



**The City of Laurel  
Department of Parks and Recreation  
Division of Senior Services  
422 Montgomery Street  
Laurel, MD 20707**

**Senior Services Office: 301-776-6168  
Transportation: 301- 498-3384  
Information: 301-725-8088  
E-mail: [seniors@laurel.md.us](mailto:seniors@laurel.md.us)  
Web: [www.laurel.md.us](http://www.laurel.md.us)**

## **Registration**

Registration and payment for all programs are processed at any City of Laurel facility during regular business hours. Checks should be made payable to the **Mayor and City Council of Laurel**

Registration is accepted on a first come, first served basis. Walk-in and mail in registrations are accepted so sign up early.

Full refunds are only issued when a program is cancelled. There is a \$35.00 returned check fee.

The City of Laurel welcomes the participation of individuals with disabilities into all programs. The City will fully comply with the Americans with Disabilities Act in making reasonable accommodations to encourage participation.

The senior adult programs listed in this brochure are sponsored jointly through funding from the City of Laurel and the Maryland National Park and Planning Commission. Programs are offered throughout the City of Laurel.

## **Senior Clubs and Organizations**

### **AARP Laurel Chapter 3516**

Monthly meeting held on the 2<sup>nd</sup> Monday at 10:00 a.m. Call for more details and location 301-206-3382

### **NARFE Chapter 422**

Call 301-206-3381 for monthly meeting location, date and time.

### **Laurel Senior Friendship Club**

Monthly meeting held on the 2<sup>nd</sup>, Wednesday at 10:30 a.m. Call for details 301-206-3380

The City of Laurel Department of Parks and Recreation Division of Senior Services works with many senior clubs and organizations in the Laurel area. Membership and activities differ for each so please contact the club or the individual for additional details.



### **Division of Senior Services Newsletter**

The City of Laurel Department of Parks and Recreation Division of Senior Services provide recreational leisure opportunities at multiple locations within the City of Laurel. We are here to serve seniors fifty-five and older as well as disabled adults. Please call 301-776-6168 with questions and for more information.

Senior Services Office is located in the Laurel Armory Anderson Murphy Community Center. You can register for all of our programs at the Laurel Armory, Robert J. Di Pietro Community Center or Municipal Center (City Hall).

### **Senior Program Locations**

City of Laurel Department of Parks and Recreation Division of Senior Services events that are in Laurel can be at any of the listed locations. If interested please sign up at least two weeks prior to the event or trip.

### **Greenview Drive Pool Complex and Cabana**

14403 Greenview Drive, Laurel, MD 20708

### **Laurel Armory Anderson & Murphy Community Center (LAAMCC)**

422 Montgomery Street, Laurel, MD 20707

### **Partnership Hall Activity Center -LPD (PAC)**

811 Fifth Street, Laurel, MD 20707

### **Robert J. DiPietro Community Center (RJDCC)**

7901 Cypress Street, Laurel, MD 20707

### **Laurel Municipal Pool (LMP)**

9th Street & Main Street, Laurel, MD 2070



**Senior Services Office will close on ...**  
**May 28, Memorial Day**  
**July 4, Independence Day**  
**September 2, Labor Day**



### **SAGE Programs with the City of Laurel**

#### **American History with Vince by SAGE**

Look, listen and learn while discussing details of America's history from who is that to what is that on Fridays at 12:30 p.m. in the LAAMCC Lower Level Conference Room.

#### **Yoga with Jen by SAGE**

This exercise class will increase flexibility, tighten, and tone muscles' on Mondays at 9:30 a.m. in the LAAMCC Gym.

#### **Johnnette's Cardio, Strength Training and Dance sponsored by SAGE**

Opportunity for you to achieve the core strength and weight you desire. Space are on Tuesdays and Thursdays 9:00 a.m. in the LAAMCC Dance Room & Fitness Room.

