



# 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](http://www.howardcountyaging.org)

# OLDER AMERICANS MONTH



**BLAZE A TRAIL: MAY 2016**

## Older Americans Month

### “Blaze A Trail”

Older Americans Month is celebrated each May to honor and recognize older Americans for the contributions they make to our families, communities and society. The Administration on Aging (AoA) issues a theme for Older Americans Month. This year's theme “Blaze a Trail” encourages older Americans to stay engaged, active and be involved.

Join us in May for a packed calendar of events to include:

- ◆ Law Day, May 2
- ◆ jGroup, May 3
- ◆ Ballroom Dance Class Workshops, May 4-25
- ◆ 6<sup>th</sup> Annual Mother’s Day Brunch, May 6
- ◆ Fabulous 50+ Players, May 10
- ◆ HCC-Bain Senior Choir Spring Concert, May 11
- ◆ 50+ LGBT Group: Movie “Cloudburst”, May 12
- ◆ Meet the Author Event: “Slices of Life”, May 17
- ◆ All is Well, Age Well, May 17
- ◆ Ask Dr. Dan Presents: 10 Ways To Be Happy, May 18
- ◆ On the Beat with John Wesley, May 24
- ◆ Foreign Film, Lunch and Discussion, May 25
- ◆ Brain Fitness, May 31

## 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

# 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  
Collin Fugate & Earl Saunders, Building Attendant

## 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](http://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, May 13: Laurie Anderson & Joe Eskovar

Friday, June 10: Rear View Mirror

Refreshments Served

Look for changes to the Friday dances.

## 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

## 2016 REGISTRATION SEASON

The Office on Aging request 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 services and programs) how many people we serve each year.

Demographic information helps our funding agencies see who we are serving. Accurate data helps us to maintain or increase programs.

## Center Closings



**Monday, May 30**

Memorial Day

**Tuesday, June 28**

Staff Meeting

**Monday, July 4**

Independence Day

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](mailto:lethridge@howardcountymd.gov) one week prior to the date of the event.



# May Programs

**Maryland Law Day**  
**Monday, May 2**  
**9am-2pm / Free**

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

**jGROUP: Movie "Something the Lord Made"**  
**Tuesday, May 3**  
**10:30 am/ Free**

*Something the Lord Made* is a 2004 docudrama about the black cardiac pioneer, Vivien Thomas and his complex and volatile partnership with white surgeon Alfred Blalock, the world famous "Blue Baby Doctor" who pioneered modern heart surgery. Please R.S.V.P.

**Ballroom Dance Class-Made Easy**  
**Wednesdays, May 4-25**  
**2:15-3:45 pm/ \$43**

New beginner and experienced beginner levels covered with Instructor Laurie Anderson. Specific dance styles to be covered will be decided by attendees.

**6<sup>th</sup> Annual Mother's Day Brunch**  
**Featuring: Musical Guest Kendall Leonard**  
**Friday, May 6**  
**10 am-12 pm**  
**Cost: Donation**



This annual Mother's Day Event honors all mothers and women who care for others. Live entertainment by singer and songwriter **Kendall Leonard**. Everyone welcome. Stop by the front desk to see the spectacular brunch menu and make your donation. **Limited seating – Advance Ticket required.**

**Fabulous 50+ Players**  
**Tuesday, May 10**  
**10:30-11:30 am / Free**

Come join the 50+ Players as they take a trip to Broadway singing Love Songs from favorite musicals from the 1930's to the 1970's in their new show, "With Love From Broadway". R.S.V.P.

**HCC-Bain Senior Choir Spring Concert**  
**Wednesday, May 11**  
**10:30am- 12 pm/ Free**

Spring is in the air so come in and enjoy the melodies of the Howard Community College Bain Senior Choir. This year's performance will be one that you don't want to miss. Please R.S.V.P.

**50+ LGBT Group**  
**Film & Discussion : *Cloudburst***  
**May 12**  
**6 pm-8:30 pm (Doors open at 5:30pm)**  
**Open to the Public/ Free**

2011 - Stella (Olympia Dukakis) and Dotty (Brenda Fricker) are a lesbian couple from Maine who embark on a road trip to Nova Scotia to get married after Dotty is moved into a nursing home by her granddaughter. Discussion following the film will address issues of family dynamics, aging, loss and love. RSVP required by May 9th; call 410-313-7213. Co-sponsored by the LGBT Older Adults Task Force of Howard County and the 50+ Bain Center.

Jessica Rowe ElderCare Consulting, LLC, is authorized by the Board of Social Work Examiners in Maryland to sponsor social work continuing education programs and maintains full responsibility for this program. **This program qualifies for 2.5 Category I Continuing Education Units.**

## May & June Programs

### "All's Well, That Ages Well"

Tuesday, May 17

10:30 - 11:30am



Enjoy three thought-provoking sketches about aging well performed by the Mental Health Players, directed by Diane Megargel. Audience interaction encouraged! Light refreshments served, free. Register at the Bain Center, 410.313.7213.

