see ourselves in a census. We will delve into the changes, the additions and subtractions of the data that this census provides.

### May is Melanoma Awareness Month

Wednesday, May 11

11 am

Danielle LeClair, Nurse Practitioner specializing in Dermatology will be in house to discuss what to look for and how to keep your skin safe in the sun and as we age.

### Dr. Mary Carson, Audiologist

Tuesday, May 17

10:30 am-12:30 pm

Did you Hear? Free Hearing

Screenings will be provided by Dr. Mary Carson, Audiologist.

The screenings will be by appointment

only. Please contact the Front Desk at 410-313-1400 to make your reservation.



### Emotional Wellness & Older Adults

Friday, May 20

11 am

An interactive program on emotional wellness as we age. We'll discuss some of the major mental health concerns for older adults, resources for help, and review a helpful anxiety self-test. For more info contact Karen Hull, 410-313-7466.

### Older Americans Month Luncheon

Thursday, May 26

11 am

Embrace this year's theme of "Age My Way" and join us for a delightful luncheon offered at a suggested donation of \$10 payable on the day of the event. Limited seating is available so sign up soon! See a flier for menu and entertainment details.

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.

# EVENTS & PROGRAMS

## Genealogy with Bill Amos

Wednesday, June 1 at 10 am

### **What's in a Name?**

The history of given (first) names in early America offers a glimpse at our forebears and their customs, as well as clues to their origins. We will look at naming patterns and customs which may provide insights to the common and sometimes repetitive names in your family.

## Self Healing Techniques

Wednesday, June 1 and 15

11 am

Learn to manage your health with Hazel Chung Hood. She is an internationally renowned healing arts practitioner.

## Bob Lucido Team, Keller Williams

Wednesday, June 15

2 pm

### **Five Things Senior Sellers Should Know and Realtors Don't Tell**

- 1) What is a Pocket Listing? How can it be good and bad?
- 2) What does "Buying my Listing" mean?
- 3) Listing Contracts: Boilerplate or not?
- 4) Best practices for my home inspection, before selling or after contract?
- 5) Why EVERY seller should have a current Power of Attorney!



## Travel Talks

Friday, June 17

1 pm

Join Andy and Debbie, our travel experts, as they look at traveling with Parkinsons and other physical challenges. Join the group as they learn the inside tips on how best to navigate travel during these uncertain times.

## Officer Bill Kreitzer

Wednesday, June 22

11 am

Howard County Police Officer Bill Kreitzer will be on-site to discuss current safety tips, scams, community safety concerns and fraud prevention. Be safe, be aware, be informed!

## Physical Therapy Tips with Kerry Hite

Thursday, June 23

11 am

Yardwork got you down? Weeding, watering and tending to the garden can be very hard on the body. Let's talk about the best techniques to avoid overuse injuries in the body, while gardening.

## Cares Talks

Thursday, June 30

10 am

The Caregiver Support Program will be at the Ellicott City 50+ Center for in-person meetings with caregivers offering information and resources to assist you in your journey. Set up an appointment with Earnestine Thomas at 410-313-5969 or by email at ethomas@howardcountymd.gov.

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

# INSTRUCTIONAL CLASSES

## Chalking Class

Do you like high-end DIY décor? Join us for this class and create a lovely reusable Board & Pillar decorated with cheeky, seasonal, or holiday sayings using reusable silk screens. First time attendees will receive a Board & Pillar stand to chalk and enjoy in their home. Returning attendees can bring their Board to erase and update with a new design. Super fun! Cindy Russell, Instructor.

Tuesday	April 12 (A02513.701)
1 pm	May 17 (A02513.702)
Fee/\$10 per class	June 14 (A02513.703)

Supply fee due instructor on the day of class:  
 New students: \$27  
 Returning students with frame: \$5

## 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 paint. Supply list provided upon registration. Mostafa Torabi, Instructor.

Thursday	1-3 pm
April 21-May 19	(A02501.701)
May 26-June 23	(A02501.702)

5 classes \$38

## Intermediate Watercolor Class

Looking to take your watercolor skill to the next level? Build upon the basics learned in the beginner class to enhance your watercolor creations. Supply list provided upon registration. Mostafa Torabi, Instructor.

Friday	1-3 pm
April 22-May 20	(A02501.703)
May 27-June 24	(A02501.704)

5 classes \$38

## Intro to Sign Language

Get a first look at what sign language is all about. Begin to build your foundation by learning the ABC's, 1,2,3's and the very basics of sign language. Peggy Bruce, Instructor, possesses a master's degree in Social Work and is fluent in American Sign Language (ASL) since 1990.

Wednesday	April 20-June 22
12-1pm	(A02639.703)
10 classes for \$74	

## Beginner Conversational Sign Language

Learning a new language is educational, fun and an interesting tool in communication. This week class builds conversation in sign language. You will learn how to sign to communicate with the deaf community. Peggy Bruce, Instructor.



Wednesday	April 20-June 22
10-11 am	(A02639.701)
10 classes \$74	

## Intermediate Conversational Sign Language

This class will build on skills learned in the Beginner class. Learn and utilize basic conversational sign language vocabulary, sentence structure, finger spelling and numbers. During class students will practice receptive and expressive skills.

