

# GLENWOOD 50+ CENTER

APRIL - MAY - JUNE 2020



Howard County Office on  
**Aging and Independence**  
Department of Community Resources and Services



**2400 Route 97  
Cooksville, MD. 21723  
(410) 313-5440**

**Center Email**  
glenwood50@  
howardcountymd.gov

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

**GO50+Hours**  
Mon - Sat: 7 am - 9 pm  
Sun: 9 am - 6 pm

**Council Website**  
[www.glenwood50plus.org](http://www.glenwood50plus.org)

**Volunteer Website**  
[www.hocovolunteer.org](http://www.hocovolunteer.org)

**County Website**  
[www.howardcountyaging.org](http://www.howardcountyaging.org)

## **In This Issue**

General Info	<b>P 2</b>
On-Going Programs	<b>P 3-4</b>
Programs/Events	<b>P 5-8</b>
HCC Classes	<b>P 9</b>
Exercise/Fitness	<b>P 10-12</b>



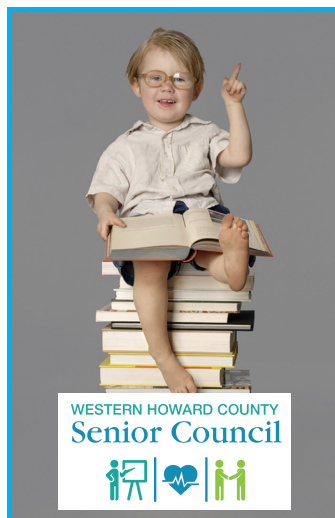
PLEASE SCAN  
YOUR CARD  
EACH VISIT

We kick off this quarter with a Census Awareness Event: Don't be Fooled, learn how you can participate in the Census without a visit to your home, as you are treated to homemade number cookies! A second Pilates class on Wednesday mornings with Bob McDowell; an instructional bridge program with Mark Shimshak; a new series on the 50 states and instructional pickle ball clinics have been added to enhance your learning. For those with green thumbs, we are partnering with the Longfellow Garden Club for a Fascinators Workshop on April 9th, and Carrie Engle teaches a container gardening class on May 6th. The Annual Faith Based Outreach luncheon is scheduled for April 22nd. Don't miss the history talks, DIY classes and picnics that we have planned through June. See you around the center,



**#HoCoCounts**  
**2020 CENSUS**

## SPOTLIGHT ON FOOD, FUN & FICTION



Get your summer reads at the Book & Bake Sale in May. The lobby will be full of books and baked goods. Browse the books, sample the sweets and support the center! Donations of books, and baked goods needed! All books must be in good condition, no text books please. Stop at the front desk to sign up to help with set up, bake goodies or man the tables.

**MAY 13, 14, 15 9 AM - 3:30 PM**

**Registration for programs begins March 16.**

# GENERAL INFORMATION

## 50+ Center Staff

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

**Lucky Sohi, Assistant Director**  
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410-313-4832

**Chris Ferraro, Registrar**  
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410-313-5440

**Evan Larkin, Utility Worker**  
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410-313-4836

**Stephanie Rigsby, Nutrition Specialist**  
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410-313-4833

## Connections / Kindred Spirits

**Judy Miller, Director**  
jumiller@howardcountymd.gov  
410-313-4849

**Andrea Bryant, Program Assistant**  
abryant@howardcountymd.gov  
410-313-5441

**Bridget McAndrews, Program Assistant**  
bmcandrews@howardcountymd.gov  
410-313-5441

## 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

**Council Meetings:**  
**Second Tuesdays at 1 pm**  
**All are welcome to attend**

The Council (a 501c3) is inviting you, yes you to join the group. The Council supports the center both with financial and volunteer resources. Fundraisers are held throughout the year; book sales, bake sales, raffle baskets, and bingo events and those monies are used to sponsor speakers, events and equipment for programs here at the center. Think about visiting a meeting this quarter and seeing what it is all about.