### **Taking with your Doctor Tips from NIH**

Being able to talk with your doctor is important, especially if you have health concerns or issues. Here are some tips to make the most of your visit.

1. Prepare for your visit. Be ready to ask three or four questions. Share your symptoms, medicines or vitamins, health habits, and any major life changes.
2. Take notes or ask for written materials you can share with family. Do not be afraid to ask the doctor to repeat or clarify information.
3. Make decisions with your doctor that meet your needs. Discuss risks, benefits, and costs of tests and treatments. Inquire about other options and preventive steps you can take.
4. Be sure you are getting the message. If you have trouble hearing, ask your doctor to face you when talking and to speak louder, slower and more clearly even repeat.
5. Tell the doctor if you feel rushed, worried, or uncomfortable. You can offer to return for a second visit or follow up by phone or email.

## City of Laurel Senior Programs

### **Barbara Brown's Line Dancing**

Class is on Tuesdays and Thursdays at 9:30 a.m. at the LAAMCC. This fast-paced dance class is a fun and exciting way to exercise for a low cost of \$35.00 per person, per session.

### **Seniors "N" Motion & Wandering Walkers**

Walkers join us at the LAAMCC to continue walking around the gym on Tuesdays and Thursdays between 11:00 a.m. to 11:30 a.m. Every walker is required to sign in at the front desk.



### **Senior Gym Rates**

The City of Laurel has two fitness centers where you can work out. Senior Resident Daily Pass is \$2.25, Annual Pass is \$77.00 and the Non-Resident Senior Daily pass is \$7.25, and the Annual Pass is \$117.00. Passes are good at both centers.

### **Basic to Intermediate Line Dancing**

This free line dance class is a great workout. We do beginning to intermediate dances steps. Join us on Fridays at 9:30 a.m. in The Laurel Armory Gym. We will teach you the basic steps as needed at 10:30am.

### **Tole Painting w Maggie**

This free class gathers on Thursdays at the RJDC at 12:00PM. For more information, please call Maggie at (410) 507-0919.

### **Senior Fit with Johnnette at the Armory**

Dance your way to a healthier you with cardio, strength and flexibility while rocking out to the oldies but goodies. Monday and Wednesday 1:00 pm to 2:00pm **Course # 6942**

### **Senior Swim Rates**

The City of Laurel Pools are open and Passes are available at the Parks & Recreation office or one of the Laurel Pools. Call 301-776-7419 for more information. Senior Resident Rate is \$4.25 & Senior Non-Resident Rate is \$6.25 daily admission for 55plus.



## **Disaster Preparedness Tips**

To minimize the impact a disaster will have on our lives is to be prepared before an emergency happens. For more information on preparedness, information and resources go to U.S. Department of Homeland Security web site [www.ready.gov](http://www.ready.gov).

1. A 3-day supply of packaged or canned food that does not need electricity to prepare.
2. Flashlights and extra batteries or crank charging
3. Medicines and prescriptions also a list of meds and ailments
4. One gallon of water per person per day
5. Personal care items like tooth brushes paste, sanitizer and body wipes
- 6.

### Trips, Travels & Tours Tips



City of Laurel Department of Parks and Recreation Division of Senior Services trips depart from the Robert J. Di Pietro Community Center at 7901 Cypress Street, Laurel, MD. If you require additional transportation to and from the drop off point, please register for the \$30.00 per year for curb-to-curb transportation.

### Cancellations and Credits:

The City of Laurel Department of Parks & Recreation Division of Senior Services will give a full refund or credit for trip or event we cancelled or modified. No Shows or same day cancelations as well as pre-paid admission or tickets will not. Please be aware that there is a \$3.00 cancellation fee for each trip/event.

### Payment Methods

Everyone participating in a trip or event needs their own account in order to register. Payment for any trips or events can be mail in, made in person or register online. If mailing in a check please identify what you are registering for with a note including the course number. If you have a credit on your account, you can register by phone.

