Welcome! We are kicking off July with a Pop Up Patriotic Craft in the lobby. Join us on Tuesday, July 5th and create a vintage inspired flag from slate. Perfect to display on your door, porch or deck.

We are excited to announce that we are adding an additional yoga class on Mondays. Our “Welcome to Yoga” class, taught by Mary Garratt is perfect if you are new to the practice. Bring a yoga mat and join in the fun.

Are you interested in eating healthy? Why not schedule an appointment with Carmen Roberts, RD., and enjoy a 30 minute Nutrition Consultation geared to you. Carmen is at Glenwood the 2nd Wednesday of each month, appointments begin at 10 am. Call the front desk to schedule today.

Speaking of eating healthy, or at least something yummy, join us for our cooking demo “Crazy About Cast Iron.” From breakfasts to desserts, learn, laugh and sample foods from this versatile kitchen staple. It is scheduled for Wednesday, August 3rd at 11 am. Our next picnic is planned for Wednesday, August 17 at noon. Come enjoy an afternoon of fun and food outdoors.

We are recruiting members for our Senior Council. This group of dedicated volunteers meet once a month and act as ambassadors of the center. For details see Chris at the front desk.

What would you like to learn? Active Aging Week is coming in October and we want to get you moving. Is there an activity you are eager to try, or learn? Tell us today, and we will get planning. A golf shot? A pickleball serve? The best shoes for walking? How to be safe on the trails? You name it - we’ll find it. Enjoy a week of all things active.

We will see you around the center
Regina / Cathy / Chris / Evan
**50+ Center Staff**

Regina Jenkins, Director  
rjenkins@howardcountymd.gov  
410-313-5443

Chris Ferraro, Registrar  
cferraro@howardcountymd.gov  
410-313-5440

Evan Larkin, Utility Worker  
elarkin@howardcountymd.gov  
410-313-4836

Cathy Burkett, Assistant Director  
cburkett@howardcountymd.gov  
410-313-4832

**Glenwood 50+ Center Council**

President: Laurel Gafke  
Vice President: Bernadette Roussel  
Secretary: Linda Deffinbaugh  
Treasurer: Gary Gafke  
Members at Large:  
Annette Dill  
Bea Dane  
Joel Goodman  
Willie Hill  
Toni Matthews

**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.

**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.

**Newsletter**

Would you like your newsletter delivered to your inbox? Just click link below:  
CONSTANT CONTACT SIGN UP

**ADJUSTED HOURS OR CENTER CLOSURES**

Monday, July 4th  
Monday September 5

**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.
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<thead>
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<th>MONDAY</th>
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Gym Closed
The Weeks of August 1, 8 & 22
No Basketball or Pickleball
# SEPTEMBER AT A GLANCE CALENDAR

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Open Studio: Arts & Crafts
Mondays, Wednesdays, 10 am - noon
Are you working on any crafts at home? Painting, knitting, crocheting, jewelry making, or paper crafts. Come join us! A03523.800

Bridge - Open Play (Duplicate)
Mondays, 12:30 - 4 pm
Come join this group and enjoy an afternoon of duplicate bridge. A03778.800

Billiards and Table Tennis
Monday - Friday, 9 - 3 pm
Drop in and play. Pick up key game room at front desk. A03403.800

Walking Group
Monday - Friday, 9 - 10 am
Enjoy the company of others as you walk in a climate controlled area. 13 laps around the indoor track is one mile. 15 laps around the hallway loop is a mile. A03442.800

Basketball
Mondays, Wednesdays, Fridays 9 - 11 am
For the over 50 athlete who enjoys some competition. Drop in play and rotation is organized by players. A03479.800

Pinochle
Tuesdays, Fridays, 9 - 4 pm
Pinochle is a classic two-player game developed in the United States, and it is one of the country's most popular games. A03779.800

Care Talks
3rd Thursday at 10 am
July 22 / August 18 / September 15
The Caregiver support program is hosting one on one in person meetings with caregivers offering information and resources to assist you in your journey. Please contact Earnestine Thomas, Caregiver Specialist at 410-313-5969 or ethomas@howardcountymd.gov to schedule an appointment. A03722.800

Glenwood Book Club
Thursdays at 1 pm
Join the book club. Members take turn leading discussions. Group meets every six weeks. Thursday, August 4, 1 pm “The Four Winds” A03628.800

Thursday, September 8, 1 pm “The Last thing He Told Me” A03628.801

Mahjong
Thursdays, 12:30 - 4 pm
Come play this tile based game that began in China. Typically played with four players. A03737.800