WESTERN HOWARD COUNTY  
**Senior Council**



## CENTER CLOSINGS

Friday, April 10  
Wednesday, April 15  
Monday, May 25

**CLOSED** (Good Friday)  
**CLOSING EARLY @ 2 PM** (Staff Meeting)  
**CLOSED** (Memorial Day)

# ON-GOING PROGRAMS

## **Ask the Pharmacist**

**2nd Monday, 9 am - 1 pm**

Bring all of your questions to pharmacist, Don Hamilton, P.D. Meet one on one and get answers to your pressing questions about your medications.

## **Blood Pressure Monitoring**

Sponsored by Howard County General Hospital. Keep on top of your blood pressure to avoid serious health concerns. Let the nurse help you keep track of your readings. First come first served. Dates are April 28, May 26 and June 23.

## **Maryland Access Point**

**2nd Wednesday, 9 am**

Join Emily LeClerq as she answers questions about county resources, and @ 11am discusses different topics monthly. April 8 In Home Care Options, May 13 Senior Housing Options. No MAP program in June.

## **Meditation**

**Fridays, 8:30 am**

Begin your day completely centered. Susan Kain leads a 20 minute meditation program. Bring a mat and drop by to join in.

## **Basketball - Drop in**

**Monday, Wednesdays, Fridays, 9 - 11 am**  
**Players must be 50+ years of age**

Join this group for a fun and competitive workout.

## **Nutrition Consultation & Discussion**

**1st Wednesday, 9:30 am, 11 am Discussion**

Registered dietician, Carmen Roberts is available to consult members individually, followed by a talk at 11 am. April 1: Understanding Routine Bloodwork, May 13: Impact of Nutrition on Blood Pressure (with food samples), June 3: Nutritional Needs of Men.

## **Reflexology with Linda**

**Thursdays, 9 am - 2 pm**

**Cost: \$30 for 30 minutes, \$60 for 60 minutes**

Linda Deffinbaugh, RN offers reflexology to our members. Reflexology is based on the theory that there are reflex points on the feet, hands and head linked to every part of the body.

## **Walking Group**

**Monday - Friday, 7 am**

Our walking group meets five days a week. Come join us any day for a brisk walk indoors. Walk at your own pace.

## **Pickleball**

**Tuesdays, Thursdays, 11 am - 12:30 (3 Courts)**

**Tuesdays, Thursdays, 12:30 - 2:30 (6 Courts)**

**Fridays, 12 - 2 pm (3.5 and lower)**

Come join! Pickle Ball combines elements of tennis, badminton and ping-pong. Volunteers provide informal instruction on Fridays.

## **Ted Talks**

**1st Thursdays, 10 am**

Join Lucky in Lisbon for a monthly viewing of 1-2 Ted Talks and discussion.

# ON-GOING PROGRAMS

## **Billiards-Table Tennis**

**Monday-Fridays, 8 am - 4:30 pm**

Stop by the front desk and grab a key to the game room. Enjoy a game of table tennis or pool!

## **Chinese Mahjong**

**Tuesdays, 1 - 3 pm**

Learn how to play and enjoy the friendships that are created.

## **Pinochle**

**Mondays, Fridays, 10 am - 4:30 pm**

Pinochle is a classic two-player game developed in the United States, and it is one of the country's most popular games. New players and beginners are always welcome.

## **Advanced Duplicate Bridge**

**Mondays, Wednesdays, 12:45 - 4:00 pm**

**Cost: \$1**

Program includes coffee and tea. Duplicate Bridge is the most widely used variation of contract bridge in club play.

## **New Release Movies**

**2nd and 4th Friday, 1 pm**

**Cost: \$1**

Check front desk for details.

## **Seniors Together, Men's Roundtable**

**Tuesdays, 10 am-12 pm**

Join us each Tuesday for civil discussion on politics, government, finance, health and other topics of interest to older adults. Frequent guest speakers and monthly field trips organized by the group to area museums, institutions and attractions.

## **Open Studio: Arts & Crafts - Join Us**

**Wednesdays, 9am - noon**

Are you working on any crafts at home? Painting, knitting, crocheting, jewelry making, paper crafts or more? Drop in and create together.



## **New Members & Volunteers**

**Second Tuesday of each month, 9 am**

Register in advance for this orientation geared to new members and volunteers. Join the staff for a complete overview of programs and activities and a tour.

