INDEPENDENCE DAY LUNCH  
FRIDAY, JULY 1, 12pm  
See details inside

BALTIMORE MUSEUM OF INDUSTRY  
“Baltimore in the 19-Teens”  
FRIDAY, JULY 8, 11am  
See details inside

LABOR DAY LUNCH  
FRIDAY, SEPTEMBER 2, 12pm  
See details inside

BALTIMORE MUSEUM OF INDUSTRY  
“The 1930s: Decade of Uncertainty”  
FRIDAY, SEPTEMBER 9, 11am  
See details inside

BIRD WALK AT HIGH RIDGE  
TUESDAY, SEPTEMBER 13, 1:30 pm  
Meet at Park—See details inside

*FREE* HEALTH SCREENINGS  
WEDNESDAY, SEPTEMBER 14, 9am-12pm  
See details inside

AARP CAR FIT  
THURSDAY, SEPTEMBER 15, 10am  
See details inside

JOIN THE SENIOR COUNCIL!  
3RD TUESDAY OF THE MONTH, 1 pm  
Anyone welcome! See details inside
**50+ Center Staff**

Lucky Sohi, Director  
lsahi@howardcountymd.gov  
410-313-0388

Carmen Faye, Registrar  
cfaye@howardcountymd.gov  
410-313-0380

Cheryl Campbell, Nutrition Specialist  
chcampbell@howardcountymd.gov  
410-313-0387 (Wednesdays & Fridays)

**North Laurel 50+ Center Council**

The council is proud to sponsor a portion of the congregate lunch program in addition to special events.

- Linda Brock  
- Janice Britt  
- Pam Campbell  
- Kay Carter  
- Susan Garber  
- John Garnett  
- Merrillyn Hill  
- Lisa Lozier  
- Jim Pendleton  
- Donna Pruzenski

**Upcoming Center Council Meetings:**  
September 20 at 1 pm

**Newsletter**

Would you like your newsletter delivered to your inbox? Just click **CONSTANT CONTACT SIGN UP** or copy this link:  
https://visitor.r20.constantcontact.com/manage/optin=001_BS31v9uBHpl2tMLUbVdwGVlv7eYKcnSrI04XKpW6FipDpjD1ypeciR3ULyzdUv94jSMSkmjN2P-2H7jaBbgRr_ppPVM-pPinwMkoOTwZ0%3D

**Howard County 50+ Center Participation Guidelines**

Anyone 50 years or older is welcome to join 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 50+ 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. 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.

**Please 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.

**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.
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 at the ActiveNet website: http://apm.activecommunities.com/howardcounty. An 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. 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. Refunds for classes missed during the January pause will be processed starting March 21, 2022. The administrative fee will be waived.

NOTEWORTHY

The congregate meal program has returned to the North Laurel 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.

Schedule:
Wednesdays and Fridays at 12 pm

Registration:
Sign up at least one week in advance at the Center or by calling 410-313-0380.

Center Closed: Monday July 4 & Monday September 5
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SEPTEMBER AT A GLANCE CALENDAR
Walking Club  
**Monday - Friday  8 am**  
Meetup in the gym 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 with the Rec & Parks Front Desk at 410-313-0390.

Computer Chat  
**Wednesdays, July, August, September Between 12 pm & 4 pm 1 hour appointments**  
Getting hung up on ever advancing technology? Need a little one-on-one time to ask questions that pertain to your specific problem? Schedule a free one-hour appointment at the 50+ Front Desk. Please bring your own device. No class July 6, 13 & September 21.

Acoustic Jam Session  
**1st and 3rd Tuesdays  1 pm to 3 pm**  
Meet up with other local music enthusiasts to share and play your instrument of choice. All talents are welcome!

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. No class August 3, 10, 17, 24.

Open Games  
**Wednesdays  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 those at the Center. No class August 10, 17.

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 in 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.

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. No Class on August 19.

Maryland Access Point (MAP)  
**Mondays, Between 9 am & 3 pm**  
For information and referrals for services and resources in Howard County, contact MAP Specialist, Marianne Camino, at 410-313-5953 to make an appointment at the center. Bilingual: English & Spanish

Nutrition Consultation  
**July 6, August 31, September 21 from 9 - 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.

