Enjoy the warm days of July and August with activities for everyone. Join us as we help bring older adults, young adults and community together.

September marks the annual commemoration of National Senior Center Month. This Year’s Theme: Staying involved for your health and your community. Join us on Wednesday, September 28th for our Grand Re-opening Celebration.

Meet our new Nutrition Specialist:
Seojin Kim (Jin)
Serving Lunch at 12 pm Wednesdays and Thursdays
Sign-up in advance
July 20th National Hot Dog Day

Thursday Cinema Returns to Bain
July 14th  Belfast
August 11th  Respect
September 8th  Marry Me

Farmer’s Market Ticket Distribution
July 15th

Intergenerational Program - Leadership U - Join Us!
August 3rd  8:30 –12 pm

Bain Summer Community & Craft Yard Sale
August 15th  8:30 am-12:30 pm
$10 Bain Members
$25 Non Members

Grand Re-opening Celebration Featuring a Motown Review
September 28th
See details inside.
### GENERAL INFORMATION

#### 50 +Center Staff

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<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Email</th>
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<tbody>
<tr>
<td>Linda Jackson Ethridge</td>
<td>Director</td>
<td><a href="mailto:lethridge@howardcountymd.gov">lethridge@howardcountymd.gov</a></td>
<td>(410) 313-7468</td>
</tr>
<tr>
<td>Tammy Wiggins</td>
<td>Assistant Director</td>
<td><a href="mailto:twiggins@howardcountymd.gov">twiggins@howardcountymd.gov</a></td>
<td>(410) 313-7469</td>
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<tr>
<td>Dawn Perez</td>
<td>Registrar</td>
<td><a href="mailto:daperez@howardcountymd.gov">daperez@howardcountymd.gov</a></td>
<td>(410) 313-7213</td>
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<tr>
<td>Michelle Rosenfeld</td>
<td>Fitness Coordinator</td>
<td><a href="mailto:mrosenfeld@howardcountymd.gov">mrosenfeld@howardcountymd.gov</a></td>
<td>(410) 313-7394</td>
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<tr>
<td>Dajuan Tyler –Curtis</td>
<td>Contingent</td>
<td><a href="mailto:dtylercurtis@howardcountymd.gov">dtylercurtis@howardcountymd.gov</a></td>
<td>(410) 313-7270</td>
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<tr>
<td>Seojin Kim</td>
<td>Nutrition Specialist</td>
<td>410-313-7463</td>
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<tr>
<td>Elaine Widom</td>
<td>SeniorsTogether</td>
<td><a href="mailto:ewidom@howardcountymd.gov">ewidom@howardcountymd.gov</a></td>
<td>(410) 313-7353</td>
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#### SHIP - STATE HEALTH INSURANCE ASSISTANCE PROGRAM

By Appointment (410) 313-7392

#### MARYLAND ACCESS POINT

By Appointment (410) 313-1234

#### INCLEMENT WEATHER PROGRAM LINE

410-313-7777

### Bain 50+ Center Council

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<tr>
<th>Position</th>
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<tr>
<td>President</td>
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<td>Vice President</td>
<td>Iantha Tucker</td>
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<td>Secretary</td>
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<td>Treasurer</td>
<td>Frances Beckman Martiny</td>
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Members:

- Athena Dalrymple
- Jackie Dunphy
- Peter Eisenhut
- Annie Foster
- Doretha Gay
- Willis Gay
- Valerie Hoelz
- Frances Martiny
- Iantha Tucker
- Shirley Williams

The Bain Council is seeking applicants to serve on the Council. If you are interested please send an email to Bain.Council.Comm@gmail.com

### 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 410-313-7213 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.

### Newsletter by Email

Would you like your newsletter delivered to your inbox? Just click link below or sign-up at the front desk.

CONSTANT CONTACT SIGN UP

### ADJUSTED HOURS OR CENTER CLOSURES

**Monday, July 4 Independence Day**

**Monday, September 5 Labor Day**

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**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.
Howard County 50+ Center Participation Guidelines

Anyone 50 years or older is welcome to join the Bain 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

Members 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.