## **iPhone, iPad Workshop**

**April 7, May 4, June 10, 10 am**

Join Mike Vecera for his iPad and iPhone help sessions. Sign up in the binder at the front desk and learn to make the most of your device.

**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.

# ON-GOING PROGRAMS

## Genealogy

**Second Thursday of each month, 10 am**

Join Dottie Aleshire, former program coordinator at Howard County Genealogical Society. Details on various genealogy topics will be posted on the center bulletin board.

## Tuesdays on the Trails

**Tuesdays at 9:30 am**

Join us on the trails of Western Regional Park. Interested in trail walking but uncomfortable walking alone? Enjoy the peacefulness of the woods and get in a 30-45 minute walk. Dress for the weather, wear comfortable footwear and bring water.

## History of Broadway

**Monday, April 20, May 18, June 8  
11 am**

Join Steve Friedman for his entertaining and informative series on Broadway. Each session focuses on a different era, enjoy lecture and singing.

## PROGRAMS, EVENTS AND CLASSES

## Don't Be Fooled - Census Event

**Wednesday, April 1, 10 am - 2 pm**

Join us in the lobby for an awareness event about the Census and how you can participate without having to open your door. Enjoy number cookies and giveaways. Open to all.

## Richard Bell - Book Talk

**Untold Stories of the American Revolution**

**Wednesday, April 8, 11 am**

Learn more about this country's founding moments and the birth of a nation. This talk probes unexpected corners of this 8 year war.

## Garden Club - Fascinators

**Thursday, April 9, 1 pm**

**Cost: \$20**

Join us to make Fascinators in a workshop led by Robyn Gavigan. This is in partnership with the Longfellow Garden Club. All materials are provided.



## AARP Tax Aide

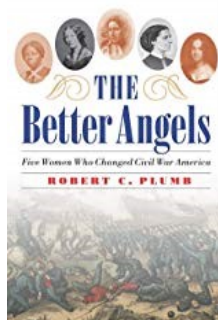
**Mondays, Thursdays, through April 13th**

**Call for an appointment on 410.313.5440**

AARP tax aides offer free income tax preparation for Howard County residents.

## Civil War Series: The Better Angels

**Wednesday, April 15, 10 am**



Speaker and author Robert Plumb speaks on *The Better Angels: Five Women Who Changed the Civil War*. Learn about these remarkable women who made important contributions to the war.



# PROGRAMS, EVENTS AND CLASSES

## Healthcare Decisions Day

**Thursday, April 16, 10 am - 2 pm**

We are raising awareness of the importance of Advance Directives. Meet professionals in the lobby to discuss the hard topic of end of life and receive handouts on how to deal with difficult decisions. Our goal is to have every person's wishes for end-of-life care expressed and respected.

## National Park Series

**Thursday, April 16, 1 pm**

Join Laura Grant for the last of this popular National Park Series. This month she focuses on Joshua Tree National Park.

## Powhatans

**Friday, April 17, 1 pm**

Join Deborah Swartz and learn about Powhatan people of the 17th and 18th century, their customs and culture.

## Beginners Basic Bridge

**Mondays, April 20, May 4, 11, 18, 1 pm**

**Cost: \$43                      A03697.700**

Mark Shimshak presents a basic course for individuals who have not played bridge before. Basic concepts such as the aim of the game, and partnerships.

## Book Club

**Thursday, April 23, 1 pm**

"Cavendon Women" by Barbara Taylor Bradford is the book, Kathy Free is the leader.

## Baltimore Museum of Industry

**Baltimore Mid Century: People, Places, Priorities in the 1950's.**

**Friday, April 24, 11 am**

Hear about this decade of dramatic changes and how this dynamic decade made lasting fundamental changes to the way people live. Presented by Jack Burkett.

## Movie Day

**Friday, April 24, 1 pm**

**Cost: \$1**

**Knives Out - PG13, 2 hours, 10 min.**



## For the Birds

**Wednesday, April 29, 2 pm**

**Cost: \$12                      A03500.700**

Make a vintage teacup birdfeeder and decorate a small wooden birdhouse for spring.