Fitness Counseling  
**4th Thursday of the Month, 9 am to 11:30 am $15 per 30-minute session**  
Get support and guidance from Malarie Burgess, Exercise Specialist, to establish a personalized fitness program that considers the recommendation of a health care provider, participant goals, and fitness assessment results. Sign up at the 50+ Front Desk.
EVENTS AND PROGRAMS

ONGOING PROGRAMS

CARE TALKS
First Thursdays, 10 am to 12 pm
The Caregiver Support Program will be at North Laurel 50+ Center once a month for in-person meetings with caregivers offering information and resources to assist you in their journey. Please contact Earnestine Thomas at 410-313-5969 or ethomas@howardcountymd.gov.

EVENTS & PROGRAMS

Independence Day Lunch
Friday, July 1, 12 pm
Join us for a lunch to celebrate the birth of our nation. Please sign up at the 50+ Center Front Desk.

All About Iron
Wednesday, July 6, 11 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. A lunch is available after the program. Please sign up at the 50+ Center Front Desk.

Baltimore Museum of Industry:
“Baltimore in the 19-Teens: A Decade of Change”
Friday, July 8, 11 am
The world Baltimoreans knew was changing. Their city had been rebuilt after the Great Fire of 1904, but it wouldn’t stop there: Baltimore would soon host a Democratic presidential convention, the growing city and port demanded more of its leaders, and businesses completed the city’s first two Skyscrapers. Before it was over, a decade of great expectations ended in war fatigue and pandemic illness, but setting the stage for the cultural revolution we call the Roaring Twenties.

Exercise for Mental Health
Wednesday, July 13, 11 am
Join us for an educational presentation to discuss exactly how exercise works to improve your mental health & how to implement a workout routine effectively. Presented by Malarie Burgess. A lunch is available after the program. Please sign up at the 50+ Center Front Desk.

Fresh Conversations:
The “Sunshine” Vitamin
Wednesday, July 20, 1pm
This month’s Fresh Conversation class will cover food sources of vitamin D and the connection between vitamin D and depression. Presented by Karen Basinger, MS, CFCS, LDN, Family and Consumer Sciences, University of Maryland Extension Service. A lunch is available after the program. Please note change in time. Please sign up at the 50+ Center Front Desk.

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.
Skin Cancer Detection Starts With You
Friday, July 22, 11am
You can play an important part in detecting abnormal skin growths or potential skin cancers by checking your skin regularly and seeing a healthcare professional for routine skin examinations. Danielle LeClair, Nurse Practitioner specializing in Dermatology for over 15 years will be discussing what to look for during self-examinations and when to seek the advice of a healthcare professional. Please sign up at the 50+ Center Front Desk.

Ask the Officer with Officer Bill Kreitzer
Monday, July 25, 10-11am
Join Officer Bill Kreitzer for a general safety update and Q&A session. Please bring your questions and concerns and Officer Kreitzer will be available to listen and help for free. Coffee & light breakfast will be available. Please sign up at the 50+ Center Front Desk.

Cool Down with Card Making!
Wednesday, July 27, 10am
Come escape the July heat and join us for two hours of paper crafting fun. We will make three hand stamped greeting cards for Birthdays and other occasions. Paper, envelopes, stamps, ink, and any special tools will be provided. If you’re new to card making, there will be detailed instructions. If you’re already a crafter, please bring your favorite scissors and adhesive. Instructor Emily Aubin. Please sign up at the 50+ Center Front Desk. Free.

July Birthday Bash
Wednesday July 27, 12 pm
Celebrate your birthday month with lunch and a cupcake. Please sign-up at the 50+ Center Front Desk.

Fresh Conversations:
Cooking for 1 or 2
Wednesday, August 3, 10am
This month's Fresh Conversation class will cover how to cook for 1 or 2 people. Presented by Karen Basinger, MS, CFCS, LDN, Family and Consumer Sciences, University of Maryland Extension Service. A lunch is available after the program. Please note change in time. Please sign up at the 50+ Center Front Desk.

“World Senior Citizens Day” Lunch
Friday, August 19, 12 pm
Join us for a lunch to celebrate World Senior Citizens Day! This is a day to celebrate accomplishments and to raise awareness about issues that affect senior citizens and their quality of life. Please sign up at the 50+ Center Front Desk.

Ask the Officer with Officer Bill Kreitzer
Monday, August 22, 10-11am
Join Officer Bill Kreitzer for a general safety update and Q&A session. Please bring your questions and concerns and Officer Kreitzer will be available to listen and help for free. Coffee & light breakfast will be available. Please sign up at the 50+ Center Front Desk.

