



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

Senior 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.howardcountyaging.org

Look Inside

Bain Staff	Page 2
Navigating the Center	Page 2
Bain Council/ Announcements	Pages 3
Special Events	Pages 4-6
Daily Programs	Pages 6-10
SeniorsTogether	Page 11
Health & Wellness	Page 12-13
Nutrition & Programs	Page 14
Recreation & Parks	Page 15
Menu	Page 16



**Spring
Forward
Hopefully?**

Come find Spring in the Bain Neighborhood!

- March 1 jGroup: Movie "Ida"
- March 8 Baltimore Museum Industry: War on the Homefront-Workers and Industry in WW II
- March 22 A Touch of Gracye Jewelry & Tea Party
- March 24 Movie "War Room"
- March 30 Foreign Film & Lunch "The 100-Year-Old Man Who Climbed Out the Window and Disappeared"
- March 31 Candlelight Concert Society Presents: Crosswinds Trio
- April 5 Olde Golde Presents: There's No Business Like Show Business
- April 26 Lyric Opera Baltimore "Made in America-The America Songbook"

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
Deborah Spittel, Registrar, 410-313-7213
Wendell Porter, Facilities, 410-313-7464
Sidney Lightfoot, Building Attendant, 410-313-7213

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
Bunny Garber, 410-313-7389

MARYLAND ACCESS POINT

To make an appointment 410-313-5980
Sunny Moon, 410-313-7388
Kim Freeman, 410-313-7288

RECREATION AND PARKS

Cathy Vigus, Senior Adult Programs, 410-313-7311
Ginny Russ, Trips and Tours, 410-313-7279
Curtis Gore, Recreation Coordinator 410-313-7281

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, 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. Pay 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 pm. Payments may be 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 for older adults 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

Bain 50+ Center 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

Friday, March 11: The Good Timers

Friday, April 8: Love Story Duo

Refreshments Served

Look for changes to the Friday dances.

Howard County Office on Aging Inclement Weather Policy

Howard County Schools **Closed**,
the Bain 50+ Center will be **Closed**.

Howard County Schools **2 Hour Delay**, the Bain 50+ Center
will open at 10 am. No lunch will be served and no
para-transit transportation.

Howard County Schools **1 Hour Delay**,
the Bain 50+ Center will open as usual at 8:30am.

AARP Tax Aide

AARP will be providing tax assistance at the Bain 50+
Center on the following days and times listed below.

February 1–April 15

Mondays–Wednesday 11 am –4 pm

Thursdays, 11 am–8:30 pm

Fridays 11 am –4 pm

Saturdays, 8:30 am–1 pm

Must call 443-741-1220 **NOT** The Bain 50+Center
for information and appointments

Center Closings



Wednesday, March 16

Staff Meeting

Friday, March 25

Good Friday

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.

Athena Dalrymple

Merry Day

Jackie Dunphy

Jeane Evans

Peter Eisenhut

Valerie Hoelz

Jim McDiarmid

Su Patterson

Priscilla Pitts

Jean Salked

Arleen Tate

Malcolm Wolf

Albertha Workman

Eileen Zuckman

The Bain Council generously sponsors a
nutritious Continental Breakfast on
Tuesdays-Thursdays at 9:30-10:30 am.
Your support of council events make this
breakfast and 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 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/HoCoCitizen

March & April Programs

jGROUP: Movie "Ida"

Tuesday, March 1

10:30 am/ Free

Academy Award Winner for best foreign language film in 2014. On the eve of her vows as a nun, 18 year old novice Anna meets her estranged Aunt Wanda, a cynical Communist judge who shocks the naïve Anna with a stunning revelation: Anna is Jewish and her real name is Ida. Directed by Pawel Pawlikowski. R.S.V.P.

A Touch of Gracye Jewelry & Tea Party

Tuesday, March 22– Rescheduled

10-11:30 am/ Free



Meet & Greet: Gracye Johnson, Jewelry & Art Instructor. Learn about her new programs which are coming to the Bain 50+ Center this spring. Gracye's classes include Introduction and Intermediate Jewelry Design, Introduction to Wire Work, Painting Glass, Candle Decorating, Tie Dyeing and other Arts. **Must R.S.V.P by March 15.**

Baltimore Museum Industry Presents:

War on the Homefront

Workers and Industry in World War II

Tuesday, March 8

10:30 am / Free

When World War II began, Baltimore, its citizens and the industries that employed them were truly transformed. This program offers some answers to the questions of what industries led this growth, where did the employees come from, what type of work did they do, and what impact did these efforts have on the city and region? BMI will focus on the war industry's "Big Three", steel, ships and aircrafts. R.S.V.P.