Members can register online at:

<https://www.cityoflaurel.org/parks/senior-services>



## July

**If interested please sign up at least 2 weeks prior to the event or trip date.**

### **July MD City Drop Off, Laurel, MD Monday, July 1 ~ Course # 6264**

We will drop you off at one of the following: T.J. Maxx, Target, Kohl's or Walmart, and return to pick you up in 2 hours. Please purchases up to two bags.  
Departure Time: 12:00 p.m.  
Excursion Fee: \$5.00



### **Saturday, July 6 Laurel's 4<sup>th</sup> of July Celebration Parade and Picnic at Granville Gude Lake Park**

### **Blue Monday Blues, DC Monday, July 8 ~ Course #6868**

Blues is a tradition that blends the spiritual longing and affirmation that distinguish the human condition and give us reason to hope. Dine on your own.  
Admission is \$5.00.  
Departure Time: 4:00 p.m.  
Excursion Fee: \$10.00

### **Ladew Topiary Gardens, MD Tuesday, July 9 ~ Course #6869**

Twenty-two acres of award-winning gardens include 100 larger-than-life topiary and 15 garden "rooms," collection of English antiques and equestrian-themed art. Dine on your own at Manor Tavern.  
Departure Time: 9:00 a.m.  
Excursion Fee: \$10.00

### **Grease: Toby's Dinner Theater, MD Wednesday, July 10 ~ Course #6870**

Grease is the word. What else do you need to know?  
Departure Time: 9:30 a.m.  
Excursion Fee: \$75.00

### **Alexandria Water Taxi, VA Thursday, July 11 ~ Course # 6884**

We will board in Old Town and pick at National Harbor. Enjoy the sights and sounds of two harbors. Dine on your own. One-way: \$10  
Departure Time: 9:00 a.m.  
Excursion Fee: \$10.00

### **DC Drop Off Tuesday, July 16 ~ Course # 6885**

We will drop off at the Einstein Memorial and the Cochran. You are also in walking distance of the DAR. Dine on your own locally.  
Departure Time: 10:00 a.m.  
Excursion Fee: \$10.00

### **National Geographic: Queens of Egypt, DC Thursday, July 18 ~ Course # 6886**

Get to know legendary queens of ancient Egypt like Nefertiti, Hatshepsut, and Cleopatra VII; see more than 350 prestigious objects, and tour one of the most well preserved tombs in the Valley of the Queens. Admission is \$15.00  
Departure Time: 10:00 a.m.  
Excursion Fee: \$10.00

### **26<sup>th</sup> Annual Howard County Pow-Wow/American Indian Show and Festival, MD**

#### **Saturday, July 20 ~ Course # 6887**

The pow-wow is an opportunity for the public to interact American Indian dancers, singers, drummers, artists and crafts persons. Also, learn about past and present, through the arts. Admission at the door is \$9.00. Dine on your own at festival.  
Departure Time: 10:00 a.m.  
Excursion Fee: \$10.00

### **Assateague Island, MD Tuesday, July 23 ~ Course # 6888**

Explore sandy beaches, salt marshes, maritime forests and coastal bays. Rest, relax, recreate and enjoy some time on the edge of the continent. Driver will stop every 40 minutes to stretch.  
Departure Time: 9:00 a.m.  
Excursion Fee: \$20.00

**Kenilworth Aquatic Gardens, MD**  
**Thursday, July 25 ~ Course # 6889**

Discover water lilies and large lotus flowers as they take center stage in the early morning, opening up to display their beauty for a few hours until the mid-day heat forces them to close, wildlife, and more! Dress for the outdoors and prepare for the weather.

Departure Time: 9:00 a.m.

Transportation Fee: \$10.00



**July Friday Night Jazz, DC**  
**Friday, July 26 ~ Course # 6890**

Join us for talented jazz musicians and their supporters from around the Washington area. Dine on your own. Admission is \$5.00.