Transportation to the Bain 50+ Center is also available through NeighborRide for a modest fee. For additional information call NeighborRide at (410) 884-7433.

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 online 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.
### JULY AT A GLANCE CALENDAR

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Please Note:

$ Fee program

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<td>10 Low Vision Group</td>
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<td>9 Project Linus</td>
<td>10 MAP</td>
<td>8:30 Grand Reopening Celebration</td>
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<td>10 Knitting</td>
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<td>8:30 Cardio Kickboxing Preview</td>
<td>10 Artful Journaling</td>
<td>10 Trends</td>
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<td>10 Pottery</td>
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<td>10:30 Reiki</td>
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<td>11 Tap Dance</td>
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<td>10 Free Health Screening</td>
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<td>12 Duplicate Bridge</td>
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<td>Featuring: Motown Review</td>
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Let’s Do Lunch!
Wednesdays at 12 pm
Thursdays at 12 pm (Korean meals)
The congregate meal program has returned to the Bain 50+ Center! Howard County residents aged 60 and over and their spouses of any age are eligible to participate in this program and are asked to make a voluntary, confidential donation. All the Howard County 50+ Centers serve meals that have been planned and approved by a registered dietitian. Registration: Sign up at least one week in advance at the Center or by calling 410-313-7213.

Nutrition Consultation
Tuesdays, 9-11am
July 15, August 9 & September 13
Registered Dietitian, Carmen Roberts, is available for nutrition consultations for members 60+. During this 30-minute session, she can answer questions about diet, nutrition, and the impact of food on your health. Register using the ActiveNet link: https://anc.apm.activecommunities.com/howardcounty/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=virtual%20Nutrition&viewMode=list

Opera at Bain with Dr. Sam Stern
3rd Thursday of the Month
12:30 pm Free
July 21: “The Barber of Seville”. by Giachino Rossini. Premiering in 1816, this comic 2-act opera follows the cunning Count Almaviva in various disguises as he pursues his love interest, Rosina. 2.5 hours.

August 18: “Tales of Hoffmann” by Jacques Offenbach. Composed in 1881, The Tales of Hoffmann is a wonderful, highly melodic 2.5 hour opera in 3 parts.

September 15: “Turandot” by Giacomo Puccini. Composed in 1881, The Tales of Hoffmann is a wonderful, highly melodic 2.5 hour opera in 3 parts.

“CARE TALKS”
July 28 August 25 & September 22
10 am-12 noon
The Caregiver Support Program will be held at the Bain 50+ Center for in-person meetings with caregivers offering information and resources to assist you in your journey. Please contact Earnestine Thomas at 410-313-5969 or ethomas@howardcountymd.gov.

Wii Bowling
2nd Wednesday Monthly
July 13, August 10 & September 14
11:30 am
Wii bowling combines fun and fitness into one product. It may change how you view exercise. Come out and show off your bowling skills and have some fun. Sign-up in the lobby.

The Bain Players
Thursdays
10-11:30 am
Sign up to be a part of this group and enjoy theatre rehearsing short skits. Enjoy improv, learn new skills and meet new friends. What do you need to be a part of the Theatre Club? Bring yourself, have some fun and tell a friend!

No memorization required.
ONGOING PROGRAMS

Korean American Senior Association (KASA)
Mondays
Line Dance and Bingo 1-2 pm
Yoga 2-3 pm

Poker
Mondays, Wednesdays, Fridays
11 am-4 pm

Canasta
Mondays, 1-4 pm
Canasta is a card game of the Rummy family of games believed to be a variant of 500 Rum. New players and beginners are always welcome.

Bridge (Duplicate)
Tuesdays, 12-4 pm

Mah Jongg
Wednesdays & Thursdays 1-3:30 pm
Class is designed for anyone who wishes to play. No Mah Jongg set or cards required.