## Law Day

**Friday, May 1, 9 am - 3 pm**

Volunteer attorney's will offer free preparation of Maryland Medical Decision documents. Please call 410.313.5440 to make an appointment.

# PROGRAMS, EVENTS AND CLASSES

## Honoring Mothers Day Luncheon

**Friday, May 1, 12 noon**

**Cost: \$12                      A03799.700**

Enjoy a lovely luncheon of tea and ham sandwiches, scones, salad, coconut pound cake and lemon ricotta cookies. Learn new ways to honor your loved ones, and share poignant memories of motherhood.

## Ultimate Ways to Declutter Your Home & Prepare it For Sale

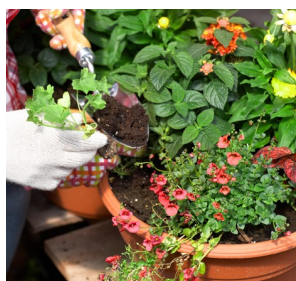
**Monday, May 4, 1:30 pm**

Do you still have your kids' stuff in your basement, or thinking about selling your home? This class will discuss the easiest ways to declutter, tell you what buyers are looking for, set yourself apart from the competition, and get you the highest price for your home. Presented by Karen Gatzke.

## Containers with Carrie

**Wednesday, May 6, 11 am**

**Cost: \$15                      A03632.700**



Join Carrie Engle of Valley View Farms and create a stunning container of annuals for your porch or deck.

## State of Your Next Discovery

**Thursday, May 7, June 4, 1 pm**

Join us for the kick off of this new series where we discover our country, state by state. Learn things you never knew, see sights you've never seen. May is Nebraska, June is Idaho. Led by member/volunteer Laura Grant.

## Movie Day

**Friday, May 8, 1 pm**

**Little Women** - PG, 2 hours, 15 min.



## Loyalists of the American Revolution

**Fridays, May 8,15, 22, 9:30 am**

**Cost: \$20                      A03605.700**

Roger Swartz leads this 3 part workshop and discusses the loyalty to Great Britain, Loyalists as spies and more.

## Baltimore Museum of Industry

### Destination Baltimore: The Story of Immigration and Opportunity

**Wednesday, May 13, 11 am**

For almost two million people, Baltimore was the destination that promised a new life, hope and opportunity. Immigrants provided the labor force so necessary for Baltimore to become an industrial powerhouse. Who were these people? Where were they from? Why did they abandon their homes?

# PROGRAMS, EVENTS AND CLASSES

## Moving with Menopause

**Wednesday, May 20, 11 am**

Join Malarie Burgess, Exercise Specialist for a presentation discussing how exercising looks and changes through and post menopause.

## Memorial Day Orlando's Way

**Friday, May 22, 11:45 am**

**Cost: \$10                      A03762.700**



Join us on the patio for a delightful afternoon featuring homemade pulled pork, beans, slaw and chips, and the music of Orlando Phillips.

## Movie Day

**Friday, May 22, 1 pm**

**Cost: \$1**

**Bucket List:** PG 13, 1 hour, 37 minutes



## Native American Religious Practices

**Friday, May 22, 1 pm**

Join Deb Swartz and learn about how Natives worshiped the Creator in the 18th century. She will concentrate on the eastern woodland area and talk about the Feast of the Dead.

## Book Club

**Thursday, May 28, 1 pm**

The book for May is "The Guernsey Lady and Potato Peel Society" by Ann Barrow. Leader is Dana Johnson.

## Stone Succulent Garden

**Friday, May 27, 2 pm**

**Cost: \$10                      A03501.700**

Create your own forever plant and a pot decorated by you.



## Instructional Bridge

**Advanced Basic Bridge**

**Mondays, June 1, 8, 15, 22, 1 pm**

**Cost: \$43                      A03699.700**

Mark Shimshak takes members to the next level with this 4 week instructional class for the advanced beginner.

## Restaurant Ware: Made in the USA

**Wednesday, June 3, 1 pm**

Phillip Lord presents this program on America's restaurant and hotel ware industry. Learn about pottery companies and more. Handle a few samples and ask your questions.

## (African) American Revolution

**Friday, June 5, 11 am**

Join author and historian Richard Bell for a look at how the Revolutionary War was for people of color.