Departure Time: 4:00 p.m.

Transportation Fee: \$10.00

**American Legion Annual Crab Feast, MD**  
**Saturday, July 27 ~ Course # 6940**

Annual Crab Feast that includes all you can eat crabs and sides. Sides include Grilled Chicken, Corn, Meatballs, Coleslaw, Crab Soup and dessert. Draft beer and soda is included in the ticket. Food served from 5pm to 8pm (crabs served 6-8pm). Doors open at 4:30pm.

Departure Time: 4:00 p.m.

Excursion Fee: \$60.00

**Riverfront Park Picnic**  
**Sunday, July 28 ~ Course # 6881**

Join us for a Picnic in the Park at Riverfront Park. Catered by Famous Dave's. Senior Summer fun and games. Perfect opportunity to socialize in nature.

Event Fee: \$10.00

Event Time: 2:00 pm

**Bladensburg Waterfront Park, MD**  
**Tuesday, July 30 ~ Course # 6891**

Hey, landlubbers get your sea legs by taking a free cruise on a 15 or 40-seat pontoon boat on the Anacostia River.

Departure Time: 10:00 a.m.

Transportation Fee: \$10.00



## August

**If interested please sign up at least 2 weeks prior to the event or trip date.**

**Cirque du Soleil Volta, VA**  
**Sunday, August 4 ~ Course # 6892**

**Volta** is the title of Cirque du Soleil's big top show, which is themed around extreme sports; the show story line is about a game show contestant, Waz.

Departure Time: 11:00 a.m.

Excursion Fee: \$120.00

**August MD City Drop Off, Laurel, MD**  
**Monday, August 5 ~ Course # 6893**

We will drop you off at one of the following: T.J. Maxx, Target, Kohl's or Walmart, and return to pick you up in 2 hours. Please limit your purchases to two bags.

Departure Time: 12:00 p.m.

Transportation Fee: \$10.00

**Holocaust Museum, DC**  
**Tuesday, August 6 ~ Course # 6894**

Throughout the exhibition, visitors will encounter personal objects and eyewitness testimonies of individual survivors. Dine on your own in the Cafe'.

Departure Time: 9:00 a.m.

Transportation Fee: \$10.00

**Colossal Creations Canteen @ Cabana**  
**Wednesday, August 7 ~ Course # 6895**

Dine with us on large he-man hamburgers, chili cheese fries and thick milk shakes.

Event Fee: \$10.00

Event Time: 12:00 pm

**Super Senior Bingo Lunch Cruise, DC**  
**Thursday, August 8 ~ Course # 6896**

Enjoy a two-hour cruise on the Potomac River with a delicious lunch buffet, unlimited coffee, hot or iced tea, and water. The best views of the Washington Monument and other iconic D.C. sights with DJ Entertainment and Bingo.

Departure Time: 10:00 a.m.

Excursion Fee: \$62.00



**Walkersville Southern Railroad, MD**  
**Saturday, August 10 ~ Course # 6897**

Travel over track that the Pennsylvania Railroad originally built in 1872. Ride in vintage 1920s passenger cars or on an open flatcar as your rail excursion runs into picturesque Maryland farm country. Ticket price included. Driver will stop every 40 minutes to stretch.

Departure Time: 9:30 a.m.  
Excursion Fee: \$25.00

**Discovery Park Senior Picnic**  
**Sunday, August 11 ~ Course # 6882**

Join us for a Picnic at Discovery Park, catered by Jersey Mikes Sub. Senior Summer fun and games. Perfect opportunity to socialize and get back to nature.

Event Fee: \$10.00  
Event Time: 2:00 pm

**Blue Monday Blues, DC**  
**Monday, August 12 ~ Course # 6898**

Blues is a tradition that blends the spiritual longing and affirmation that distinguish the human condition and give us reason to hope. Dine on your own. Admission is \$5.00.