10 Warning Signs of Parkinson's Disease

Wednesday, March 9

10:30 am/ Free

Join Bailey Vernon, MPH, CHES with John Hopkins Parkinson's Disease Movement Disorder Center for a presentation on symptoms, diagnosis, treatment and community resources on Parkinson's Disease and related movement disorders. R.S.V.P.

National Nutrition Month-Healthy Snacking

Tuesday, March 15/ 9:30 am

Healthy snacks are essential for busy 50+ adults. Find out how eating nutritious **snacks** throughout the day can keep your energy level high and your mind alert. **Free but you must R.S.V.P.**

Living Healthy with High Blood Pressure

An interactive 2.5 hour work-shop designed for people who have been diagnosed with hypertension or high blood pressure wanting to learn how to better manage their condition.

Topics/covered include:

- What is High Blood Pressure
- Problems with Salt/Sodium Intake
- Home Monitoring Tips
- Where's the Salt
- Knowing Your Numbers

Bain 50+ Center
Wednesday, March 23rd
1 — 3:30 PM
\$5

To register please contact Wendy Farthing at 410-313-3506

To request this document in an alternate format, or to request accommodations to participate in this event, please contact Wendy Farthing at 410-313-3506 (voice/relay) or at wfarthing@howardcountymd.gov two weeks before the respective event.

Foreign Film, Lunch and Discussion

"The 100 -Year-Old Man Who Climbed Out the Window and Disappeared"

Wednesday, March 30

11:30 am \$13

Join us for lunch and an enjoyable learning experience with this Swedish Blockbuster Comedy . Enjoy a catered lunch followed by a facilitated group discussion. Register by March 23.

March & April Programs

The Bain "Buzz" Book Club
10-11:30 am / FREE

Upcoming Book Selections
3rd Wednesday of the Month

March 23- *Go Set A Watchman* by Harper Lee
April 20- *Lila* by Marilynne Robinson

Coffee and Community Connecting
Thursday, March 24 & April 14
9:30-10:30 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.

Candlelight Concert Society Presents:
Crosswinds
Thursday, March 31
11 am-12 noon/ Free



Crosswinds is a professional woodwind trio based in Annapolis featuring the talents of flutist, Gail D. Vehslage; clarinetist, Phyllis Crossen-Richardson; and bassoonist, Kari Krueger Shea. The trio was featured at the 2004 International Clarinet Association's Clarinet Fest and has given performances to benefit many organizations. Crosswinds has a diverse repertoire, from classical to contemporary, Bach to Joplin. R.S.V.P.

National Stress Awareness Week
April 4-8th / Free

RELAX! National Stress Awareness Week will give you an opportunity to learn free stress relievers. Enjoy a week of Relaxation, Herbal Teas, Massage, Seated Yoga, Meditation, Brain Stress Relievers, and Yoga all lead by certified instructors. Must sign up for individual sessions, space is limited. Call the center for times and availability.

Olde Golde Presents:
There's No Business Like Show Business
Tuesday, April 5 / 11am

Keyboardist, Jim Blackwell and vocalist, Larry Stauffer will be performing an all-Broadway revue, "There's No Business Like Show Business", with great tunes from 1927-1980. From Showboat to Annie and Annie Get Your Gun, from Pajama Game to Fiddler on the Roof, from Sound of Music to Stop the World and much more. Sing along to songs that are all well known, much loved and great fun. FREE

Movies at the
Bain Theatre
Thursdays, 1pm
FREE



March 3—*Crisis in the Congo: Uncovering the Truth* (Documentary) Crisis in the Congo: Uncovering the truth explores the role that the US and its allies, Rwanda and Uganda, have played in triggering the greatest humanitarian crisis at the dawn of the 21st century.