Thinking of Going Vegan?
Wednesday, August 31, 11 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. A lunch is available after the program. Please sign up at the 50+ Center Front Desk.
EVENTS AND PROGRAMS

August Birthday Bash
Wednesday August 31, 12 pm
Celebrate your birthday month with lunch and a cupcake. Please sign-up at the 50+ Center Front Desk.

Care Talk with Earnestine
Thursday, September 1, 11am
Learn about the Caregiver Support Program (CSP) and the resources and supports available to help you or a loved one. Presented by Earnestine Thomas MSW, Caregiver Specialist. Please sign-up at the 50+ Center Front Desk.

Happy Labor Day Lunch
Friday, September 2, 12 pm
Join us for a lunch to celebrate Labor Day! Please sign up at the 50+ Center Front Desk.

Baltimore Museum of Industry:
“The 1930s: Decade of Uncertainty”
Friday, September 9, 11 am
In the decade of the Great Depression, the city was entering uncharted territory: an unparalleled economic downturn, collapsing banks, and a growing international crisis that would ultimately bring the country into another world war. Politicians were elected to be agents of change, and the “New Deal” put Baltimore slowly on the road to economic recovery. It was a decade of growing Civil Rights activism, of entrepreneurs and entertainers, and, most of all, people enduring hardship while looking forward to better times. Please sign up at the 50+ Center Front Desk.

Bird Walk at High Ridge Park
Tuesday, September 13, 1:30 pm
Enjoy an afternoon stroll around High Ridge Park and learn the basics of birding and bird identification with a Ranger bird expert! See familiar avian faces, learn to distinguish common bird calls, and maybe even spot an unusual bird passing through Maryland. Also pick up some tips on how to overcome accessibility barriers to birding. All experience levels welcome! Bring binoculars if you have them. There is a restroom on site and pathways are stroller- and wheelchair-friendly.
We will meet at the park entrance.
Please sign-up at the 50+ Center Front Desk.

* Free Health Screenings! *
Wednesday, September 14, 9-12 pm
Receive a complimentary health screening (manual blood pressure, stroke risk assessment and BMI calculation) with Andrea Bendig MSN, BSN, RN, CM, DN. Please sign-up at the 50+ Center Front Desk.

Handmade Greeting Cards for Special People
Wednesday, September 14, 10am
Is there someone amazing in your life you’d like to thank? Do you want to let someone know how special they are? Join us for a special card making class celebrating the wonderful people in our lives. Come make three beautiful handmade cards to thank, support, or bring a smile to friends or family. Paper, envelopes, stamps, ink and special tools will be provided. No experience is necessary. However, if you’re a seasoned crafter, please bring a favorite adhesive and a pair of scissors to the class.
Instructor Emily Aubin. Please sign up at the 50+ Center Front Desk. Free.
EVENTS AND PROGRAMS

AARP CarFit Checkup
Thursday, September 15, 10 am
CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle “fit” them to increase safety and mobility when they hit the road. Review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints. Please sign up at the 50+ Center Front Desk for your 20 minute appointment.

Tasty Tidbits:
Farmers’ Market Fresh Vegetables
Friday, September 16, 10am
It’s that time of year when Farmers’ Markets are filled with an abundance of local produce. This month we will explore vegetables in season right now and how to incorporate them into your meals. Presented by Nutrition Specialist, Cheryl Campbell. Please sign up at the 50+ Center Front Desk.

Falls Prevention Exercise
Tuesday, September 20, 11 am
In recognition of annual “Falls Prevention” week, join us to learn more about how you can prevent falls. Part presentation, part demo! Participants should expect to be out of their chairs moving around. Presented by Malarie Burgess. Please sign up at the 50+ Center Front Desk.

Build a Better Breakfast
Tuesday, September 21, 11 am
Tired of the same old breakfast routine? 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! A lunch is available after the program. Please sign up at the 50+ Center Front Desk.

Origami “Tsuru” - Japanese Crane
Friday, September 23, 11 am
The Japanese crane is an auspicious symbol of happiness, health, longevity and peace for the world. Join Shawnee Holmberg as she shows you how to craft this beautiful work of art. Materials needed for this class will be provided. Please sign up by phone, online, or stop by the 50+ Front Desk. Free.

Ask the Officer with Officer Bill Kreitzer
Monday, September 26, 10-11am
Join Officer Bill Kreitzer for a general safety update and Q&A session. Please bring your questions and concerns and Officer Kreitzer will be available to listen and help for free. Coffee & light breakfast will be available. Please sign up at the 50+ Center Front Desk.

