

BAIN 50+ CENTER

It's a great day in the Bain Neighborhood!



**5470 Ruth Keeton Way
Columbia, MD 21044
Office: 410-313-7213
Fax: 410-313-7465
Bain 50+ Center Hours**

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

Thursday, 8:30 am-8:30 pm

Friday, 8:30 am-4:30 pm

Website:

www.howardcountymd.gov/aging

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Come in Out of the Heat!



Join us during the months of July and August for an extra day of free movies and refreshments on Wednesdays and Thursdays. Check out the special listing on page 5.

SAVE THE DATE

- ◆ Spanish 101, July 5
- ◆ Omega Psi Phi, July 11
- ◆ New Beginners Watercolor Art Class, July 12
- ◆ Advance Health Directives, July 13
- ◆ Opera Goes To Hell (Part 1), July 18
- ◆ Social Security Administration Concert Band, July 19
- ◆ Coffee with Officer Andre Lingham, July 20
- ◆ Nutrition Counseling , July 24
- ◆ Ask the Pharmacist, July 24
- ◆ Find Your Marbles: Brain Games, July 25
- ◆ Continuing Education Summer Lecture Series: Social & Political History of the American Revolution, August 3-24th, Thursdays

General Information

BAIN 50+ CENTER STAFF

Linda Jackson Ethridge, Director, 410-313-7468
Tammy Wiggins, Assistant Director, 410-313-7469
Fatina Galloway, Nutrition/Rentals, 410-313-7390
Dawn Perez, Registrar, 410-313-7213
Collin Fugate, Facilities, 410-313-7464
Kari Weidner, Nutrition Specialist
Javier Scott & Earl Saunders, Building Attendants

HEALTH AND WELLNESS

Ingrid Gleysteen, Paws4Comfort, 410-313-7461
Elaine Widom, SeniorsTogether, 410-313-7353

STATE HEALTH INSURANCE ASSISTANCE PROGRAM

To make an appointment, 410-313-7392
Barbara Albert, Coordinator, 410-313-7391
Ayse Tokbay, 410-313-7389
Jeanette Krapcho, 410-313-7596
Terese Klitenic, Coordinator, SMP, 410-313-7386

MARYLAND ACCESS POINT

To make an appointment 410-313-1234
Sunny Moon, 410-313-7388
Kim Freeman, 410-313-7288

RECREATION AND PARKS

Cathy Vigus, Senior Adult Programs, 410-313-7311
Curtis Gore, Recreation Coordinator 410-313-7281
Tracy Adkins, Trip Coordinator 410-313-7279

Get Your Bain Newsletter Electronically

Sign up at the front desk to be added to our Email Distribution List. Stay informed on upcoming program information.



Please Sign In

It will only take a moment. Use the sign-in book on the podiums by each entrance. We request that everyone sign in. Our average daily attendance helps us measure our good work in the community.

NAVIGATING THE CENTER

LUNCH PROGRAM

To join us for lunch, please sign up in advance in the Lunch Room (Great Room 3). Please call 410-313-7390 to cancel your lunch reservation if you are not coming. Our lunch number reflects the number of reservations placed, and the County is charged for the number ordered. For members **over** 60 years of age, and their spouses, a goodwill donation is gratefully appreciated. Generous contributions ensure the continued viability of this important program. Members **under** 60 years of age will be charged the full cost of the meal, payable at the front desk. A regular meal is \$4.10 and special meals are \$5.39. Lunch is served Monday through Friday at 12 noon.

SIGN-UP and PAYMENT

The Front Desk is open for transactions between 8:30 am and 4:00 pm. Payments may be by 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>.

TRANSPORTATION

Transportation is available to the 50+ Center through RTA Mobility, riders must be certified. For certification, reservations, and cancellations please call the Customer Service Line at 1-800-270-9553. You may also visit their website at www.transitrt.com. Transportation to the Bain 50+ Center is also available through Neighbor Ride. For additional information call Neighbor Ride at 410-884-7433.

PLEASE NOTE

Membership is required to attend or register for any class, program, or activity. Membership is free and the application is quick and easy. Stop by the Front Desk for an application.

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.

Bain Council & Information

Bain 50+ Center Council Dance

1:30-3:30 pm Cost: \$2



Music, Refreshments, Dancing and Door Prizes

Friday, July 14– Just Us

Friday, August 11 — Laurie & Joe Dance Professionals

Bain 50+ Center Council

The Bain Center Council is a non-profit 501 (c) (3) advisory and fundraising organization that supports the programs and operation of the center. The members of the Council represent YOU! They welcome your suggestions and contributions. Contact Peter Eisenhut, Council President, or any Council member through the front desk. Members & Honored Past Members:

Athena Dalrymple
Jackie Dunphy (HPM)
Jeane Evans (HPM)
Peter Eisenhut
Valerie Hoelz
Sandra Kaiser
Jim McDiarmid
Su Patterson (HPM)
Linda Possehl
Priscilla Pitts (HPM)
Arleen Tate
Malcolm Wolf (HPM)
Barbara Woodard (HPM)
Albertha Workman (HPM)
*HPM= Honorary Past Member

2017 REGISTRATION SEASON

The Office on Aging and Independence requests that all 50+ Center members register to ensure that we have the correct information in our database. If any of your contact information has changed in the last year, including emergency contacts, please inform the Front Desk. This information is used in an aggregate form to show the State and Federal Government (funders of many of our services and programs) how many people we serve each year. Demographic information is required by all funding agencies. Accurate data helps to maintain or increase programming services.