March 10—*The Martian* (Featuring Matt Damon, Jessica Chastain and Michael Pena) **Extra Showing at 6 p.m.**

March 17—*He Named Me Malala* (Documentary)

March 24—*War Room* (Featuring Alex Kendrick, Priscilla Evans Shirer and T.C. Stallings)

March 31—*Troubadours* (Documentary)

April 7—*Truth* (Featuring Cate Blanchett, Robert Redford and Topher Grace)

April 28—*Ricki and the Flash* (Featuring Meryl Streep, Kevin Kline, and Mamie Gummer)

The views expressed in the listed documentaries are the views of its makers, and do not necessarily express the views of the Office on Aging, the Department of Citizen Services, Howard County Government, or their officials and employees.

March & April Programs

50+ LGBT Group

1st Thursdays

6 pm-8 pm

March 3 - Book discussion of *The Well of Loneliness* by Radclyffe Hall

April 7 - Listening session with FreeState Legal and Equality Maryland. Share your thoughts about how these groups can strengthen their work of advocating for the needs of LGBT older adults in Maryland.

For questions or to confirm attendance, please contact group facilitator: Jessica Rowe, LCSW-C at 443-980-2914 or jessicarowe100@gmail.com.

AARP Drive Safety Course

April 6 / 1-5 pm

Cost: \$15 AARP / \$20 Non-Members

This driver safety course reviews the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. Learn how to manage and accommodate for common age-related changes in vision, hearing and reaction time. Bring your own snack or reserve a lunch by calling 410-313-7390. Registration Required.

Mental Health First Aid for Older Adults

April 7 & April 8

12:30 - 4:30pm

This 8-hour training certification course is intended to prepare communities with the knowledge and skills to help individuals experiencing a mental health problem or crisis. For more information on Mental Health First Aid,



visit www.mentalhealthfirstaid.org.

Presented by Tamara Van Newkirk, Grassroots of Howard County and Karen Hull, Howard County Office on Aging. Registration required, cost \$25/pp. Space is limited.

Must register with Karen Hull at 410-313-7466 by Friday, April 1st.

AARP Presents: Fraud Watch

Tuesday, April 12

10:30-11:30 am/ Free

Identity theft, investment fraud, and scams rob millions of Americans of their hard-earned money. Last year, 13 million people were victims of identity theft alone—that's one person every 2 seconds. Learn how to spot common fraud tactics and how to join the AARP Fraud Watch Network, a collaborative resource from AARP and our members to warn about scams in your community. Presentation led by Jen Holze of AARP Maryland and Beth Sliverman of Howard County Office of Consumer Affairs.

Share Your Apps

Friday, April 22

10:30 am-11:30am/ Free

Do you have a Smart Phone, iPad, or Tablet? Maybe you are thinking about purchasing one. Apps make the iPhones and Androids the powerful little devices that they are. Bring your device and learn how to add the best photo apps to your device. Must register at the front desk.

Lyric Opera Baltimore Presents:

Made in America-The American Songbook

Tuesday, April 26

11 am/ Free



An exploration of The American Songbook featuring composers such as Johnny Mercer, Heusen & Cahn, Duke Ellington, Gershwin, Loewe & Lerner and many others. We will sing all the classic hits of cabaret jazz, Broadway and Hollywood while learning about the composers and singers that made them famous.

Advance Health Directives Preparation

Wednesday, April 27th

9 am - 1 pm/ Free

Let your wishes be known and get your free advance directives prepared. Sign up in the lobby.