Open Games
Thursdays, 12:30 - 4 pm
This new group is just beginning. Bring your own games to introduce or join in to existing games. Open to all. A03757.800

Nutrition Consultation
2nd Wednesday, 10 am
July 13/ August 10/ September 14
Registered dietitian, Carmen Roberts is available to consult individually with members. Call the front desk to make an appointment. A03420.800
ONGOING PROGRAMS

Pickleball
Starting Sept 6 - Mondays, 12 - 2:30 pm
Tuesdays, Thursdays, 12 - 2:30 pm
Limited Enrollment
Open play for adults 50+. Players rotate play using the paint stick method. Participants can register for one or multiple dates in a given month. Cost: $2.50 per day

Pickleball Beginner Level
Fridays 12 - 2:30 pm
Limited Enrollment
This program is for beginners. Tuesday, Thursday players should not attend Fridays. There is no instruction. Registration and rotation same as Tuesdays and Thursdays. Cost: $2.50 per day.

Maryland Access Point
Thursdays, 8:30 am - 4 pm
Emily Leclercq, Resource Specialist with the Office on Aging and Independence, will be available by appointment. She can assist you in navigating aging services now and in the future. To make an appointment to meet with Emily in person at Glenwood please call her at 410-313-5917.

Reflexology
Thursdays, 9 am - 2 pm
Linda Deffinbaugh will be on site one day a week by appointment to provide reflexology services. Please call the front desk to make an appointment. Cost: $35 for 1/2 hour $65 for 1 hour

JULY EVENTS AND PROGRAMS

Care Matters For You
Thursday, July 7, 11 am
Learn more about the different care options, what the provide, tips in finding and costs of care. Options discussed in-home vs. Home Health care, assisted living care options, nursing home and Hospice. Please register by July 6th.

DIY Watermelon Wreath
Wednesday, July 13, 1 pm
Join us for a fun and easy workshop to make this adorable summer wreath. Using scraps of fabric, tie pieces onto a metal wreath frame. Add seeds to finish. Cost $17.00

iPad & iPhone Class
Wednesday, July 13, 10 am
Volunteer and center member, Mike will provide you with the help you need with your Apple device. Instructor: Mike Vecera

History Program: New Netherlands
The Dutch in 17th Century America
Fridays, July 15, 22, 9:30 am
This two part program covers a variety of topics including: Governmental Structure; Characteristics of Society; The Fur Trade; Competition on the lower Delaware and the Anglo-Dutch Wars. Instructor: Roger Swartz Cost: $15

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.
History of Broadway  
Monday, July 18, 11 am  
Join Steve Friedman for his monthly presentation on all things Broadway. Each month focuses on another bit of Broadway. Enjoy lecture and performance.  
A03700.800

AARP Smart Driver Program  
Tuesday, July 19, 10 am  
This 4 hour class given by AARP. Includes a 30 minute lunch break. Please bring a bag lunch with you.  
Cost: $20 AARP Members  
$25 Non Member  
Payable to AARP day of class  
A03745.701

Genealogy: Casting a Wider Net  
Wednesday, July 20, 10 am  
If you’ve reached a brick wall, it’s not necessarily a dead end. With a little more effort learn how you can solve this problem.  
Instructor: Dottie Aleshire  
A03603.800

Friday Afternoon Movie: “Dog”  
Friday, July 22, 1 pm  
Dog is a fun movie that knows what it is: a cute dog and a charming lead going on a road trip together.  
Rated: PG-13, 1 hour, 41 minutes.  
Cost: $1  
A03720.803

Cooking Demo: Crazy for Cast Iron  
Wednesday, August 3, 11 am  
Breakfast, Lunch, Dinner and Dessert. See how versatile this kitchen staple can be. Yummy and fun.  
Cost: $8  
A03770.800

Glenwood Book Club  
Thursday, August 4, 1 pm  
“The Four Winds” by Laura Dave. The book club meets every 6 weeks in person. Members take turn leading the discussions.  
A03628.800

Astronomy Talk - Meteorites, Meteor Wrongs, Meteor Showers & More  
Friday, August 5, 10 am  
Join Stardoc Joel Goodman as he shares his meteorite collection, explore how these 4.5 billion-year-old relics from our early solar system teach us about our origins. Learn about meteor showers and how to best observe the upcoming Perseids shower and others.  
Instructor: Dr. Joel Goodman  
A03627.800