Center Closings

Tuesday, July 4

Independence Day

The Bain Council generously sponsors a nutritious Continental Breakfast on Tuesdays-Thursdays at 9:30-10:30 am along with the monthly Brain Fitness program. Your support of council events make many of our programs possible.

Need Special Accommodations?

If you need accommodations to attend a program, or need this publication in an alternate format, please contact the Bain 50+Center, at 410-313-7213 or by email at lethridge@howardcountymd.gov one week prior to the date of the event.



Find us on Facebook

www.Facebook.com/HoCoCommunity

July & August Programs

Spanish 101

Instructor Hiram Perez

Wednesdays, July 5 - August 30

1-2 pm/ (9 Classes only \$20)

Beginners Spanish is designed for the students with no previous experience in Spanish. The main objective of this course is to help students develop effective communication skills in Spanish through the elementary development of the four basic language skills (listening, speaking, reading and writing). Space is limited, must sign up at the Bain 50+ Center's front desk.

50+ LGBT Group

Thursday, July 6 & August 3

6:30 pm to 8:30 pm

Group meets the first Thursday of the month from 6-8 pm. For more information about the 50+ LGBT Group please contact Claire Noll at clairenoll@gmail.com or [240-566-2694](tel:240-566-2694).

Omega Psi Phi Annual "CONNECTING WITH THE COMMUNITY PARTY"

Tuesday, July 11

11am—2 pm/ Lunch Donation

Stop by The Bain Center and meet the brothers of Omega Psi Phi Fraternity and enjoy live music, entertainment, and be entered in a chance to win some great door prizes. Lunch will be served during this event with your nominal lunch donation. **Registration deadline for lunch is July 5th.**



New Beginners Watercolor Art Class

Wednesdays, July 12-September 13

12:30 pm -2:30 pm

Find the Artist in You! This fun and artistic class will be taught by Professor, Mostafa Torabi. The class is free; however you must purchase your class materials. Please stop by the Bain Center's front desk and obtain the list of needed supplies and R.S.V.P.

Advance Health Directives

Thursday, July 13

9am- 1pm/ Free

Call the center to make an appointment. Please note this service is only for Advance Directives Space is limited. Sign-up in advance.

Opera Goes to Hell Part 1

Tuesday, July 18

10am/ Cost: \$13



Dr. Sam Stern presents a special two-part opera series: "Opera Goes to Hell". This unique event will focus on two of the most stunning operas with themes concentrating on the well-known Faustian legend. Gounod composed this highly melodic masterpiece retelling the legend of Dr. Faust offering his soul to the devil in return for having Satan grant the aging Faust a return to his youth, complete with love, romance and the excitement of a dashing, handsome young man. However, in the end, the devil comes to close the bargain and drags Faust's soul to hell for eternal damnation. **Must register by July 13th.**

The Social Security Administration (SSA) Concert Band

Wednesday, July 19

1 pm/ Free



The SSA Concert Band is a volunteer organization composed of approximately 35 current employees and retirees – from SSA, other Federal agencies, and the private sector led by Director, David Silberberg. Enjoy "concert band" music to include marches, show tunes, jazz, and various easy-listening arrangements. Light refreshments served. R.S.V.P.

The Bain "Buzz" Book Club

10:00 - 11:30 am / Free

3rd Wednesday of the Month

Upcoming Book Selections

July 19—The Odds by Stewart O'Nan

August 16— Miller's Valley by Anna Quindlen

July & August Programs

One-Pot Recipes for Lazy Summer Nights Every 3rd Friday of the Month

July 21 & August 18

10am/ Free

Come spend an hour with Kari Weidner, Nutrition Specialist, as she demonstrates quick and easy One-Pot recipes that taste delicious and make cleanup a breeze. Less time cleaning means more time eating and enjoying the beautiful outdoors. **R.S.V.P. by July 14th for July session and August 11th for August Session.**



Bain 50+ Movie Schedule - July/August 1pm and (*6pm Show on 2nd Thursday) Come in out of the Heat!