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—Noon	Project Linus (2nd & 4th week)	Great Room 1
9 am—Noon	Knitting and Crocheting Group	Meeting Room
9:30—11 am	Better Health and Wellness (HCC) (\$)	Exercise Room
10—11:30 am	SeniorsTogether Current Events Discussion	Community Room
11:15 am—Noon	Tai Chi (Drop-In)	Great Room 2
11:30am—12:30pm	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—4 pm	Gathering of the Arts (Drop-In)	Craft Room
2:30—3:30 pm	Yoga (\$)	Exercise Room
TUESDAY	PROGRAM	ROOM
8:30am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
9 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—11 am	Brain Fitness (See Page 12 for Dates)	Community Room
10 am—Noon	Pottery (HCC) (\$)	Craft 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	Spanish	Enroll at the Front Desk—Meeting Room
1—2 pm	Let's Walk & Move (Drop-In Walking Club)	Great Room 2
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 (\$)	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	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	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
9 am—Noon	Woodworking (\$)	Woodshop
9 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 am	Wii (Recreation & Parks) Must pre-register in the lobby	Lobby
9:30 am—12 Noon	Artful Journaling (Recreation & Parks) (\$)	Community Room
9:30—11:30 am	Drop-in Pinochle	Pantry
10—11 am	Sweating to the Oldies	Great Room 1
10 am—Noon	Blood Pressure (1st & 3rd Thursday)	Health Suite
10—11:30 am	Zoom– In Discussion Group	Meeting Room
10:15—11:15 am	Qigong (\$)	Great Room 2
10:30—11:30 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—2:20 pm	Better Health and Wellness (HCC) (\$)	Exercise Room
1—4:15 pm	Drop-In Scrabble & Cards and Games	Activity Room/ Pantry
1:15—3:45 pm	You Can Draw and Paint (R&P) (\$)	Craft Room
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

Bain 50+ Center Gospel Choir

Open House : Friday, April 1

Join the Bain 50+ Gospel Choir. It meets 1st, 3rd, and 4th Fridays from 12:30 pm. to 2 pm. Learn new music and make new friends. No experience necessary. Director, Gertrude Wilson.



THE MOSAIC PROJECT

FREE STUDIO WORKSHOP
The Ancient Art of MOSAIC MAKING
with a Visionary Spin!

Open to Howard County residents age 50+, each participant will learn the basic techniques of mosaic-making, including glass cutting and grouting, and will complete and individual piece to be combined in a large-scale installation piece, which will be available for public viewing. Space is limited; reserve YOURS today!

North Laurel 50+ Center
 9411 Whiskey Bottom Road, Laurel, MD 20172

Thursdays in April • 10 a.m. - 12:00 noon
 April • 7 | 14 | 21 | 28 • 2016

REGISTER no later than MARCH 31!
 Michelle Feng
 PHONE 410-313-0380 • EMAIL yfeng@howardcountymd.gov






If you need this information in an alternate format or need accommodations to attend, call Maryland Access Point at 410-313-5940 at least one week in advance.

Don't Miss the Fun, Excitement and Energy!



The 8th Annual WomenFest – designed for women of all ages to live a more balanced, healthier and fulfilled life

strong • savvy • sage

WOMENFEST

A Health & Wellness Event for Women

Saturday, April 30 • 10 am - 3 pm

Gary J. Arthur Community Center at Glenwood
 2400 Route 97, Cooksville, MD 21723

HIGHLIGHTS

- Free Admission
- On-Site Parking
- 100+ Exhibitors/Vendors
- Dynamic Seminars
- Engaging Workshops
- Important Health Screenings
- Cooking and Fitness Demos
- All Day Door Prizes

New for 2016!
CORE CAMP
Grab a Friend & Meet Us at the Mat!

45-minute Energizing Sessions

PILATES: 10:30 – 11:15 a.m.
 YOGA: 12:30 – 1:15 p.m.
 YOGALATES: 2:00 – 2:45 p.m.



410-313-5440 or www.howardcountymd.gov/womenfest

SeniorsTogether News

For more information or to register contact

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

Elaine Widom, 410-313-7283/ewidom@howardcountymd.gov

Thank you, Bain Council

SeniorsTogether sincerely appreciates the generosity of the Council in supporting our peer outreach and programs.

SeniorsTogether is committed to creating peer programming, promoting a positive outlook, and supporting a thriving aging process across the life span. Partnerships like this help us achieve these goals!



SeniorsTogether APPRECIATION GIFTS *Recent Gifts*

*In appreciation of SeniorsTogether
By Altagracia Sanchez*

A SeniorsTogether appreciation gift is a meaningful way to express condolences, admiration and goodwill. Contributions directly support program activities. All donors receive a letter of gratitude and the honoree or designee receives a certificate.

SeniorsTogether appreciation gifts directly support the peer outreach program. Donors and honorees or their family are notified of each gift with an attractive certificate and announcement in this news letter (optional). Please contact us for more information.

The Trenders Group Every Friday 10- 11:30am

This lively, open-minded group shares interesting and meaningful conversations in a loosely structured agenda. Led by trained facilitators.