Bingo
Wednesdays, 9:30-11:30 am

Open Cards & Games
Fridays, 12-4 pm

Maryland Access Point Services (MAP)
8:30 am-4 pm
Minjung Engle, Resource Specialist with the Howard County Office on Aging and Independence will be available by appointment. She can assist in navigating services and identify resources. To make an appointment to meet with Minjung Engle in person at Bain, please call her at 410-313-6538.

FREE-Weekly Computer/Phone Clinic
Wednesdays, 1 pm –3 pm
Thursdays, 10 –11:30 am
Have a problem with your iPhone or iPad or want to learn how to better use its many features? Need help with your laptop or desktop computer? Call and sign up for a one-on-one, 30 minute appointment.

HCC Bain Senior Choir
Wednesdays, 9:30–11:00 am
Will Resume in the Fall
Members of the choir pay no tuition; the only charge is HCC’s Consolidated Fee, which is $28.34 for Maryland residents.

Trivia Time
Will Resume in the Fall
Show us what you know during this entertaining and informative hour of trivia fun. Question categories range from sports and entertainment to geography and more. Join Dave Baker in the Bain Lobby and help your team compete for bragging rights. Call the center to sign-up.

Project Linus
Meets the 2nd & 4th Monday
9-11:30 am
Project Linus is comprised of hundreds of local chapters and thousands of volunteers across the United States, and includes our chapter at Bain. Volunteers work together to provide love, a sense of security, warmth and comfort to children who are ill, or are in need with the gifts of new, handmade blankets and afghans, lovingly created by volunteer “blanketeers.”
ONGOING PROGRAMS

Better Breathers Pulmonary Support Group
Meets the 3rd Tuesday Monthly
July 19, August 16, & September 20
2:30-3:30 pm
This group is open to those with pulmonary conditions and their care partners.

The Bain Book Club
Meets 3rd Wednesday of the Month
10–11:30 am / Free
July 20-These Precious Days by Ann Patchett
August 17-The Storied Life of A.J. Fikry by Gabrielle Zevin
September 21-The Midnight Library by Matt Haig
Please call the center for additional information.

Essential Touch Massage Therapy
Wednesdays & Thursdays
10 am–1 pm
Cost: $68
60 minutes
Indulge yourself with a therapeutic massage designed especially for your needs. Massage Therapist, Felicia Tenny, RN, LMT will relax your muscles, decrease aches and pains, and promote the circulation of blood and lymph system. By appointment only 410-313-7213.

Reiki
Tuesdays
10:30 am –1 pm
$30 per 30 minute session.
A gentle, kind energy, that promotes relaxation, peace, and helps reduce pain. Sharon Burns RN, BSN, MA. Register in advance.

Low Vision Support Groups
Tuesdays
10:15 am
Ongoing support for those with low vision; explore options, share ideas and learn new ways to maintain independence.

Brain Teasers
Thursdays
12:30 pm
Challenge your mind, strengthen your memory using games, puzzles and other activities.

Trenders
Fridays
10 am
A lively, open-minded discussion group with a loosely structured agenda.

Knitting & Crocheting
Mondays, 10 am - 12 pm
Fridays 10-11:30 am
Knitters, crocheters, fabric crafters and others join together to share their talents. Drop in for this fun and ageless group to happily share fellowship and conversation.

RED HATTERS
Meets the 3rd Tuesday every month.
Tuesday, July 19, August 16, & September 20
10 am
The Red Hatters are a playgroup created to connect like-minded women, make new friends and enrich lives through the power of fun and friendship!
Contact Ginny Russ at 301-325-5173 for Red Hatters information.
All About Iron  
Friday, July 15 
11:30 am  
Join Registered Dietitian Carmen Roberts to learn about a variety of blood disorders, including iron-deficiency anemia. Discover how nutrition can play a vital role in treatment of these conditions. Register at 410-313-7213.

Thinking of Going Vegan?  
Tuesday, August 9 
11:30 am  
Learn how you can healthfully adopt a plant-based diet while making sure you’re getting adequate vitamins and minerals. Registered Dietitian Carmen Roberts will discuss meal planning and tips on creating a balanced vegan plate. Register at 410-313-7213.