PLEASE SIGN UP OR CALL TO RESERVE A SEAT

July 5, Wednesday	JACKIE - Natalie Portman
July 6, Thursday	MOONLIGHT
July 12, Wednesday	The DRESSMAKER
July 13, Thursday*	LA LA LAND Ryan Gosling Also* 6pm Show
July 19, Wednesday	NO MOVIE
July 20, Thursday	LION—Dev Patel
July 26, Wednesday	MISS PEREGRINE'S FOR PECULIAR CHILDREN
July 27, Thursday	NO MOVIE
Aug. 2, Wednesday	LOVING - Ruth Negga
Aug. 3, Thursday	A DOG'S PURPOSE
Aug. 9, Wednesday	THE OCCUPATION OF THE AMERICAN MIND
Aug. 10, Thursday*	HIDDEN FIGURES Also* 6pm Show
Aug. 16, Wednesday	HACKSAW RIDGE Mel Gibson, Director
Aug. 17, Thursday	THE LAST WORD Shirley MacLane
Aug. 23, Wednesday	COLLATERAL BEAUTY Will Smith
Aug. 24, Thursday	THE RESURRECTION OF GAVIN STONE
Aug. 30, Wednesday	EAST SIDE SUSHI Diana Elizabeth Torres
Aug. 31, Thursday	THE SHACK Octavia Spencer

Find Your Marbles: Brain Games

Tuesday, July 25 & August 22

10:30-11:30/ Free

Get brain fit and exercise your brain with great activities and games provided by retired educator, Carolyn Hairston-Diggs. R.S.V.P.

Summer Piano Lessons

Tuesdays, July 25-August 29

2—4 pm/ Cost: \$20

45 minute sessions for six weeks. Limited space available. Payment required at time of registration.

Facebook 101

Wednesday, July 26

10:30-11:30 am / FREE

Learn how to set up a free social media page and get connected with old friends, classmates, co-workers and family members. Space is limited. Register at the front desk.

July & August Programs

Leadership U Comes to Bain!

Thursday, July 27

11 am—4 pm

Students from Leadership U, a program that empowers High School Students to learn by doing, spend the day at the Bain Center. Students will discuss and develop solutions that affect their community while developing relationships with community leaders. Come share your experiences with our Howard County youth!



SOCIAL AND POLITICAL HISTORY OF THE AMERICAN REVOLUTION
Thursdays, August 3-24
1:00PM – 3:00PM/ \$43

Instructor: Roger G. Swartz

We'll use the Continental Army as a case study on covering social and political history of the Revolution. We'll first learn about the army's diversity focusing upon women; Afro-Americans; Germans & Scots-Irish. Next, we'll discuss the common soldier's concept of liberty in context of his/her terms of enlistment: length of service, pay, etc. Finally, we'll discover why the army experienced 56 mutinies during the war by the common soldier, and how the newly-formed government contributed to mutiny.

Must register by July 31st.

Vial of Life Kit

Tuesday, August 8

11am – 12 noon/ Free

The first thing first responders want to know is your list of medications. The difference between life and death when you've had a heart attack could be a copy of your previous EKG. When you can't speak for yourself, when you are confused, in pain or scared, the **Vial of Life** can speak for you. Learn how the FREE Vial of Life kit works and pick up yours during this informal presentation. R.S.V.P.

Friday Afternoon Recital: Featuring the Works of Mendelssohn and Mozart

August 18

1-2pm / Free

Join us Friday afternoon for a musical performance with **Amadi** and **Debby Azikiwe**. This string and piano duo, has concertized throughout the United States. Amadi is currently the Music Director of the Harlem Symphony Orchestra. Debbie is a native of Hong Kong and have taught piano there for nearly 20 years. R.S.V.P.



Share Your Apps!

Wednesday, August 23

11 am -12 pm / FREE

Do you have a Smart Phone, iPad, or Tablet? Maybe thinking about purchasing one? Apps make the iPhones and Androids the powerful little devices that they are. Learn how to add apps to your device, learn what an app is, and share the ones you love! Reservations required and space is limited. R.S.V.P.

SENIOR DAY AT THE FAIR

Howard County Fair 2017

FREE ADMISSION for **ADULTS 62+**
Tuesday, August 8 • 10 am to 3 pm

VISIT the ACTIVITIES BUILDING
for FUN THINGS to DO... RAIN OR SHINE!

- Healthy Aging Programs
- County Services Information
- Demos and Entertainment
- Bingo, Games and Prizes

JOIN US FOR SOME FUN AT THE FAIR!