The Trenders group meets in the Bain Center conference room, and has limited space. Please call Elaine, 410.313.7353 to verify space is available so everyone is comfortable. Thank you.

Upcoming Special Events

March 10

Mt. Hebron High School

"Guys & Dolls"

Reserved seating for low-vision adults.

Call Elaine for more information.

SeniorsTogether Luncheon

Thursday, March 31 \$23

Location: Centre Park Grill

Please call Elaine for reservations.

Bereavement Group

SeniorsTogether holds periodic bereavement groups for adults who have lost a loved one. This multi-week group explores the process of mourning, coping strategies, and life beyond grief in a supportive, caring atmosphere. An upcoming group is being scheduled in the spring. If you are interested in the group or finding bereavement resources, please call Karen Hull, 410.313.7466.

Health & Wellness

Nutrition Counseling

Thursday, March 10 & April 7

9:30-11:30 am

Counseling sessions by appointment only.

Must be 60 + to sign up

Nutritionist, Ashli Greenwald

Sign-up at the front desk or call 410-313-7213.

Chair Yoga

Thursdays, 3-4 pm

April 7—June 23 \$64

Fridays, 9:30-10:30 am

April 15—June 24 \$59

Join instructor **Karen Pedra** and learn the art of relaxation from a chair.

Let's Walk & Move

Do your 16 = 1/2 mile

Tuesdays, 1-2 pm

Be proactive with your health by walking. Walking 16 laps around the Great Room at your own pace equals a 1/2 mile. Listen to oldies but goodies while you log miles in the Great Room.

Brain Fitness-Neurobics

Tuesday, March 29 & April 5

10-11 am/ FREE

Improve your cognitive capacity and build your brain capacity. Instructor Robin Zahor, RN, BSN.

Qigong

Thursdays, 10:15-11:15 am

April 7—June 23 \$64

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

Yoga

Mondays, 2:30-3:30 pm

April 11—June 27 \$59

Wednesdays, 11 am-12 noon

April 13—June 29 \$64



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

Better Balance

Mondays & Wednesdays, 1-2 pm

April 6—June 22 Cost: \$70

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 Jen Lee at 410-313-5940.

Yoga for Parkinson's

Thursdays, April 7—June 30

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

Beginner Soul Line Dance Class

Thursdays, 2:45-4 pm

March 3—31 \$28

April 7—28 \$23

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



Drop-In Zumba
Tuesdays, 1 – 2 pm & Thursdays 11 am— 12 pm
\$1 Donation

Health & Wellness

Sing with your Feet Drop-in Tap Dance Tuesdays, 10:45-11:45 am

- Fun
- Unstructured
- Laugh
- No Pressure



Nutrition Discussion & Food Tasting Friday, March 18 & April 15 10-11 am/ Free

We have all heard the saying, "You are what you eat." Nutritionist, Linden Griffith recognizes this to be true and she will discuss the importance of adding more fruits and vegetables to your diet. Samples of simple healthy foods will be available for your tasting pleasure. Reservations Required.

Man to Man Prostate Cancer Support Group Thursday, March 17 & April 21 6:30 pm -8:15 pm/ Free

Man to Man Prostate Cancer Support Group offers confidential support and education. Guest speakers include doctors, health care practitioners and survivors, who address issues related to treatment options, side effects and practical guidance. Meets 3rd Thursday every month from September-June. For information, contact Gary Scher at gscher@comcast.net or 202-253-1025.

BALANCE "4" ALL Thursdays , 9-10 am April 14—June 30 \$64

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

Ask The Pharmacist Monday March 28 & April 25 9-10 am/ Free

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

Essential Touch Massage Therapy Wednesdays/ Fridays 9 am-3 pm Thursdays 5-8:30pm Cost: \$48 60 minutes

Indulge yourself in a therapeutic massage designed especially for your needs with Massage Therapist Felicia Tenny, RN, LMT. It will relax your muscles while having an additional benefit of facilitating decreases in aches and pains, and promoting circulation of blood and lymph. Call the center for appointments.

"Sweatin' to the Oldies" Thursdays 10-11am/ Free

Richard Simmons' aerobic concert. Join us in Great Room 1 and get ready to burn calories and shed those holiday pounds. Sign-up in the lobby.