# PROGRAMS, EVENTS AND CLASSES

## Have Your Cake and Eat it Too

Friday, June 12, 2:30 pm

Cost: \$18

A3504.700

Create a one of a kind cake stand to display cakes, cheese or anything you wish.

We supply the materials, using paint or stain, personalize it how you like. We will provide several ideas on how to finish your stand.



## Movie Day

Friday, June 12, 1 pm

Cost: \$1

Calendar Girls: PG 13, 1 hour, 48 minutes

## Surely It's Shibori

Wednesday, June 17, 2 pm

Cost: \$15

A03502.700

Learn all about this Japanese method of embellishing textiles. Students will leave with two 20 inch squares, one to frame and one will be made into a pillow. Wear clothes that can get dye on them. Items are ready for pick up 1 week after class.

## School's Out Waffle Bar

Tuesday, June 23, 9 am

Join us for our waffle bar and the transition to summer camps. Enjoy the energy of young children ready for summer!

## Sounds of Summer Picnic

Friday, June 26, 11:30 am

Cost: \$10

A03761.700

It's time to kick back to the sounds of center member Panama Rex. Join us on the patio as we enjoy a delicious meal of grilled chicken, caprese salad, grilled peaches, and desserts.



## Movie Day

Friday, June 26, 1 pm

Cost: \$1

Murder Mystery: PG 13, 1 hour, 37 minutes

## HOWARD COMMUNITY COLLEGE COURSES

### Fiction in the Judeo-Christian Tradition

Thursdays, 4/16,

1-3 pm

Instructor: George Clack

### Deadlier Than the Male Part II

Tuesdays, 5/5, 5/12

12:30 - 3 pm

Instructor: Jean Sonntag

To register for Howard County Community College Continuing Education courses, visit the website:

<https://www.howardcc.edu/programs-courses/continuing-education/information/registration-payment/index.html>

HCC course attendees must complete paperwork to become members of the Glenwood 50+Center.

# EXERCISE AND FITNESS

## Core Yoga

**Monday, 3 pm**

April 6 - June 15

Instructor: Susan Kain

Core work doesn't have to mean crunches and sit-ups. In the 50+ population, those exercises are often contraindicated!

Let's build strength from the inside out with poses that stretch tightened muscles and strengthen muscles that have become weak. This 'crunch-free' class will strengthen your core and support your spine while protecting your back.

**11 classes for \$66     A03419.700**

**No class 5/25**

## Energize High Intensity Interv Trng

**Monday & Wednesday, 8:20 am**

April 13 - June 24

Instructor: Sara Schwab

This choreographed class alternates between floor aerobics, power development, and resistance strength training with the use of weights, bands and tubes, medicine, stability and flex ball.

**18 classes for \$90     A03416.700**

**No class 5/11, 5/13, 5/18, 5/25**

## Flex, Stretch & Move

**Fridays, 2:30 pm**

April 3 - June 19

Improve flexibility, coordination, strength and balance. Focus on strengthening muscles and connective tissue as well as improving joint mobility. Class offers both seated and standing options. Bring a mat to place under your chair.

**11 classes for \$58     A03430.700**

**No class 4/10**

## Chair Yoga (Formerly Gentle)

**Tuesday, 10:15 am**

April 7 - June 23

**12 classes for \$72**

**A03422.700**

**Wednesday, 2 pm**

April 6 - June 17

**12 classes for \$72**

**A03424.700**

**Thursday, 10:15 am**

April 2 - June 18

**12 classes for \$72**

**A03423.700**

Instructor: Mary Garratt

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.

## Hatha Yoga 1-2

**Friday, 9 am**

April 3 - June 19

Instructor: Susan Kain

Find the benefits of greater flexibility, increased energy, and improved overall health by expanding your yoga practice. Class ends with deep relaxation and breathing.