Fresh Conversations:
What’s Trending in the Nutrition World
Wednesday, September 28, 11am
This month’s Fresh Conversation class will cover current trends in the world of nutrition. Presented by Karen Basinger, MS, CFCS, LDN, Family and Consumer Sciences, University of Maryland Extension Service. A lunch is available after the program. Please note change in time. Please note change in time. Please sign up at the 50+ Center Front Desk.

September Birthday Bash
Wednesday September 28, 12 pm
Celebrate your birthday month with lunch and a cupcake. Please sign up at the 50+ Center Front Desk.

Sneaky Scams!
Friday, September 30, 11am
Learn about the latest scams and how to protect yourself! Presented by Tracy D. Rezvani, from the Howard County Office of Consumer Protection. Please sign up at the 50+ Center Front Desk.
Mat Pilates
Mondays & Thursdays, 11:30 am
Cost: $105 for 20 classes
July 7—September 26
#A06457.801
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 for class or bring your own. No class Jul. 18, 21, Aug. 29, Sept. 5
Instructor: Maggie Lockhart

Gentle Yoga
Wednesdays, 11:15 am to 12:15 pm
Cost: $76 for 12 classes
July 6—September 21
#A06415.801
Learn basic yoga poses and proper posture to pair with breath work and relaxation techniques. Class benefits include greater flexibility and improved strength, energy and concentration, clarity and overall health. Mats and props available for class or bring your own. Note new time.
Instructor: Lisa Rados

Line Dance
Tuesdays, 11:15 am to 12:45 pm
$5/month - can pay for multiple months
#A06422.801, A06422.802, A06422.803
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

Age Well Exercise
Wednesdays and Fridays, 11:30 am
Cost: $58 for 18 classes
July 13—September 23
#A06463.801
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 cosponsored by the Howard County General Hospital. For more information or to register, call the 50+ Front Desk. No class Aug. 3, 10, 17, 24
Instructor: Roxanne Hartman, OTR/L, CDP

Chair Yoga DANCE!
Wednesdays, 10 am to 11 am
Cost: $76 for 12 classes
July 6—September 21
#A06414.801
Loosen and stretch muscles, reduce stress and improve circulation while building strength and balance. Each class starts with breath work and slow body warmups, then moves to accessible seated dance movements. The best part is we all move together to songs of yesteryear as well as popular songs of today.
Instructor: Lisa Rados

Zumba Gold
Fridays, 10 am to 11 am
Cost: $83 for 12 classes
July 8—September 23
#A06411.801
A fun, Latin-inspired workout designed for the active, older adult, incorporating Zumba’s contagious rhythms with a lower intensity.
Instructor: Roxanne Hartman, OTR/L, CDP

Current Fitness Class Schedules available at 50+ Center Front Desk
For just $75/year, Go50+ members can use the fitness equipment rooms at three 50+ Center locations: Elkridge, Ellicott City and Bain 50+ Centers, as well as in the community centers at Glenwood, N. Laurel, and Ellicott City.

Those needing a brush-up on how to use the exercise equipment can view a video at: https://www.youtube.com/watch?v=8KyvEPCNJZ8

If you need an update on the status of your Go50+ membership or would like additional information, please call the 50+ Front Desk.

Please don’t be shy!

Let Lucky, Carmen, or Cheryl know how we can better serve you—that’s what we’re here for!

We also have a comment box up front for your ideas!

What programs would you like to see?

Contact us — all the information is on the front cover!

Our next newsletter will be available the last week of September, and will cover the quarter of October through December.
**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=m5f09310a9636164aa382d028d023dc16ee6  
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=m35108712cd044f2ec74f0b752e8d716d7  
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/](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.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>FLOOR, CORE &amp; MORE 8:30 AM</td>
<td>POWER 8:30 AM</td>
<td>KICKBOXING 6 AM</td>
<td>POWER 8:30 AM</td>
<td>FLOOR, CORE &amp; MORE 8:30 AM</td>
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<tr>
<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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<tr>
<td>SEATED STRENGTH AND BALANCE 11 AM</td>
<td>YOGA WITH MARY 11 AM</td>
<td>CIRCUIT CONDITIONING 5:30 PM</td>
<td>SEATED STRENGTH AND BALANCE 11 AM</td>
<td>FRIDAY POWER 11 AM</td>
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<tr>
<td>CIRCUIT CONDITIONING 5:30 PM</td>
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![Hatha Yoga](https://example.com/hatha-yoga.png)

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