Departure Time: 4:00 p.m.  
Transportation Fee: \$10.00

**Ft. McHenry, MD**  
**Tuesday, August 13 ~ Course # 6899**

Admission to the Historic Zone and Star Fort is \$15 per adult ages 16 and over. 'America the Beautiful' passes and Fort McHenry annual passes are accepted.

Departure Time: 9:30 a.m.  
Transportation Fee: \$10.00

**Performing Arts Center for African Cultures**  
**Drum Circle @ the Cabana**  
**Wednesday August 14 ~ Course # 6900**

Musical Journey through Africa: An experience West African culture explored through games, dances and songs. This program involves audience participation and interaction. Followed by and African Inspired Cuisine for lunch.

Event Time: 11:30 a.m.  
Event Fee: \$10.00

**Great Falls Tavern Visitor Center, MD**  
**Thursday, August 15 ~ Course # 6901**

Enjoy Great Falls, hike the Billy Goat Trail and bring your bagged lunch as your adventure awaits.

Event Time: 9:30 a.m.  
Event Fee: \$10.00

**Georgetown Waterfront Park, DC**  
**Tuesday, August 20 ~ Course # 6902**

Enjoy music and dining on your own near the fountain. Shops are a few blocks up.

Departure Time: 10:00 a.m.  
Transportation Fee: \$10.00

**The Arthur M. Sackler Gallery and the Freer Gallery of Art, DC**

**Thursday, August 22 ~ Course # 6903**

Both galleries are dedicated to advancing public knowledge about the arts and cultures of Asia through exhibitions, publications, research and education.

Departure Time: 9:00 a.m.  
Transportation Fee: \$10.00

**Friday Night Jazz, DC**  
**Friday, August 23 ~ Course # 6904**

Join us for talented jazz musicians and their supporters from around the Washington area. Dine on your own. Admission is \$5.00.

Departure Time: 4:00 p.m.  
Transportation Fee: \$10.00

**Luau Line Dance Party at the Armory**  
**Saturday, August 24 ~ Course # 6905**

Aloha! Join us at our indoor Luau Celebration.

Menu: Slow Roasted Pulled Pork and Chicken served with dipping Sauces, Tropical Salad, Wild Rice Pilaf, Coleslaw, and Rolls & Whipped Butter

Event Time: 4:00 p.m.

Event Fee: \$20.00

**Towson Town Center, MD**  
**Tuesday, August 27 ~ Course # 6906**

Shop the brands you love, enjoy shopping, dining on your own, and entertainment activities at the mall.

Departure Time: 10:00 a.m.  
Transportation Fee: \$10.00



**National Museum of African American History and Culture Museum, DC**

**Thursday, August 29 ~ Course # 6907**

Discover rich and essential African American history.

Departure Time: 10:00 a.m.

Transportation Fee: \$10.00

## September

**If interested please sign up at least 2 weeks prior to the event or trip date.**



**Winery at Bull Run Tour, VA**

**Tuesday September 3 ~ Course # see below**

Walk our historic estate and learn about the rich Civil War history behind these breathtaking, hallowed grounds with our Historical Tour & Tasting! Tour or Tour and Tasting included. Driver will stop every 40 minutes to stretch.

Departure Time: 11:30 a.m.

Excursion Fee: \$47.00 Course # 6928

Excursion Fee: \$37.00 Course # 6929

**That's Amore' at the Cabana**

**Wednesday, September 4 ~ Course # 6909**

Today we embrace the Italian in us all. Indulge in a few favorites from Pasta Plus.

Event Time: 12:00 p.m.

Event Fee: \$10.00

**Ocean City, MD**

**Thursday, September 5 ~ Course # 6910**

Boardwalk or Thrashers you decide. Walk in the waves, fly a kite or ride the tram.

Departure Time: 9:00 a.m.