### Meet the Author: Altha Manning *Slices of Life*

Tuesday, May 17 1-3 pm/ Free



Author Altha F. Manning has taken an honest look at her life, and openly shared her discoveries. Through emotional continuity episodically taken from her life in nonlinear narratives, poems and prosaic remembrance, "Slices of Life" accomplishes the unexpected as a fluid cohesive read. **Refreshments will be provided, please R.S.V.P. by May 12<sup>th</sup>.**

### The Bain "Buzz" Book Club

#### Upcoming Book Selections

3rd Wednesday of the Month

May 18, 10-11:30am

*The Good Earth* by Pearl Buck

June 15, 9:30 am -1 pm

*Brooklyn* by Colm Tóibín

*Brooklyn* movie will also be shown

### Ask Dr. Dan Presents:

"10 Ways To Be Happy "

Wednesday, May 18

11 am –12 noon/ FREE

Grab a seat in the lobby and join us for an in-depth discussion with Dr. Dan on this topic. Advance registration required.

### Coffee and Community Connecting

Thursday, May 12 & June 23

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.

### Movies at the Bain Theatre

Thursdays, 1pm

FREE



**May 5—*Room*** (Featuring Sean Bridgers, Joan Allen and Brie Larson)

**May 12—*The Danish Girl*** (Featuring Eddie Redmayne, Alicia Vikander and Ben Wishaw)

**May 12—*Cloudburst*** (Featuring Olympia Dukakis, Ryan Doucette and Brenda Fricker) **6pm Showing**

**May 19—*Joy*** (Featuring Jennifer Lawrence, Robert De Niro and Bradley Cooper)

**May 26—*Spotlight*** (Featuring Mark Ruffalo, Michael Keaton and Rachel MdAdams)

**June 2—*Our Brand Is Crisis*** (Featuring Sandra Bullock, Billy Bob and Anthony Mackie)

**June 9—*Concussion*** (Featuring Will Smith, Alec Baldwin, and Gugu Mbatha-Raw) **6pm Showing**

**June 23—*A Little Chaos*** (Kate Winslet, Matthias Schoenaerts and Alan Rickman)

**June 30—*Trumbo*** (Featuring Bryan Cranston, Diane Lane and Helen Mirren)

*The views expressed in the listed movies and 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.*

# May & June Programs

## Foreign Film, Lunch and Discussion

### *A Hijacking*

Wednesday, May 25

11:30 am \$13

Join us for lunch and an enjoyable learning experience with this Danish Blockbuster Thriller. Enjoy a catered lunch followed by a facilitated group discussion. Register by May 18 at the front desk.

## On the Beat with John Wesley

Tuesday, May 24

10:30 am-11:30 am/ FREE

John Milton Wesley is an Author, and Singer/Songwriter who performs all original material across various genres including: Jazz, Classical Jazz, R&B, Soul, Afro-Cuban, Bossa Nova, Salsa, Spoken Word, and Big Band arrangements. Please R.S.V.P.

## “Color Me Barbara”

New Adult Coloring Session

Thursdays, Starting June 2

10-11:30 am/ Free

Do you want to get in on the latest adult craze? Adult coloring books and coloring. We will supply the coloring books, colored pencils and markers. Join others for a relaxing new way to be creative. Must R.S.V.P.



## The Fall of Saigon

“Proud and Bitter Memories”

Tuesday, June 7

10:30 am—12 pm

During the fall of Saigon, some got out, some decided to stay, and some chose death rather than life under the Communists. **Tom Glenn, DPA** knows he was a survivor. Decorated for his work during the collapse, he tells the story of the days before his last-minute escape under fire. Please R.S.V.P.

## Opera Lovers & Lunch

Tuesday, June 14

10 am/ Cost: \$13

The Bain 50+ Center is proud to present a delightful comedy opera by Gaetano Donizetti called, *The Daughter of the Regiment*. It is sung in English and stars the world famous soprano, Beverly Sills, in the title role, Marie. Set in 19th Century Europe during the Napoleonic Wars, Marie is found as a baby by a French army regiment. She is adopted and raised as their own by the soldiers. When Marie grows up she falls in love with a dashing young man, Tonio, who is initially not welcomed by the regiment. However, after proving himself an able soldier, Tonio is accepted and eventually permitted by her skeptical family to marry Marie. This opera is 2 hours long.