Howard County Office on
Aging and Independence
www.howardcountymd.gov/aging

Daily Programs

MONDAY	PROGRAM	ROOM
8:30 am—4:15 pm	Billiards/Ping Pong (Drop-In)	Billiards Area
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	Cards and Games (Drop-In)	Pantry
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9—10 am	Ask the Pharmacist (4th Monday of the month)	Health Room
9 am—11:30 am	Project Linus (2nd & 4th week)	Great Room 2
9 am—Noon	Knitting and Crocheting Group	Meeting Room
9:30—11 am	Better Health and Wellness (HCC) (\$)	Exercise Room
10—11 am	Pottery	Craft Room
10—11:30 am	Seniors Together Current Events Discussion	Community Room
10:30 am—12 noon	Tai Chi (Drop-In)	Great Room 1
11:30am—12:30 pm	Cardio Fusion for Parkinson's Disease	Exercise Room
Noon	Lunch	Great Room 3
12:30—4 pm	Korean American Senior Association	Great Rooms 1 & 2 / Meeting Room
1—2:30 pm	Religion Discussion Group (Drop-In)	Community Room
1—2 pm	Better Balance (\$)	Exercise Room
1—4 pm	Canasta (Drop-In)	Activity Room
1—3 pm	Gathering of the Arts (Drop-In)	Craft Room
2:30—3:30 pm	Yoga (\$)	Exercise Room
TUESDAY	PROGRAM	ROOM
8:30 am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9:30—10:30 am	Arthritis Exercise Program (\$)	Exercise Room
9:45—11:45 am	Scrabble (Drop-In)	Pantry
10 am—Noon	Pottery (HCC) (\$)	Craft Room
10:15 am—11:45 am	Seniors Together Low Vision Group	Meeting Room
10:45—11:45 am	Silver Belles (tap dancing)	Exercise Room

Daily Programs

TUESDAY	PROGRAM	ROOM
Noon	Lunch	Great Room 3
Noon—4:15 pm	Duplicate Bridge	Activity Room
1—2 pm	Zumba (\$1 Donation)	Great Room 1
1—2:20 pm	Better Health and Wellness (HCC) (\$)	Exercise Room
1:30 pm	Phase 10 card game	Great Room 3
WEDNESDAY	PROGRAM	ROOM
8:30—10:30 am	Woodworkers Guild Meeting	Community Room
8:30 am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9—11 am	HCC Bain Senior Choir (\$) (On Summer Break)	Great Room 1
9 am—3 pm	Massage (\$)	By Appointment
9:30—10:50 am	Better Health and Wellness (HCC) (\$)	Exercise Room
9:30—11:30 am	Bingo (\$)	Activity Room/Pantry
10—11:30 am	Bain “Buzz” Book Club (3rd Wednesday)	Meeting Room
10—11:30 am	English as a 2nd Language (On Summer Break)	Great Room 2
11 am—Noon	Yoga (\$)	Exercise Room
Noon	Lunch	Great Room 3
Noon—4:15 pm	Drop-in Poker	Pantry
12:30—2 pm	Alcoholics Anonymous	Conference Room
1—2 pm	Sit & Be Fit	Great Room 1
1—2 pm	Better Balance (\$)	Exercise Room
1—4:15 pm	Drop-In Chess	Meeting Room
1—4 pm	Drop-in Mahjonn	Activity Room
THURSDAY	PROGRAM	ROOM
8:30 am—8:00 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
8:30 am—Noon	Woodworking (\$)	Woodshop
8:30 am—Noon	Gathering of the Arts (Drop-In)	Craft Room

Daily Programs

THURSDAY	PROGRAM	ROOM
9—10 am	Balance "4" All (\$)	Exercise Room
9—11:30 am	Wii (Recreation & Parks) Must pre-register in the lobby	Lobby
9:30 am—12 Noon	Artful Journaling (Rec.& Parks) (\$)	Community Room
9:30—11:30 am	Drop-in Pinochle	Pantry
10—11 am	Thrive Thursday-Video Fitness	Great Room 1
10 am—Noon	Blood Pressure (1st & 3rd Thursday)	Health Suite
10—11:30 am	Zoom- In Discussion Group	Meeting Room
10—11 am	Color Me Barbara (Relaxing Adult Coloring Session)	Conference Room
10:15—11:15 am	Qigong (\$)	Great Room 2
10:45—11:45 am	Arthritis Exercise Program (\$)	Exercise Room
11 am—12 noon	Drop-In Zumba (\$1 Donation)	Great Room 1
Noon	Lunch	Great Room 3
12:30—2 pm	Seniors Together Brain Teasers	Meeting Room
1 pm	Movie	Great Room 1
1—2:20 pm	Better Health and Wellness (HCC) (\$)	Exercise Room
1—4:15 pm	Drop-In Scrabble & Cards and Games	Activity Room/ Pantry
2:45—4 pm	Beginners Soul Line Dance (\$)	Exercise Room
3—4 pm	Chair Yoga (\$)	Great Room 2
5:00—8:30 pm	Massage Therapy (\$)	Health Suite
6:00—8:00 pm	LGBT Support Group (1st Thursday)	Meeting Room
6:30—8:30 pm	Yoga For Parkinson's	Exercise Room
6:30—8:15 pm	Man to Man Prostate Cancer Support Group (3rd Thursday)	Meeting Room
7—9 pm	Alzheimer's Caregiver Support Group (2nd Thursday)	Meeting Room
FRIDAY	PROGRAM	ROOM
8:30 am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
8:30 am—noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9 am—3 pm	Massage (\$)	By Appointment Only
9:30—10:30 am	Chair Yoga (\$)	Great Room 2
9:30—10:45 am	Better Health and Wellness (HCC) (\$)	Exercise Room