Excursion Fee: \$20.00

**Poplar Hill Mansion, MD**

**Sunday, September 8 Course # 6911**

Federal Period heritage of Poplar Hill Mansion. Admission is free. Dine on your own at Market Street Inn. Driver will stop every 40 minutes to stretch.

Departure Time: 10:00 a.m.

Excursion Fee: \$20.00

**September MD City Drop Off, MD**

**Monday, September 9 ~ Course # 6913**

We will drop you off at one of the following: T.J. Maxx, Target, Kohl's or Walmart, and return to pick you up in 2 hours. Please limit your purchases to two bags you can safely carry.

Departure Time: 12:00 p.m.

Transportation Fee: \$10.00

**Blue Monday Blues, DC**

**Monday, September 9 ~ Course # 6912**

Blues is a tradition that blends the spiritual longing and affirmation that distinguish the human condition and give us reason to hope. Dine on your own.

Admission is \$5.00.

Departure Time: 4:00 p.m.

Transportation Fee: \$10.00

**Clifton Mansion, MD**

**Tuesday, September 10 ~ Course # 6914**

The Clifton Mansion built in 1802 as a Georgian style stone mansion, by Baltimore merchant Henry Thompson, who served as Captain of the First Baltimore Horse Artillery in the War of 1812.

Philanthropist Johns Hopkins, who transformed the mansion into a Victorian era Italian villa that served as his summer estate. Dine on your own at Hip Hop chicken.

Departure Time: 10:00 a.m.

Transportation Fee: \$10.00

**National Cryptologic Museum Tour, MD**

**Thursday, September 12 ~ Course # 6915**

If you are interested in solving the Enigma or cryptologic techniques and their role in the American Revolution, Native American Code Talkers or the role of women in American cryptologic history; then join us as we tour the Museum. Dine on your own at Cracker Barrel.

Departure Time: 10:00 a.m.

Transportation Fee: \$10.00

**Gospel Lunch Cruise, MD**

**Saturday, September 14 ~ Course # 6916**

Join in on the singing while dining and cruising the harbor. Ticket and buffet included.

Departure Time: 10:00 a.m.

Excursion Fee: \$70.00

**Granville Gude Lake Senior Picnic  
Sunday, August 11 ~ Course # 6882**

Join us for a Picnic in the Park at Riverfront Park, catered by Red Hot & Blue. Senior Summer fun and games. Perfect opportunity to socialize and get back to nature.

Event Fee: \$10.00

Event Time: 2:00 pm

**G&M Restaurant, MD  
Tuesday, September 17 ~ Course # 6917**

G&M Restaurant is an award-winning Baltimore seafood restaurant serving crab cakes, steaks, desserts & more. Dine on your own.

Departure Time: 11:00 a.m.

Excursion Fee: \$10.00

**Healthy Skin Talk at the Armory  
Wednesday, September 18 ~ Course # 6918**

This FREE session will cover the importance of daily skin care. Pre-registration is required.

Event Time: 10:00 a.m.

Event Fee: \$0.00

**Baltimore Museum of Art, MD  
Thursday, September 19 ~ Course # 6919**

Celebrating its 50th anniversary by highlighting a selection of 19th-century, modern, and contemporary works on paper.

Departure Time: 10:00 a.m.

Excursion Fee: \$10.00

**Mount Clare Mansion, MD  
Friday, September 20 ~ Course # 6920**

Museum House is the oldest Colonial-era structure in the City of Baltimore, Maryland, U.S.A. The house is a Georgian style plantation. Dine on your own at Mo's Seafood. Admission \$8.00.

Departure Time: 10:30 a.m.

Excursion Fee: \$10.00

**42<sup>nd</sup> Annual Korean Festival, MD  
Saturday, September 21 ~ Course # 6921**

Come enjoy what brings together diverse, authentic, living traditions from Korea. Dine on your own.

Departure Time: 10:00 a.m.