Friday Afternoon Movie: Father Stu  
Friday, August 12, 1 pm  
Rated: R, 2 hours, 4 minutes  
Cost: $1  
A03720.804

iPad & iPhone Class  
Tuesday, August 16, 10 am  
Volunteer and center member, Mike, will provide you with the help you need with your Apple device.  
Instructor: Mike Vecera  
A03731.800

Genealogy: Compiling a Medical Family History  
Wednesday, August 17, 10 am  
A medical family history includes health information on at least three generations of your close relatives. This is a record that every family should have.  
Instructor: Dottie Aleshire  
A03604.800
AUGUST - SEPTEMBER EVENTS AND PROGRAMS

Sounds of Summer Picnic
Wednesday, August 17, 12 noon
Join us on the patio for an afternoon featuring delicious food and great music.
Cost: $14

Glenwood Book Club
Thursday, September 8, 1 pm
“The Last Thing He Told Me” by Laura Dave. The book club meets every 6 weeks in person.
A03620.800

Fresh Conversations
Wednesday, August 24, 1 pm
The Connection Between Diet and Exercise. Join Karen Basinger, MS, CFCS, LDN, Family Consumer Sciences University of Maryland Extension Services, Howard County, for this innovative discussion.
A03720.801

Friday Afternoon Movie:
“A Tale of Two Guns”
Friday, September 9, 1 pm
In the lawless West, the Cowboys a notorious brotherhood of killers and thieves reigned over the land with brutal fists and fast guns. Now the merciless gang has but a single surviving member.
Cost:$1 Not Rated, 1 hour, 31 minutes
A03720.802

Friday Afternoon Movie:
The House of Gucci
Friday, August 26, 1 pm
House of Gucci’ is inspired by the shocking true story of the family behind the Italian fashion empire.
Cost: $1 Rated: R, 2 hours, 37 minutes
A03750.801

History of Broadway
Monday, September 12, 11 am
Join Steve Friedman who teaches us all about various parts of Broadway with history and performance.
Instructor: Steve Friedman
A03701.800

iPad & iPhone Class
Wednesday, September 7, 10 am
Volunteer and center member, Mike, will provide you with the help you need with your Apple device.
Instructor: Mike Vecera
A03732.800

Waffle Bar
Tuesday, September 13, 9 am
Join us in the lobby to kick off September with a yummy breakfast of waffles, sausage, fruit and juices.

MAP Talk
Thinking about Aging in Place?
Thursday, September 8, 10 am
Most people say they want to stay in their home as they age, but aging in place successfully requires planning. Learn about home safety and modifications, in-home care options, supportive services.
Presented by Emily LeClercq
A03705.802

How to Safely Use Cash Apps
Tuesday, September 10 am
What are cash apps? Tracy Rezvani from the Office of Consumer Affairs will be here to share the pros, cons and features of these popular digital payment services. Think Venmo, Paypal, Zelle.
**SEPTEMBER EVENTS AND PROGRAMS**

**Fall Card Making with Diane**
*Wednesday, September 14, 10 am*
Join this class for a fun session of rubberstamping, to make fall cards. Come learn new techniques.
Instructor: Diane Cullum  
Cost: $10  
A03501.800

**Garden Club: Floral Bag Painting**
*Tuesday, September 13, 1 pm*
Join members of the garden club for this class as we use paint, bubble wrap, and other supplies to decorate a canvas tote bag.
Cost: $15.00  
A03500.800

**American History: Pontiac’s War 1763 – 1766**
*Thursdays, September 15, 22, 29 9:30 am*
After the last French & Indian War, Native Americans formed a coalition of nations, attacked British forts and colonial settlements from Michigan through central Pennsylvania. This 3 part course presents the causes, major events, and impacts of this war.
Instructor: Roger Swartz  
Cost: $20.00  
A03626.800

**Fresh Conversations**
*Thursday, September 15, 10 am*
**What’s Trending in the Nutrition World.** Join Karen Basinger, MS, CFCS, LDN, Family Consumer Sciences University of Maryland Extension Services, Howard County, for this innovative discussion.
A03720.806

**Thurgood Marshall: A Trail Blazing Civil Rights - Victory in Montgomery County**
*Friday, September 16, 11 am*
Civil rights icon Thurgood Marshall delivered an early blow to school segregation right in Montgomery County, gaining equal pay for the county’s African American teachers in 1937. This legal case is often seen as the first step in Marshall’s successful drive to have separate schools for white and black children declared unconstitutional, as the Supreme Court did 17 years later in a landmark decision.
Instructor: Ralph Buglass  
A03600.802