Blood Pressure Screenings 1st & 3rd Thursday of the Month March 3, 17 & April 7, 21 10 am-12 noon/ Free

High blood pressure is a "silent killer." Know your numbers! Albertha Workman, RN will take your blood pressure to help you to maintain overall good health.

Nutrition & Program Information

The US Dietary Guidelines for Americans were revised at the end of 2015. Have you seen the changes and recommendations? They are summed up here for you to easily understand! Eat for health and the long run. When thinking of healthy eating, think of how you eat over a period of time to balance out your food choices depending on your tastes and preferences. Include a large variety of fruits, vegetables, whole-grain products, and lean proteins and legumes. Add healthy fats from nuts, seeds, and vegetable oils. Healthy eating patterns are low in added sugars and saturated/trans fats. Healthy eating patterns are low in sodium from processed foods. Aim for less than 2300 mg per day.

Here are some specifics: Salt: Less than 2,300 milligrams/day for everyone. That's one teaspoon.

- Coffee: Up to 5 cups a day (wow!)
- Dairy: Stick to low-fat or skim milk.
- Sugar: Keep added sugars to less than 10 percent of daily calories.
- Cholesterol: No limit anymore, but the report still cautions that you should eat as little as possible
- Alcohol: Up to one glass a day for women, two for men.
- Meat: Get a variety of it, but go for lean and watch out for saturated fat.
Saturated fat: Keep to less than 10 percent of daily calories.

Eat more of: A variety of vegetables: dark green, red and orange, legumes (beans and peas), starchy and other vegetables (eating the rainbow).

- Fruits, especially whole fruit
- Grains, at least half of which are whole grain
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seed Oils, including those from plants: canola, corn, olive, peanut, safflower, soybean and sunflower. Oils also are naturally present in nuts, seeds, seafood, olives and avocados.

Eat less of: Added sugars: Less than 10 percent of daily calories should come from added sugars. ChooseMyPlate.gov provides more information about added sugars, which are foods or beverages when they are processed or prepared. These do not include naturally occurring sugars, such as those consumed as part of fruits.

- Saturated and trans fats: Less than 10 percent of daily calories should come from saturated fats. Foods that are high in saturated fat include butter, whole milk, meats that are not labeled as lean and tropical oils such as coconut and palm oil. Saturated fats should be replaced with unsaturated fats, such as canola or olive oil.
- Sodium. Adults and children 14 years and older should limit sodium to under 2,300 milligrams per day, and children younger than 14 should consume even less. Use the Nutrition Facts label to check for sodium, especially in processed foods like pizza, pasta dishes, sauces and soups.

by Rona Martiyan, MS, RD, LDN

Bain 50+ Enjoying the Arts Program
Maceo Leatherwood: Reflections on
Family, Life & Culture
Friday, March 18
1-2:30 pm / FREE

This event is a retrospective on artist Maceo Leatherwood and the interplay between family, culture and identity. His work was installed at the Smithsonian's National Museum of the American Indian. Reserve your seat for this wonderful presentation.

Opera Lovers & Lunch– Rescheduled
Tuesday, March 29
10 am/ Cost: \$13



“Turandot”, Puccini’s final opera, recounts the transition of an ancient Chinese princess from a cruel tyrant to a kind monarch thru the love of a foreign admirer who accepts her deadly challenge for her hand in marriage. This lavish Metropolitan Opera DVD production stars Eva Marton and Placido Domingo in one of Puccini's most famous, melodic and beloved operas. **Register by March 22, 2016.**

Recreation & Parks / Bain 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!

New Class: "Betcha didn't know that!"

DIY (Do It Yourself-Tips)

Tuesday , April 13

10-12 pm FREE



Stop in Monthly and get "Do It Yourself" tips about popular updates on Health, Beauty, Lifestyle, Home and Garden. Things you can use and make at home. Some monthly home assignments to bring in might be required.

This class is good for Guys and Dolls. Sign-up in the lobby.