Excursion Fee: \$10.00

**Kennedy Center: Shear Madness, DC  
Sunday, September, 22 ~ Course # 6922**

Help solve the scissor-stabbing murder of a famed concert pianist who lives above the Shear Madness unisex hairstyling salon.

Departure Time: 2:00 p.m.

Excursion Fee: \$74.00

**Garrett-Jacobs Mansion, MD  
Tuesday, September 24 ~ Course # 6924**

Built by Samuel George on land, which belonged to John Eager Howard. John Work Garrett, President of the B&O Railroad during the Civil War. Admission \$10.00. Dine on your own at Local Oyster Restaurant.

Departure Time: 10:00 a.m.

Excursion Fee: \$10.00

**The Bodyguard:  
Toby's Dinner Theater, Columbia, MD  
Wednesday, September 25 ~ Course # 6939**

Former Secret Service agent Frank Farmer gets a job to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge – what they do not expect is to fall in love. Admission and meal included.

Departure Time: 10:00 a.m.

Excursion Fee: \$75.00

**Old Ebbitt Grille, DC  
Thursday September 26 ~ Course # 6925**

Iconic tavern offering American meals, including popular oyster specials, in Victorian-style digs.

Departure Time: 10:00 a.m.

Excursion Fee: \$10.00

**September Friday Night Jazz, DC  
Friday, September 27 ~ Course # 6926**

Join us for talented jazz musicians and their supporters from around the Washington area. Dine on your own. Admission is \$5.00.

Departure Time: 4:00 p.m.

Excursion Fee: \$10.00





**Reading Terminal Market, PA**  
**Saturday, September 28~ Course # 6927**

Learn the story behind cheese steaks, hoagies, pretzels and other Philly food favorites, and the 114-year history of the vibrant Reading Terminal Market, where you can buy one during this walking tour for \$16.95. Driver will stop every 40 min. to stretch. Dine on your own.

Departure Time: 8:30 a.m.

Excursion Fee: \$20.00

## October

**If interested please sign up at least 2 weeks prior to the event or trip date.**

**Fogo de Chão Brazilian Steakhouse, DC**  
**Tuesday, October 1, ~ Course # 6930**

Upscale Brazilian chain for all-you-can-eat meat carved tableside plus an extensive salad bar.

Departure Time: 11:00 a.m.

Excursion Fee: \$10.00

**October Tea at the Cabana**  
**Wednesday, October 2 ~ Course # 6931**

Scamper over for scrumptious, succulent and satisfying savories and sweets at the Cabana.

Event Time: 12:00 p.m.

Event Fee: \$10.00

**Crossing the Wilson Bridge on foot, VA**  
**Saturday, October 5 ~ Course # 6932**

Get your steps in on this three-mile walk. We will drop off on Virginia side and pick up on the Maryland side; dine on your own at National Harbor.

Departure Time: 10:00 a.m.

Excursion Fee: \$10.00

**October MD City Drop Off, Laurel, MD**  
**Monday, October 7 ~ Course # 6933**

We will drop you off at one of the following: T.J. Maxx, Target, Kohl's or Walmart, and return to pick you up in 2 hours. Please limit your purchases to two bags.

Departure Time: 12:00 p.m.

Excursion Fee: \$5.00

**Fells Point Festival, MD**  
**Saturday, October 12 ~ Course # 6934**

Come down to Fells Point and celebrate the festival's 52nd year! Listen to live bands on two stages - time to get your jam on! Plenty of local food to satisfy your appetite, funky shops and retail stores, and streets lined with local vendors. Free admission.

Departure Time: 10:00 a.m.

Excursion Fee: \$10.00

**52<sup>nd</sup> Annual Autumn Glory Festival, MD**  
**Sunday, October 13, Course # 6935**

A celebration of autumn that celebrates the beauty of the local fall foliage. The Festival includes two large parades, concerts, band competitions, art exhibits, antique & craft shows and much more!

