

# OLDER AMERICANS MONTH ACTIVITY CALENDAR

# MAY 2023

**Center Phone Numbers  
for Program Registration:**

- Bain: 410-313-7213
- East Columbia: 410-313-7680
- Elkridge: 410-313-5192
- Ellicott City: 410-313-1400
- Glenwood: 410-313-5440
- North Laurel: 410-313-0380

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<p><b><u>Maryland Law Day</u></b> 9:00am - 3:00 pm Free, Registration required North Laurel 50+ Center</p> <p><b><u>Artisan Bread Cooking Demo</u></b> 2:00 pm Glenwood 50+ Center</p>	<p><b>OAM Kickoff Walk with Carmen &amp; Darlene</b> 8:15 - 9:00 am North Laurel 50+ Center</p> <p><b><u>Card Making Workshop</u></b> 11:30am Glenwood 50+ Center</p>	<p><b>Veterans Claims Clinic</b> 9:00-3:00pm Ten Oaks Ballroom</p>	<p><b>Nutrition Education: High Blood Pressure &amp; Stroke Awareness</b> 11:00 - 12:00pm Elkridge 50+ Center</p> <p><b><u>Loving Ourselves, Loving Others</u></b> 12:30 - 1:30 Elkridge 50+ Center</p> <p><b><u>Bird Day Program</u></b> 2:00pm East Columbia 50+ Center</p>	<p><b>Bird Walk at High Ridge Park</b> 9:00 - 10:00am North Laurel 50+ Center Free, Reservation required</p> <p><b><u>Senior Choir Spring Concert</u></b> 10:00am Bain 50+ Center</p> <p><b><u>Birds of Maryland</u></b> 11:00am Glenwood 50+ Center</p>	



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<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	<p><b>Chronic Disease Self-Management Course</b> 10:00 - 12:30pm North Laurel 50+ Center</p> <p><b>High Blood Pressure Education &amp; Stroke Awareness</b> 11:15am Bain 50+ Center</p> <p><b>Flower Arranging (\$12)</b> 2:30pm East Columbia 50+ Center</p>	<p><b>AVAM Mosaic Project Day 1</b> 9:30 - 12:00pm Glenwood 50+ Center \$30 / 3 Classes</p> <p><b>SHIP Card Laminations</b> 10:00 - 12:00pm Bain 50+ Center</p> <p><b>Senior Planet: Money Matters</b> 11:00 - 12:00pm Ellicott City 50+ Center</p> <p><b>MAP: Housing Options</b> 11:00 - 12:00pm Elkridge 50+ Center</p> <p><b>OAM Kick Off Market</b> 2:00-4:30pm Ellicott City 50+ Center</p>	<p><b>Intergenerational Tea Pot Painting</b> 9:00am Glenwood 50+ Center</p> <p><b>Cinema at Bain featuring "The Woman King"</b> 1:00pm Bain 50+ Center</p>		<p><b>Breaking Age Stereotypes: Dr. Laura Allen, UMBC</b> 10:00 - 11:30am Bain 50+ Center</p> <p><b>Showtime Singers Concert</b> 2:00pm Ellicott City 50+ Center Free, Reservation required</p>

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<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Tech Donation Drive All Week					
<p><b><u>Hearing Screening with Clarity Audiology</u></b> 10:00 - 12:30pm Elkridge 50+ Center Free, Appointment required</p> <p><b>History of Broadway</b> 10:00am Glenwood 50+ Center</p>	<p><b><u>Candlelight Concert: The Iris Music Project</u></b> 11:00am Bain 50+ Center</p>	<p><b><u>AVAM Mosaic Project Day 2</u></b> 9:30am Glenwood 50+ Center</p> <p><b>Care Matters for You</b> 11:00 - 12:00pm North Laurel 50+ Center</p> <p><b>Paper Crafting</b> 11:00am East Columbia 50+ Center</p> <p><b><u>The Rings of Saturn with Bob Savoy</u></b> 11:00am Ellicott City 50+ Center</p>	<p><b><u>Broadway Dance</u></b> 10:00am Glenwood 50+ Center</p> <p><b><u>Make Your Own Nature Journal</u></b> 12:00 - 12:00pm North Laurel 50+ Center</p>	<p><b><u>Senior Planet: Intro to Social Media</u></b> 11:00 - 12:00pm Glenwood 50+ Center</p> <p><b><u>Be Financially Savvy with your Home Improvement</u></b> 11:00 - 12:00pm North Laurel 50+ Center</p>	



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<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p><b><u>Fresh Conversations:</u></b>  <b><u>Beating the Silent Killer</u></b>                      1:00 - 2:00pm                      Elkridge 50+ Center</p>	<p><b><u>Senior Planet:</u></b>  <b><u>Staying Safe Online</u></b>                      11:00 - 12:00pm                      North Laurel 50+ Center</p> <p><b><u>Car Buying &amp; Car Care</u></b>                      11:00am                      Glenwood 50+ Center</p> <p><b><u>World Language Café</u></b>                      7:00 - 9:00pm                      East Columbia 50+ Center</p>	<p><b><u>AVAM Mosaic Project Day 3</u></b>                      9:30am                      Glenwood 50+ Center</p> <p><b><u>Attacking Arthritis</u></b>                      1:00pm                      East Columbia 50+ Center</p>	<p><b><u>C&amp;O Canal Program History</u></b>                      1:00pm                      Glenwood 50+ Center</p> <p><b><u>Sound Sculptor &amp; Percussionist: Josh Howell</u></b>                      2:00pm                      East Columbia 50+ Center</p> <p><b><u>Encore Cinema</u></b>                      6:00pm                      East Columbia 50+ Center</p>	<p><b><u>Doowop Memorial Day Lunch</u></b>                      11:00 - 1:00pm                      North Laurel 50+ Center                      Voluntary Donation,                      Reservation required</p>	



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MONDAY	TUESDAY	WEDNESDAY	
<p style="text-align: right; color: blue; font-weight: bold; font-size: 24px;">29</p> <p style="text-align: center; font-weight: bold;">MEMORIAL DAY</p>	<p style="text-align: right; color: blue; font-weight: bold; font-size: 24px;">30</p>	<p style="text-align: right; color: blue; font-weight: bold; font-size: 24px;">31</p> <p><b>Age Trivia: A Jeopardy-style Program</b> 11:00 - 12:00pm North Laurel 50+ Center</p> <p><b>Fitness Assessment</b> 11:00 - 12:30pm Elkridge 50+ Center Free, Reservation required</p> <p><b>Senior Health &amp; Fitness Day</b> 12:00pm Bain 50+ Center</p> <p><b><u>Culture, Conversations &amp; Cuisine</u></b> 12:00pm Glenwood 50+ Center</p>	