Bus trips departing from the Bain 50+ Center

- 3/7/16** Philadelphia Flower Show, \$86, entry ticket and bus, lunch on your own, 8am-7pm
- 3/11/16** Kennedy Center Symphony, \$69, entry ticket and bus, lunch on your own, 9:30am-4:30pm
- 3/16/16** St. Pat's celebration at Irish Restaurant at Inner Harbor, \$85, lunch & bus included, time to shop, 10am-4pm.
- 3/23/16** Walter's Art Museum, entry ticket and bus, \$52. lunch on your own, 10am-4pm.
- 4/1/16** Kennedy Center Symphony, \$69, entry ticket and bus, lunch on your own, 9:30am-4:30pm.
- 4/6/16** Cherry Blossoms & Odyssey Cruise, \$99, lunch included, 9:30am-3:30 pm.
- 4/7/16** Cherry Blossoms and Memorials, walking, \$52, lunch on your own, 9am-4pm
- 4/28/16** American Treasures Tour, PA, lunch included, \$99m 8am-6pm.

RED HATTERS

03/15/16: Bain, Red Hat Bingo
Bring prizes and lunch to share.

04/19/16: To Be Announced

Please call Ginny Russ at 410-313-7279 for trips and Red Hatters information.

March Menu

Monday	Tuesday March 1	Wednesday March 2 Super Special	Thursday March 3	Friday March 4
	BRAISED PORK SCALLOPED POTATOES BROCCOLI WHITE WHEAT BREAD FRESH FRUIT CRANBERRY JUICE	TUSCAN BEAN SOUP STUFFED PEPPERS WHOLE BABY CARROTS SPICED APPLES SPLIT TOP ROLL	CHILI MARIN CUXS ONIONS WHITE WHEAT BREAD FRESH FRUIT	CARROT RAISIN SALAD BEEF TIPS/GRAVY MASHED POTOTES KALE WHITE WHEAT BREAD MANDARIN ORANGES
Monday March 7	Tuesday March 8	Wednesday March 9 Super Special	Thursday March 10	Friday March 11
TURKEY CHOW MEIN RANCH SALAD RICE WHITE WHEAT BREAD FRESH FRUIT	CHICKEN VEGETABLE SOUP TUNA SALAD PICKLED BEETS SANDWICH BUN APPLESAUCE	GREEN SALAD SAUSAGE LASAGNA ITALIAN GREEN BEANS GARLIC BREAD HONEY ALMOND CHEESE- CAKE FRUIT	GINGERED CUXS PORK CHOP/GRAVY BROWN IRCE BROCCOLI WHITE WHEAT BREAD PINEAPPLE CHUNKS	PEPPER CABBAGE CHESAPEAKE NEW- BURG DICED POTATOES CARROTS SPIT TOP ROLL FRESH FRUIT
Monday March 14	Tuesday March 15	Wednesday March 16	Thursday March 17	Friday March 18
KOREAN MEAL	VEGETABLE SOUP KOCKWURST BAKED BEANS COLESLAW HOTDOG ROLL	CENTER CLOSED	MINT PEA SALAD HAM AU JUS MASHED SWEET POTA- TOES STEAMED CABBAGE MARBLE RYE BREAD TANGERINE	SPIRNG SALAD CHICKEN STEW WHITE WHEAT BREAD PINEAPPLE CHUNKS
Monday March 21	Tuesday March 22 Super Deli	Wednesday March 23	Thursday March 24	Friday March 25
NAVY BEAN SOUP HAMBURGER COLESALW SANDWICH BUN APPLE	POTATO SOUP CHICKEN DIABLO ITALIAN VEGETABLES PEA MINT SALAD WHITE WHEAT BREAD FRESH FRUIT	FRESH TOMATO SOUP TUNA SALAD DIXIE SLAW WHITE WHEAT BREAD(2) FRUITED GEL	CHICKEN NOODLE SU- OP ITALIAN MEATBALLS SPINACH MINI SUB ROLL ORANGE	CENTER CLOSED
Monday March 28	Tuesday March 29	Wednesday March 30	Thursday March 31	Friday
KOREAN MEAL	BROCCOLI & CHEESE SOUP SEAFOOD SALAD BROCCOLI SALAD SLICED PEARS APPLE JUICE/ MILK	BEEF BARLEY SOUP PULLED CHICKEN BBQ PEA MINT SALAD KALE /POTATO ROLL FRESH FRUIT	MARIN CUXS ONION SALISBURY STEAK MASHED POTATOES ITALIAN VEGETABLES WHITE WHEAT BREAD PEACHES	