Daily / Programs

FRIDAY	PROGRAM	ROOM
10—11:30 am	Spin a Yarn/Drop-in Knitting & Crocheting	Meeting Room
10—11:30 am	SeniorsTogether Trenders	Conference Room
10 am—noon	Pottery (HCC) (\$)	Craft Room
10 am—noon	Music Appreciation (1st & 3rd Friday)	Activity Room
11:30 am—12:30pm	Functional Fitness for Parkinson's	Exercise Room
Noon	Lunch	Great Room 3
Noon—4:15 pm	Cards and Games	Pantry
12:30 —2 pm	Gospel Choir (1st, 3rd and 4th Friday)	GR1
12:45—3 pm	Drop-in Rummikub and Cards	Activity Room
1—2:30 pm	Line Dancing (Drop-in)	Exercise Room
1:30—3:30 pm	Council Dance (2nd Friday) (\$)	Great Room 1-3

Medicare 101:

What you can expect from Medicare

August 2 10-11:30 am (Ellicott City 50+ Center)

Did you recently enroll in Medicare or will be doing so soon? Do you help someone who has Medicare as his or her health insurance? This presentation covers how Medicare Parts A (Hospital), B (Medical), and D (Prescription Drug) work, what the benefits are, and when you should make decisions related to your coverage.

Find out about benefit programs that can help pay for Medicare health care costs. Sponsored by the State Health Insurance Assistance Program (SHIP), Howard County Office on Aging and Independence. Register by calling **410-313-7389**.

Medicare 102:

Why Medicare Isn't Enough

August 9 10-11:30 am (Ellicott City 50+ Center)

Learn about Medicare Part C/Health Plans and Medicare Supplement Policies (Medigap Plans). What should you consider when deciding if a Medicare Health Plan, such as an HMO, PPO or Cost Plan, is the right choice for you? Understand how the different Medigap plans cover the gaps (out of pocket expenses) of Original Medicare, how they are priced and when is the best time to enroll.

Hear about how to protect yourself and Medicare from health care fraud. Sponsored by the State Health Insurance Assistance Program (SHIP), Howard County OOAI. Register by calling **410-313-7391**.

Are You & Your Pet Ready to Share Your Hearts?

Paws4Comfort fosters special bonds between pets, their owners and the County residents they visit.

If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:



Ingrid Gleysteen
PROGRAM COORDINATOR
PHONE 410-313-7461 (voice/relay)
EMAIL igleysteen@howardcountymd.gov

PET EVALUATIONS are held at 7:00 PM on the first Thursday of each month



Howard County Paws4Comfort
Touching Hearts... One Visit at a Time

Bain 50+ Center
5470 Ruth Keeton Way, Columbia 21044



Howard County Office on Aging and Independence

www.howardcountymd.gov/aging

Write Your Memoir– Write to be Heard

1st Tuesdays, Resumes September 5

10 am—12 noon/Free

Join those among us who love to write. Many of us have stories stacked up in the libraries of our minds just waiting to be spoken aloud and transcribed to paper. Now is your time to join with others who have wonderful stories to tell. R.S.V.P.

SeniorsTogether News

For more information or to register contact

Karen Hull, 410-313-7466/khull@howardcountymd.gov

Elaine Widom, 410-313-7353/ewidom@howardcountymd.gov

Upcoming Special Events

July 20

SeniorsTogether Luncheon: Eggspectation

How about some summertime fun & food! We'll have a delicious summer menu selection of your choice of crepe: Veggie; Ham, Asparagus & Mushroom; or, Chicken Mushroom & Spinach. Two healthy sized crepes and a mixed green salad to start. Dessert: a secret, but yummy! Lunch price includes beverages (sodas, ice tea, coffee) and gratuity. We'll have some other fun too, plus raffles! We hope to see you there! **Cost \$21.00/pp. Registration Deadline:** July 13 (firm), seating is limited please register as early as possible.

Senior Day at the Fair August 11 10:00a - 3:00p

Come see us at the fair
in the 4-H Building!

Stop by our table to learn more about SeniorsTogether and maybe win a ticket to the upcoming Timbuktu luncheon!

Hold the Date! Thursday, September 28 Timbuktu!

We're still finalizing the menu, but crab cakes are included! Our date is firm, please see this newsletter in September for final details or call/email Elaine Widom.