Wednesday	April 20-June 22
11-12pm	(A02639.702)
10 classes for \$74	

# INSTRUCTIONAL CLASSES

## Basic Bridge-Part One

This course is targeted to new players who want to learn basic bridge concepts. Students will be taught the aim of the game, partnerships, suite ranking, point count, quick tricks, opening bids and responses. Will also briefly look at playing a hand. Hand-outs will be provided. Mark Shimshak, ACBL Life Master, Instructor.

Monday  
1-3 pm  
4 classes \$43  
No class: 5/30

May 16-June 13  
(A02493.701)

## Basic Bridge-Part Three

Follows Part Two, Discuss pre-emptive bids and how to bid over them. Learn how to score and also about doubling. In playing the hand, students will learn the Rule of 11 when playing No Trump as well as when to finesse. Hand-outs provided, Mark Shimshak, ACBL Life Master, Instructor.

Thursday  
10 am-12 pm  
4 classes \$43

April 14-May 5  
(A02497.701)

## Intermediate Bridge

This course follows Basic Bridge-Part 3. Students will learn when to open 2 No Trump and other strong bids as well as two common conventions-Stayman and Blackwood. Will also learn how to analyze all the bidding and opening lead to help plan the play of the hand. Signaling will be discussed.. Mark Shimshak, ACBL Life Master, Instructor.

Thursday  
10-12 pm  
4 classes \$43

May 19-June 9  
(A02496.701)

National Health Care Decisions Day is April 16. Visit <https://speakeasyhoward.org> or download "Maryland Advance Directive" at <https://bit.ly/2MYwr4z> to make sure your healthcare choices are known and protected.

World Elder Abuse Awareness Day is June 15. Stay tuned for the June-2022 Project Safe/WEAAD shredding event coming to Ho Co soon! For more information, visit [www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)



*Cribbage player, Denise Pinnick beat the odds and played the Perfect Cribbage Hand. On behalf of the Cribbage Group, Pat Galante presented Denise with a commemorative t-shirt. Congrats Denise!*

Registration for Spring classes opened Friday, March 4, 2022

Summer class registration will open on Friday, June 3. Save time-register on-line at:  
<http://apm.activecommunities.com/howardcounty>

# EXERCISE CLASSES

## 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. Allison Harmon, Instructor.



Monday & Wednesday

10 am April 25-June 29  
18 classes for \$95 (A02405.703)  
No class: 4/4-20, 5/30, 6/20

## Chair Yoga

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 and promotes an overall sense of well-being. Bring a non-slip mat to place under your chair. Susan Kain, Instructor.

Tuesday & Thursday

11:30 am April 5-June 30  
26 classes for \$162 (A02421.702)

## 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. Allison Harmon, Instructor.

Tuesday & Thursday

10 am April 26-June 30  
20 classes for \$106 (A02425.702)  
No class: 4/5-21

## Better Balance

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. No internet registration. Vickie Jacobs, Instructor.

Monday & Wednesday

2 pm April 4-June 29  
24 classes for \$76 (A02413.702)  
No class: 5/30, 6/20

## Seated Tai Chi and Qi Gong

This seated exercise class will introduce participants to the Chinese exercise forms of Tai Chi and 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. A chair without arms, a bottle of water and patience will make your Tai Chi experience healthful, rewarding and enjoyable. Charlie Toth, Instructor.



Wednesday

11:30 am April 6-June 29  
13 classes for \$69 (A02436.701)

# GROUP EXERCISE QUARTERLY PASS CLASSES

## Group Exercise Quarterly Passes

\$75 for 3 Month Unlimited Class Pass OR \$8/Class Drop-In Fee

This pass allows you to participate in any or all of the 10 classes on the weekly Pass Class schedule listed below. Instructors show high and low options and teach to mid-level intensity. Passes are established from the date of purchase and are available to purchase one quarter at a time.

- ◆ These classes are designed for participants who are able to get up and down off the floor without help, are comfortable bending, twisting and can walk without assistance.
- ◆ Schedule subject to change due to instructor availability, participant demand or attendance.
- ◆ Center Doors will open at 8:15 am for 8:30 am classes.



Day/Time	8:30-9:30 am	10-11 am
Monday	All in One	Power
Tuesday	Gentle Yoga	Zumba Gold
Wednesday	Power	Pilates
Thursday	Gentle Yoga	Zumba Gold
Friday	All in One	Yoga Fusion

**All in One** - Get it all in, in one class! Take in all the elements of fitness in one class; a good cardio work-out, strength training, balance and flexibility. Bring a mat for floor work.

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

**Pilates** - Using the abdominal exercises of Joseph Pilates, re-awaken core muscles, breathe life back into the spine and return balance, stability and flexibility to your body. Bring a yoga mat to class.

**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.

**Yoga Fusion** - Combined the stretching of yoga coupled with the core-building and strengthening of Pilates. Bring a mat to class.

**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.

# 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 8:15 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.
- ◆ Equipment Orientation may be viewed at:

[EQUIPMENT VIDEO](#)

<https://www.youtube.com/watch?v=8KyvEPCNJZ8>

## Fitness Equipment Room Schedule

Day	Available Time
Monday-Friday	Open: 8:30 am-4 pm

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.



\$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