Departure Time: 10:00 a.m.

Excursion Fee: \$10.00

**Blue Monday Blues, Washington, DC**  
**Monday, October 14 ~ Course # 6936**

Blues is a tradition that blends the spiritual longing and affirmation that distinguish the human condition and give us reason to hope. Dine on your own.

Admission is \$5.00.

Departure Time: 4:00 p.m.

Excursion Fee: \$10.00

**October Friday Night Jazz, DC**  
**Friday, October 25 ~ Course # 6937**

Join us for talented jazz musicians and their supporters from around the Washington area. Dine on your own. Admission is \$5.00.

Departure Time: 4:00 p.m.

Excursion Fee: \$10.00

**Retired Military Ball at the Armory**  
**Saturday, October 26 ~ Course # 6938**

ATTENTION! All retired Military, family & friends. Join us as we celebrate you for your service. Wear your colors or uniforms, everyone else will be in Gala attire. Silent Auction and raffle to benefit Buffalo Soldiers H.V. Plummer Chapter. Caterer: Mission BBQ.

Event Time: 4:00 p.m.

Event Fee: \$20.00



## Tips to Beat the Heat

As summer temperatures hit, here are a number of important tips



### ~ **Drink Water**

Drink plenty of water to prevent thirst. When your body says it is thirsty, then you missed the first request to hydrate. It is essential for maintaining blood circulation throughout your body. Water maintains your body temperature. As you exercise, your metabolism and your internal body temperature increase. Water carries heat away from your internal organs.

### ~ **Dress light**

Take the lead of those who spend most of their lives in tropical climates: loose, lightweight cotton and linen clothing rules.

### ~ **Plan your day**

Start before the sunrises and after it sets you have a few golden hours of cooler weather. Take this time to water your plants, go for a jog, or enjoy a meal outside walk the dog.

### ~ **Cool that pulse point**

When I was sick, as a child, grandma placed a cold cloth on my head or neck, inner elbow, behind the knee, ankle, chilling the pulse points. Running cold water over your wrist or splashing water on your face can produce a similar effect.

### ~ **Don't Eat Graze**

Break up your meals into smaller and more frequent meal portions. You have to eat it all at once spread it out you will still get all in.

### ~ **Eat to sweat**

Spicy foods are known to make you sweat without actually raising your body temperature. Due to [capsaicin](#), a chemical found in things like hot peppers. Once your skin is damp, you will feel cooled by its evaporation (If you dare). Try some "no-cook" or "oven-free" recipe ideas

### ~ **Stay cool under the covers**

Many people find it difficult to sleep in hot weather. Do you want to cool your bed down? Fill a standard hot water bottle with ice water. Use it to cool your ankles and the back of your knees.

### ~ **Essential Oils / Aromatherapy.**

Peppermint and Spearmint Essential Oil both contain menthol that has cooling properties. Add a few drops to your diffuser at home, or make your own body mist for when you are on the go. Try Rose or Lavender before bed to create a relaxing aroma.

### ~ **Swim!**

Take a dip in a local swimming hole, public pool, or even a kiddie pool in your backyard! There is nothing better than submerging in cold water on a hot summer day.

### **If you must go out in the heat, remember**

#### ~ **Pre-hydrate**

Drink plenty of fluids in the hours before you go, so that you are not starting your day with a fluid deficit.

#### ~ **Limit Caffeine Intake**

Avoid consuming caffeine before and during your outing, (this includes coffee, tea, cola, energy drinks). Caffeine has a diuretic effect that increases water loss and contributes to dehydration.

#### ~ **Avoid Ice Cold Drinks**

Cold water causes the blood vessels in the stomach to constrict, reducing the rate of fluid absorption. Cool water is absorbed faster, which is important to keep you hydrated when working in the heat.

~ Monitor fluid loss by checking the color of your urine. It should be pale yellow and not dark yellow, too smelly or cloudy.