Build a Better Breakfast: Tired of the same old breakfast routine?  
Tuesday, September 13 
11:30 am  
September is “Build a Better Breakfast” month, so join Registered Dietitian Carmen Roberts to learn techniques to build a more balanced meal that will sustain your energy throughout the day. Breakfast really is the most important meal of the day! Register at 410-313-7213.

Maryland Insurance Administration  
Wednesday, July 20  
9 am–1 pm  
Insurance Help for Maryland Consumers. Confused about rate increases or billing notices? Policy cancelled or non-renewed and you don’t understand why? Concerned about the insurance company’s handling of your claim?  
The Maryland Insurance Administration is a state agency that can help with these questions and more. Stop by the center to speak with a representative who will be on site to assist you.

Fresh Conversations: The Battle of the Carbs  
Wednesday, July 20 
10:30 am  
In this class we will discuss the importance of carbohydrates and which is better for you to eat: refined or whole grains.

“Your Mouth is your Body’s Mirror”  
Wednesday, August 17 
10:30 am  
The mouth is the entry way for food and fluid, but did you know the mouth also provides early warning signs for health issues? In this class we will talk about how to keep your mouth healthy and also ways to prevent malnutrition.

What’s Trending in the Nutrition World?  
Wednesday, September 21 
10:30 am  
This month’s class will discuss what is new and interesting in the world of nutrition. One of the topics will be on Intermittent Fasting and is it safe for seniors.

Join us for fun and conversation with Karen Basinger. Advance sign-up is required.
EVENTS & PROGRAMS

National Hot Dog Day
Wednesday, July 20
12 pm
Americans didn’t invent the hot dog (historical sources say they go back to Germany and Austria), but we sure know how to use them! In honor of National Hot Dog Month, we will have some trivia and answer some “dogging” questions. What ballgame, boardwalk or summer cookout would be complete without them? Join us for lunch and let’s have a doggone good time! Sign up in advance.

Learn How to Protect Your Finances
Presented by the FBI-Federal Bureau of Investigation
Thursday, July 21
11 am
In this interactive class you will learn how to spot fraud, take appropriate action and where to report suspicious activity. Presented by the FBI of Baltimore. Register by calling 410-313-7213.

Jazz and Jeans Luncheon
Featuring Franklyn Johnson-Williams (Bonniejazz Music)
Wednesday, July 27
12 pm
Join us for a summer afternoon of live entertainment and great food provided by Union Jack’s. Please stop by the Bain 50+ Center Front Desk to pick up your ticket and make your lunch donation in advance. Space is limited.

Leadership U Comes to Bain!
Wednesday, August 3
8:30 am-9:30 am
Students from Leadership U, a program that empowers High School Students to learn by doing, spend the day at the Bain Center. Students will discuss and develop solutions that affect their community while developing relationships with community leaders. Come share your experiences with our Howard County youth!

Lunch & Laugh Event With The Bain Players
Wednesday, August 10
12 pm
The Bain Players return with an afternoon of fun short skits. Enjoy a nice lunch with an afternoon of laughs. Must pick up your tickets at the front desk in advance and make your lunch donation.

Bain Community Craft & Yard Sale
Monday, August 15
8:30 am –12:30 pm
Table & 2 Chair Reservation:
$10 -Bain Members
$25 -Non-Members
Stop by the front desk to purchase your table reservation in advance. Limited Tables available.

Fall Prevention
Thursday, September 8
11 am
September is Falls Prevention Awareness Month. While older adults and young children are at highest risk groups for sustaining traumatic brain injury (TBI) due to falls, everyone is at risk. Join Kate Hernandez, DPT for Falls Prevention Awareness Day, a nationwide effort to raise awareness on preventing falls and reducing falls risk. Register 410-313-7213.
Continuing Education Series:
Overview of the History of Theatre
Tuesdays, September 20-October 11
11 am
This lecture series will explore:
♦ The introduction to early Theatre.
♦ How did Theatre start and where?
♦ How was the Roman theatre different than the Greek?
♦ Introduction to Theatre of the Renaissance.
♦ Shakespeare.
♦ American and British Drama of Early and Middle 20th Century.
♦ American and British Drama in the later 20th and early 21st Centuries.
This series will be taught by Susan Brall of MD Theatre Guide. Please sign-up in advance to attend the entire lectures.