SeniorsTogether APPRECIATION GIFTS

Recent Gifts

*In Memory of Sally Leibowitz
and Marty Chaitovitz*

By Karen Hull

A **SeniorsTogether** appreciation gift is a meaningful way to express condolences, admiration and goodwill. **SeniorsTogether** appreciation gifts directly support the peer outreach program. Each donor and the honoree or their family are notified of the gift with an attractive certificate and a thank you letter. The announcement in this newsletter is optional. For additional information please contact Karen Hull. **Thank You!**

Ongoing Groups

Monday

Current Events - Community Room

Discussion group 10:00a

Tuesday

Low Vision - Meeting Room

Resource and support group 10:15 am

Thursday

Zoom-In - Meeting Room

In-depth discussion group 10:00 am

Brainteasers - Meeting Room

Boost your brain 12:30 pm

Friday

Trenders - Conference Room

Open-minded discussion 10:00 am

Health & Wellness

Nutrition Counseling

Monday, July 24 & Thursday, August 10
9:30-11:30 am

Counseling sessions by appointment only.
Must be 60+ to sign up
Nutritionist, Mary Kuttler, RD, LDN
Sign-up at the front desk or call 410-313-7213.

Chair Yoga

Thursdays, 3-4 pm
July 6– September 28 Cost: \$69
Fridays, 9:30-10:30 am
July 7– September 29 Cost: \$69

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair.

Drop-In Zumba–On The Big Screen



Tuesdays, 1- 2 pm & Thursdays 11 am- 12 pm
\$1 Donation
Dance to a Fitter You!

Sit & Get Fit

Wednesdays
1- 2 pm /Free

A gentle conditioning exercise program you can do sitting down. Easier to learn than Tai Chi or Yoga. Sit and Get Fit for Seniors blends activity and relaxation by adding circular movements, and natural breathing. Drop in.

Yoga

Mondays, 2:30-3:30 pm
July 3– September 25 Cost: \$64

Wednesdays, 11 am-12 noon
July 5– September 27 Cost: \$69

Join Certified Yoga instructor, **Mary Garrett**, and learn the techniques that promote good health and strength.



Better Balance

Mondays & Wednesdays, 1-2 pm
July 3– September 27 Cost: \$79

Better Balance is designed for those with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, balance bar, and seated exercise. Pre-screening required prior to enrollment; contact Jeannie DeCray at 410-313-6535.

Brain Fitness-Neurobics

Tuesday, July 18 & August 8
10- 11 am/ Free

Brain training is the cornerstone of brain fitness, but it's not the only thing you can do. Find suggestions for brain healthy nutrition, physical activity, and more with experienced Instructor, Robin Zahor, RN, BSN. R.S.V.P.

Beginner Soul Line Dance Class

Thursdays, 2:45-4 pm
July 6–27 Cost: \$23/ August 3–31 Cost: \$28

Join **Jesse Barnes**, our “seasoned” Dance Instructor who teaches throughout Central Maryland. Learn beginners’ line dance steps and get fit at the same time.

Qigong

Thursdays, 10:15-11:15 am
July 6– September 28 Cost: \$69

The art of Qigong is the science of using breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate life energy.

Health & Wellness



Drop-in Tap Dance
Instructor:
Diane Andrews
Tuesdays
10:45-11:45 am/Free

Have fun while tap dancing your way to health.

Join us for the excitement, challenge, and fun of learning to *dance*! Whether you're a beginner or an aspiring performer, you will enjoy this class.

Alzheimer's Caregiver Support Group

Thursday, July 13 & August 10

7-9 pm /Free

Support groups create a safe and confidential environment to empower caregivers to attain their own personal, physical, and emotional well-being in an effort to optimally care for themselves and each other. Participants are provided with education about dementia-related issues and developing the skills to solve problems. For more information, contact Danilsa Marciniak at 410.736.2217.

Coffee and Community Connecting

Thursday, July 20 & August 17 at 9:30 am

Coffee and Community Connecting brings police officers and the community members they serve together over coffee to discuss issues and learn more about each other. Meet **Officer Andre Lingham** in the lobby.

Yoga for Parkinson's

Thursdays, 6:30 pm - 8 pm

This drop-in class for Parkinson's patients and their care partners encourages correct alignment of the body. Sponsored by Yoga for Parkinson's, Inc., a non-profit organization. Suggested donation \$5 per class. Call the center to R.S.V.P.

Ask The Pharmacist

Monday, July 24 & August 28

9-10 am/Free

Pharmacist, Don Hamilton will provide individual answers to your medication questions. With the allergy season upon us, find out if you should take an over the counter medication or something prescribed by your physician.

BALANCE "4" ALL

Thursdays , 9-10 am

July 6 - September 28 Cost: \$64

Learn balance, strength, posture and flexibility. Registration required.