**11 classes for \$66     A03418.700**

**No class 4/10**



# EXERCISE AND FITNESS

## Hatha Yoga

**Tuesday, 9 am**

April 7 - June 23

Instructor: Mary Garratt

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

**12 classes for \$72**

**A03425.700**

**Wednesday, 3:15 pm**

April 1 - June 17

Instructor: Susan Kain

**12 classes for \$72**

**A03426.700**

**Thursday, 9 am**

April 2 - June 18

Instructor: Mary Garratt

**12 classes for \$72**

**A03428.700**

## Line Dancing: Beginner Drop In

Tuesday, 2:30 pm

**1 month for \$5**

## Line Dancing: Intermediate Drop In

Tuesdays, 3:30 pm

**1 month for \$5**

## Line Dancing: Advanced Drop In

Tuesdays, 12 noon

**1 month for \$5**

## Line Dancing Beginners

**Thursday, 1pm**

April 2 - June 18

Instructor: Sandy Garrish

Dancing is great exercise and fun.

Come join us for Basics. Please wear leather soled shoes.

**12 classes for \$72**

**A03451.700**

## Line Dancing Improver

**Thursday, 2 pm**

April 2 - June 18

Expand your knowledge of the popular line dances . Line dancing is one of the most fun dances out there because you can do it anywhere, and you do not need a partner!

**12 classes for \$48\***

**A3453.700**

\*Instructor will have a substitute leading the class time the first 4 weeks, cost reflects actual time taught by instructor.

## Meditation Drop In

**Fridays, 8:30 am**

April 3 - June 26

Instructor: Susan Kain

Start your day off completely centered. Susan leads a 20 minute meditation program. No experience necessary. Bring a mat and drop by and join us.

**12 classes**

**A03454.700**

**No class 4/10**

## Tai Chi

**Thursdays, 9 am**

April 2 - June 18

Instructor: Charlie Toth

An exercise for all people, it focuses on slow, deliberate orchestrated movements. Studies on Mind-body exercises, such as tai chi and yoga, show the positive effects of these gentler forms of exercise.

**12 classes for \$72**

**A03147.700**

REGISTRATION FOR  
SESSIONS BEGINNING IN  
JULY IS WEDNESDAY  
JUNE 3RD AT 12 NOON  
IN PERSON AND ONLINE.

# EXERCISE AND FITNESS

## Pilates

**Monday, 9:30 am**

April 6 - June 23

**11 classes for \$66      A03409.700**

**Wednesdays, 9:30 am (New Day)**

April 1 - June 17

**12 classes for \$72      A03410.700**

Instructor: Bob McDowell

Pilates is an exercise program emphasizing core stability, balance, and abdominal strength. It is based on 34 basic movements that are performed on a mat. Pilates supports a healthy back and invigorates overall fitness. This class is open to all fitness levels and modifications are available.

**No class 5/25**

## Prime Time Tone, Balance & Flex

**Monday & Wednesday, 1 pm**

April 6 - June 17

Instructor: Marianne Larkin

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. Instructor will show modifications for a seated option.

**20 classes for \$75      A03476.700**

**No class 4/15, 5/25**

Register early! Exercise classes in progress may be full. Inquire at the front desk. All exercise classes are scheduled to run between 45 and 55 minutes in duration. Members are encouraged to try one class for free before paying for the session.

## Sit & Fit

**Tuesday, 11 am**

April 7 - June 16

**11 classes for \$38.50      A03431.700**

**Thursday, 11 am**

April 9 - June 18

**11 classes for \$38.50      A03432.700**

Instructor: Susan Kain

Are you interested in getting stronger? Join our 'Sit and Fit' class. Everyone works at their own pace and ability level, using bands, balls, and hand weights, while also enjoying the social benefits, from a seated position.

## Pickleball Clinics

**Wednesdays, 8:30 - 10 am**

Cost: \$15 per clinic. Enrollment is limited to ensure plenty of instruction and practice time. Equipment is provided.

**Introduction (Rules, Game Play, Scoring)**

April 29

**A03400.700**

**Serves & Returns**

May 6

**A03402.700**

**Building a Point**

May 20

**A03403 .700**

**Blocking the Bangers**

June 3

**A03404.700**

Taught by certified instructors, Kelsey Waite and Josh Jenkins, these clinics are designed for a variety of skill levels. Each clinic will indicate which skill level it is targeted to. Kelsey and Josh have extensive teaching experience as well as tournament play. Take your game to the next level in these fun and interactive sessions.