Thursday Cinema Returns
1 pm Free
July 14th Cinema - Belfast
Academy Award winner Judi Dench, Jamie Dornan, Caitriona Balfe and Ciaran Hinds star in this British-Irish drama centered on a glamorous working-class family and their young's son childhood.

August 11th Cinema – Respect
Following the rise of Aretha Franklin’s career from a young child singing in her father’s church’s choir to her international superstardom, “Respect” is the remarkable true story of the music icon’s journey to find her voice and become the Queen of Soul.

September 8th Cinema – Marry Me
A betrayed pop star (Jennifer Lopez), slated to marry her pop star fiancé (Maluma) on stage, instead marries a stranger from the audience - a high school math teacher (Owen Wilson). Against the odds, their sham relationship develops into something real but can their love survive the limelight?

Free Health Screenings for World Heart Day
Thursday, September 29
10 am-12 noon
Andrea Bendig MSN BSN RN CM DN
Join Andrea Bendig, Registered Nurse, for free health screenings that include a manual blood pressure check, body mass index calculation (BMI) and a stroke risk assessment. If you have been diagnosed with cardiovascular disease, or you have a family history, please take advantage of this complimentary screening and education sponsored by Wellness Strategies Group LLC.
EXERCISE & FITNESS

Yoga
Mondays, 2:15 pm                       #A01441.800
July 11-September 26
Cost: $70     (No class 9/5)

Wednesdays, 11 am                    #A01440.800
July 6-September 28
Cost: $83

Join Certified Yoga instructor, Mary Garratt, and learn the techniques that promote good health and strength.

Chair Yoga
Thursdays, 10 am                          #A01425.800
July 7-September 29
Cost: $83

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair. Join Certified instructor, Connie Bowman, and promote your improved mobility.

Beginner Soul Line Dance
Thursdays, 2 pm                            #A01419.800
July 7-September 29 (13 Classes)
Cost: $83

Join Jessie Barnes, our “seasoned” Dance Instructor who teaches throughout Central Maryland. Learn beginners’ line dance steps and get fit at the same time.

Barre
Tuesdays, July 5 – September 27
10 am (12 Classes/ $64)  #A01480.800
This class will take you through Ballet, Pilates, and Functional Barre movements that will lengthen and strengthen your entire body and improve flexibility. No prior dance experience required. Modifications for exercises will be provided. Please bring a yoga mat. Instructor: Doreen Sheppard

Balance-4-All
Fridays, July 1 – September 30
11 am (14 Classes/$74)           #A01424.800
This class combines a perfect blend of balance, flexibility, posture, strength, & agility. With the use of light dumbbells and a chair, you will work your way to being better equipped to perform routine activities of daily living (ADL) and decrease your risk of falling. Instructor: Courtney Bracey

Zumba Gold®
Fridays, July 1 – September 30
10 am (14 Classes/$63)           #A01437.800
Join this fun, Latin-inspired workout. This low impact class incorporates Zumba’s contagious rhythms and is performed at a lower intensity. Instructor: Courtney Bracey

Tai Chi
Thursdays, July 7– September 29
3 pm    (13 Classes/$136)        #A01416.800
Tai Chi is a slow and gentle form of Chinese martial arts, an internal form of exercise by combining slow, deep abdominal breathing with gentle, smooth body movements in a natural and harmonic way.