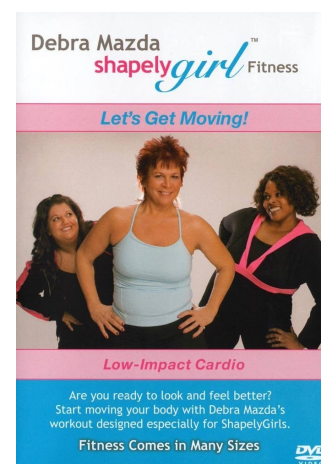
Thrive-Thursdays

Low Impact Cardio

10-10:45am/Free

Let's Get Moving!

Join us in Great Room 1 and get ready to burn calories and shed those pounds. We will alternate different tapes weekly.



Blood Pressure Screenings

1st & 3rd Thursday of the Month

July 6, 20 & August 3, 17

10 am -12 noon/Free

High blood pressure is a "silent killer." Know your numbers! Albertha Workman, RN will take your blood pressure.

Nutrition & Program Information

Finding Greens at the Farmers' Market

Summer means plenty of green at the Farmers' Market; green and leafy veggies that is! Turnip greens, Swiss chard, collards, broccoli, kale, arugula, romaine, red and green leaf lettuces, spinach and more are abundant at the market! And they are full of great nutrition!

Kale: It's an excellent source of vitamins A, C, and K, has a good amount of calcium for a vegetable, and also supplies folate and potassium.

TIP: Before cooking with kale, collards, turnips, and chard, swish the greens in a water-filled sink, draining the sink, then repeating this rinse until the leaves are dirt-free.

Collards: Collard greens are similar in nutrition to kale but they have a chewier texture and a stronger cabbage-like taste.

Turnip greens: If you buy turnips with the tops on, you get two vegetables in one. More tender than other greens and needing less cooking, this sharp-flavored leaf is low in calories yet loaded with vitamins A, C, and K as well as calcium.

Swiss chard: With red stems, stalks, and veins on its leaves, Swiss chard has a beet-like taste and soft texture that's perfect for sautéing. Chard is a good source of vitamins A and C.

Spinach: Spinach is packed with vitamins A and C, as well as folate. Spinach leaves can be cooked quickly in the water that remains on them after rinsing, or they can be eaten raw in salads. Bags of frozen chopped spinach are more convenient to use than block kinds, and this mild flavored vegetable can be added to soups, pasta dishes, and casseroles.

Broccoli: Broccoli is rich in vitamin C and is also a good source of vitamin A, potassium and folate. Its stalks and florets add both crunch and color to stir-fries.

Red and Green Leaf and Romaine Lettuce: These lettuces are high in vitamin A and offer some folate. Leaf lettuces have a softer texture than romaine.

Cabbage: Although paler in color than other leafy greens, this cruciferous vegetable is a great source of cancer-fighting compounds and vitamin C. Available in red and green varieties, cabbage can be cooked, added raw to salads or stir fries, shredded into a slaw, or made into sauerkraut.

by Rona Martiyan, MS, RD, LDN

Essential Touch Massage Therapy
Wednesdays/ Fridays 9 am-3 pm &
Thursdays 5-8 pm
Cost: \$48 60 minutes

Indulge yourself in a therapeutic massage designed especially for your needs with Massage Therapist Felicia Tenny, RN, LMT. Relax your muscles, decrease aches and pains, and promote the circulation of blood and lymph system. Call the center for appointments.

"Color Me Barbra"—Adult Coloring Session
Thursdays, 10-11:30 am/ Free

Do you want to get in on the latest adult craze? We will supply the coloring books, colored pencils and markers. Join others for a relaxing, new, self-taught way to be creative. Drop in.

Medicare Counseling

Daily, by appointment. Meet with a trained counselor for help with your Medicare questions. This free service of the SHIP Program (Howard County Office on Aging and Independence) is available to Medicare beneficiaries of any age and their families/caregivers. Call 410-313-7392 to schedule an appointment.

Weekly Computer Clinic

Wednesdays, 10 am-12 noon/ Free

Have a problem with your iPhone or iPad or want to learn how to better use its many features? Need help with your laptop or desktop computer? Call the Bain 50+ Center to sign up for a one-on-one, 30-minute meeting with a tutor who will assist you with your concerns and questions.

Recreation & Parks/ Programs

Toss Across Fridays

(except the last Friday of the month)

10:30-11:30 am/ FREE

Come try the latest backyard and tailgating craze that is being played coast to coast! Toss Across is a fun combination of bean bag toss and horseshoes and can be played just about anywhere (even the Bain Lobby!).

Join Recreation and Parks as they provide you with simple instructions on how to play this new game.

Trivia Time

Last Friday of the Month

9:30-10:30 am/ FREE

Come show us what you know during this entertaining and informative hour of group trivia fun. Question categories range from sports to entertainment to geography and more. Join us in the Bain Lobby and help your team compete for bragging rights.

BUNCO!