**Medically Curious: Arthritis**
*Tuesday, September 20, 1 pm*
Join retired physician, Dr. Larry Romane for this informative talk all about Arthritis. If you’re over 50, you’ve got some. or, maybe you’ve got a lot of arthritis. But, what exactly is it? Are there different kinds? Can it be cured? If not, what helps the symptoms? Finally, aren’t joint replacements just the easiest way to go?
A03100.800

**Genealogy:**
**We Find in Newspapers**
*Wednesday, September 21, 10 am*
Historical Articles and Obituaries can be found in Newspapers and your ancestors also made the news. Read all about it.
Instructor: Dottie Aleshire  
A03605.800

**DIY Fabric Pumpkins**
*Thursday, September 22, 11 am*
Join us and see how easy it is to create an adorable fabric pumpkin. Perfect for fall décor to display or gift.
Cost: $8  
A03520.801
Welcome to Yoga - New Class
Mondays, 10 am
Cost: $18 for 3 classes
This is the place for you if you have ever wanted to try Yoga. In this class we will work on strengthening, balance, and mobilizing our joints. This class you can start in the chair as our home base, or choose to move to the floor.
The instructor will give modifications,
Instructor: Mary Garratt

Prime Time
Mondays, Wednesdays, 11 am
Cost: $88 for 22 classes
A class focusing on functional fitness for everyday living. Have fun getting fit and strong and improve your range of motion and balance. Tone your major muscle groups with both seated and standing exercises. Modifications are shown.
Instructor: Marianne Larkin
No Class 8/15, 8/17, 9/5

Friday Afternoon Movie: Marry Me
Friday, September 23, 1 pm
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?
Cost: $1.00

American Visionary Art Museum
Mosaic Project Reveal and Reception
Wednesday, September 21, 11 am
Join us for the big reveal of this collaborative piece titled “The Current That Carries Us” and enjoy light refreshments. RSVP at the front desk by Monday, September 19.

Line Dancing Open Studio Intermediate
Mondays, 1:30 - 2:45 pm
Cost: $5 per month
Open to all beginners to practice with others of the same skill level.
No Open Studio, September 5.
EXERCISE AND FITNESS

Hatha Yoga
Tuesdays, 8:45 am  A03449.800
Cost: $72 for 12 classes
Thursdays, 9 am  A03450.800
Cost: $72 for 12 classes
The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.
Instructor: Mary Garratt
No Class 7/12, 7/14

Chair Yoga
Tuesdays, 9:45 am  A03460.800
Cost: $72 for 12 classes
Thursdays, 10:15 am  A03463.800
Cost: $72 for 12 classes
Fridays, 10:30 am  A03469.800
Through creativity and modifications, everyone can do yoga with a chair. In this gentle/beginner’s level class, yoga poses are done seated in a chair or standing using the chair as a prop for support and stability. Reap the benefits of greater flexibility, increased energy, improved memory and clarity, better concentration, and improved overall health.
Instructor: Mary Garratt & Susan Kain
No class 7/12, 7/14

Line Dancing Open Studio
Advanced
Tuesdays, 12:45 - 2:30 pm  A03400.800
Cost: $5 per month
This is open to advanced level dancers to practice with others of the same skill level.

Line Dancing Instruction Beginner
Wednesdays, 12:30 pm  A03475.800
Cost: $54 for 9 weeks
Dancing is great exercise and fun, learn the basics. Please wear leather soled shoes.
Instructor: Sandy Garrish

Line Dancing Instruction Intermediate
Wednesdays, 1:30 pm  A03474.800
Expand your knowledge. Line dancing is one of the most fun dances you can do anywhere, and you do not need a partner!
Instructor: Sandy Garrish

Pilates
Fridays, 9:30 am  A03431.800
Pilates is an exercise program emphasizing core stability, balance, and abdominal strength. Based on 34 basic movements that are performed on a mat, it supports a healthy back and invigorates overall fitness. Open to all levels, modifications are available.
Instructor: Bob McDowell
Class begins 7/15
No Class 8/12 & 9/2

Yoga & Meditation
Fridays, 9 - 10:15 am  A03402.800
$80 for 10 classes
Using yoga postures with mindful breathing, build strength and flexibility in this 75 minute class. End with a relaxing meditation to calm the mind and body.
Instructor: Susan Kain
Virtual Corner

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=m10931a963416acd82c028d023dc16ee6
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=m35108712cd04f2ec74f0b752e8af7167
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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Saturday
HATHA YOGA 9:30 AM

Howard County 50+ Centers
Enrichment, Engagement, Connection, Growth.