Instructor: Dr. Ping Mao is a board certified and award-winning international champion who has been teaching Tai Chi in Howard County for 17 years.
EXERCISE & FITNESS

Bain Walking Club-Fridays at 10:30 am

Arthritis Foundation Exercise
April July 5-September 29  #A01404.800
Tuesdays & Thursdays
1pm  Cost: $83
Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range of motion exercises that are suitable for every fitness level and ability. Led by trained program leader, Pam Beck. Suitable for participants diagnosed with arthritis. Registration required. For more information contact mburgess@howardcountymd.gov or call 410.313.5440 to register.

Tap Dancing Class-Tuesdays at 11 am

Better Balance
July 6-September 28  #A01445.800
Mondays & Wednesdays
1 pm  Cost: $76  (No class 9/5)
Better Balance is a great fit for someone looking to improve their balance and mobility. This class has been proven effective for people with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, bar, and seated exercise. A pre-screening is required before enrolling by contacting Malarie Burgess at 410-313-6073. Those 60 and older pay a suggested donation. Age 59 and younger, pay full fee of the class.

NEW BARRE CLASS– Register Now

Age Well
July 6-September 28  #A01201.800
Mondays & Wednesdays
12 pm Cost: $76  (No class 9/5)
Practice basic aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training. Conclude with stretching to help you feel your best. Classes are conducted in the Bain 50+ Center and are co-sponsored by Howard County General Hospital.

Please bring a yoga mat.
The Bain 50+ Fitness Center is available to help put you on the path to lifelong fitness.
- 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.
- Equipment Orientation may be viewed at: Equipment Video

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

Equipment Overview
Wednesdays: Jul.13, Aug. 17, Sept. 14
11 am
Want to learn how to use our state-of-the-art new Fitness Center equipment? Join 50+ Fitness Coordinator, Michelle Rosenfeld, for an orientation. She will demonstrate how to properly adjust and use each piece of equipment. To register call the front desk at 410-313-7213.

Personal Training –Will resume in the Fall
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.
National Park Series: Agate Fossil Beds National Monument  
Thursday, July 28, 2 pm  
Join an Education Ranger as they introduce several species of mammals that once roamed the Nebraska plains during the Miocene epoch some 26-15 Million Years ago. Learn about how climate change, geology and other environmental factors contributed to the evolution and extinction of these species. Learn some other fun facts as well.  
Click link below to join:  
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m10931a263616a0382d028df023d16ee6  
Meeting # 2319 094 0184  
Password: Summer50+

National Park Series: Mammoth Cave National Park  
Thursday, August 25, 2 pm  
Join National Park Ranger McDowell to learn about the history and geology of Mammoth Cave and west-central Kentucky.  
Click link below to join:  
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m35108712cd044f2ec74f0b752e8d7167  
Meeting # 2310 253 9184  
Password: Summer50+

VIRTUAL FITNESS PASS

Are you interested in joining our Virtual Community of Fitness Classes? Sign up for our Paid Virtual Fitness Class Pass and enjoy 17 different classes per week, for only $38 a month. To sign up and for more details on classes and instructors, call 410.313.1400 or 410.313.5440. You can also sign up online at: https://apm.activecommunities.com/howardcounty/
Search: Virtual 50+ Virtual Exercise Classes/A02490.801 for July, A02490.802 for August and A02490.803 for September. Below is the weekly schedule. Please note in August, Kickboxing moves to 8:30 am.

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<th>MONDAY</th>
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<tr>
<td>FLOOR, CORE &amp; MORE 8:30 AM</td>
<td>POWER 8:30 AM</td>
<td>KICKBOXING 8 AM</td>
<td>POWER 8:30 AM</td>
<td>FLOOR, CORE &amp; MORE 8:30 AM</td>
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<td>MINDFUL MONDAYS 10 AM</td>
<td>CARDIO &amp; CORE 10 AM</td>
<td>PILATES 10 AM</td>
<td>CARDIO &amp; CORE 10 AM</td>
<td>ZUMBA GOLD® 10 AM</td>
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<td>YOGA WITH MARY 11 AM</td>
<td>CIRCUIT CONDITIONING 5:30 PM</td>
<td>SEATED STRENGTH AND BALANCE 11 AM</td>
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SATURDAY
HATHA YOGA 9:30 AM