Last Friday of the Month

10:30-11:30 am/ FREE

This could very well be the most exciting and fun filled hour of your month! Join us for Bunco, a simple dice game that can be played by just about anyone. Recreation and Parks provides easy instruction, and new players are always welcome!

RED HATTERS

Meets the 3rd Tuesday every month.

Please call Ginny Russ at 301-325-5173 for Red Hatters information.



Upcoming Trips, Tours and Fun!

Hosted By:

Howard County Recreation & Parks

July 12, 2017 The Sound of Music at
The Kennedy Center RP4506.401

Bain Pick up at 12:00 noon

Fee: - \$ 102.00

September 23, 2017 Country Musical Capital
Nashville, Tennessee RP4501.501

Bain Pick -up at 7:00 AM

Fee \$1189.00 Single

\$950.00 Double

Registration: (410) 313-7275

Information: Tracy Adkins Trips & Tours
Coordinator - Phone: (410) 313-7279

Phase 10 Card Game

Tuesdays at 1:30 pm/ Free

A Rummy-type card game with a FUN and exciting twist. Easy to learn and easy to play. Join us for a great time and make new friends!

July/ August Menu

Monday July 3	Tuesday July 4	Wednesday July 5	Thursday July 6	Friday July 7
APPLE JUICE HAMBURGER POTATO SALAD CARROT RAISIN SALAD SANDWICH BUN FRESH FRUIT	CENTER CLOSED	MIXED GREENS SALAD SWEDISH MEATBALLS ROTINI GREEN BEANS WHITE WHEAT BRD MANDARIN ORANGES	GRAPE JUICE CHICKEN TARRAGON BROWN RICE PEAS WHITE WHEAT BREAD TROPICAL FRUIT	PROVINCIAL BEAN SOUP SLICED TURKEY LTO SANDWICH BUN ORANGE
Monday July 10	Tuesday July 11	Wednesday July 12	Thursday July 13	Friday July 14
Korean Meal Menu to Be Determined	VEGETABLE SOUP CHICKEN CASANDRA RISSOLE POTATOES MIXED GREENS SALAD WHITE WHT BREAD/ FRESH FRUIT	SPLIT PEA SOUP TURKEY SALAD PICKLED BEETS POTATO ROLL MELON	APPLE JUICE KOREAN PORK RICE SPRING SALAD SPLIT TOP ROLL FRESH FRUIT	CHICKEN VEG SOUP ITALIAN MEATBALLS COLESLAW MINI SUB ROLL MIXED FRUIT COMPOTE
Monday July 17	Tuesday July 18	Wednesday July 19	Thursday July 20	Friday July 21
PICKLED BEETS TURKEY TETRAZZINI SPINACH WHITE WHEAT BREAD FRESH FRUIT	GRAPE JUICE BRAISED BEEF MASHED POTATOES MIXED GREENS SALAD WHITE WHT BREAD PEACHES	LENTIL SOUP PORK RIBETTE CREAMED CORN CARROT RAISIN SLD DINNER ROLL ORANGE	VERY BERRY JUICE BAKED HAM/ SCE POTATO SALAD GREEN BEANS WHITE WHT BREAD MIXED FRUIT COMPOTE	HEALTH SALAD TURKEY A LA KING WINTER BLEND LARGE BISCUIT FRESH FRUIT
Monday July 24	Tuesday July 25	Wednesday July 26	Thursday July 27	Friday July 28
Korean Meal Menu to Be Determined	OR-TANGERINE JUICE MEATLOAF/GRY LYONNAISE POTATOES TURNIP GREENS WHITE WHT BREAD FRESH FRUIT	APPLE JUICE CHICKEN GEORGIA RUSSIAN MAC SALAD MIXED GREENS SALAD WHITE WHT BREAD PINEAPPLE CHUNKS	DIXIE SLAW COLD CUTS THREE BEAN SALAD MINI SUB ROLL FRESH FRUIT	GRAPE JUICE PORK CHOPS/ GRAVY MASHED SWEET P OTATOES CAULIFLOWER WHITE WHT BREAD PEARS
Monday July 31	Tuesday August 1	Wednesday August 2	Thursday August 3	Friday August 4
FRUIT PUNCH SALISBURY STEAK/GRY MASHED POTATOES DILL CARROTS WHITE WHEAT BREAD FRESH FRUIT	APPLE JUICE PORK RIBETTE BAKED BEANS ORIENTAL BLEND WHITE WHT BREAD PEACHES	CHICKEN VEG SOUP BAKED HAM/ AU JUS PENNE PASTA SALAD MARIN. CUXS & TOM WHEAT BREAD FRESH FRUIT	PARADISE PUNCH SOUTHWEST CHICKEN MEXICAN BROWN RICE MIXED GREENS SALAD WHITE WHEAT BREAD PEARS	MINISTRONE BAKED FISH/ HERB SCE O'BRIEN POTATOES SPRING SALAD DINNER ROLL MELON