**Register at the Front Desk by June 7th.**

## Elder Abuse Awareness Day

Wednesday, June 15

10 am-12 noon/ Free

Each year hundreds of thousands of older persons are abused, neglected, and exploited. Many victims are people who are older, that depend on others to meet their most basic needs. Abusers of older adults are both women and men, and may be family members, friends, or “trusted others.” **Officer Andre Lingham**, will provide tips on how to protect yourself and your family. Please R.S.V.P.

## Father’s Day Rock & Roll Barbecue

Thursday, June 16

11 am-12 noon

Lunch Donation



Good Food, Rock & Roll and Men makes for a hefty combination. **Gina DeSimone and The Moaners** will be singing the great classics such as “Mustang Sally” and “Do the Boogie Woogie”. Must stop by the front desk to pick up your ticket and make your lunch donation in advance. Space is limited. **Ticket Deadline, Thursday, June 9th.**

## Daily Programs

<b>MONDAY</b>	<b>PROGRAM</b>	<b>ROOM</b>
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 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	Seniors Together Current Events Discussion	Community Room
10:30 am—11:30 am	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
<b>TUESDAY</b>	<b>PROGRAM</b>	<b>ROOM</b>
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

<b>TUESDAY</b>	<b>PROGRAM</b>	<b>ROOM</b>
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
<b>WEDNESDAY</b>	<b>PROGRAM</b>	<b>ROOM</b>
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
<b>THURSDAY</b>	<b>PROGRAM</b>	<b>ROOM</b>
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

<b>THURSDAY</b>	<b>PROGRAM</b>	<b>ROOM</b>
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
10:45—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—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) (\$) (Returns in the fall)	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
<b>FRIDAY</b>	<b>PROGRAM</b>	<b>ROOM</b>
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

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

### DIY ( Do It Yourself-Tips)

Tuesday , May 10 and June 14

1-2 pm Free

Stop in and get popular "Do It Yourself" tips each month about updates on health, beauty, lifestyle, home and garden. These are things you can use and make at home. Enjoy some monthly home assignments to supplement your learning. Everyone welcome. Sign-up in the lobby.

## Have you ever wanted to take piano lessons?

Tuesdays, Starting June 21

2-4 pm

Cost: \$20 (What a bargain)



Cost includes six 45 minute sessions. Payment required at time of registration.

## Another "Village" in the County

Tuesdays, June 21

11 am—12 noon/ Free

There is a new Village in the county that does not have a physical address. "The Village In Howard" is a virtual village that has a web address, [www.thevillageinhoward.org](http://www.thevillageinhoward.org). It is a nonprofit that was organized to help seniors stay in their homes as they grow older. Come hear how we are making aging in Howard County easier for seniors and a lot more fun. Light refreshments provided. R.S.V.P.

## 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!

## USING MEDICARE'S PLAN FINDER

Thursday, May 26

7-8:30 pm

Learn how to use the 'Plan Finder' tool on the [www.medicare.gov](http://www.medicare.gov) website, a powerful aid for comparing and reviewing the Medicare Prescription Drug Plans available to you. The 'Plan Finder' can also be used to compare Medicare health plans (such as HMOs/Health Maintenance Organizations or Cost Plans). While explaining the tool for that purpose is out of the scope of this presentation, you will learn many basics that are used for both types of comparisons. Sponsored by the State Health Insurance Assistance Program (SHIP). Register by calling 410-313-7391. No fee.

# 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

SeniorsTogether offers small groups that meet on a regular basis, each group has its own theme, activity or issue. All of the groups are guided by a trained facilitator. Here are just a few reasons small groups are valuable as we age:

- Offer compassionate support
- Build meaningful relationships
- Combats isolation and loneliness
- Enhances communication
- Share possibilities and solutions
- Keeps humor alive
- Supports self-determination
- Values each member as vital to the whole.

## Monday

*Current Events - Community Room*  
*Discussion group 10 am*

## Tuesday

*Low Vision - Meeting Room*  
*Resource and support group 10 am*

## Thursday

*Zoom-In - Meeting Room*  
*In-depth discussion group 10 am*

*Brainteasers - Meeting Room*  
*Boost your brain 12:30 pm*

## Friday

*Trenders - Conference Room*  
*Open-minded discussion 10:00a*

Join one of our groups today, you'll be glad you did! For a full schedule, contact Elaine.



## Upcoming Special Events

### *Independent Living*

*presented by*

**Blind Industry Services of MD**

**Tuesday, May 24**

**10 am – 12 pm**

Learn non-visual tools and techniques to safely accomplish daily tasks and live independently. Sponsored by the SeniorsTogether Low-Vision Group. Pre-registration required, call Elaine, 410.313.7353. Open to all. Starts promptly at 10:00am, must be seated by 9:45. **Registration Deadline: May 16.**

### *A Moment to Honor*

**Wednesday, June 1**

**10:30 – 11:30 am**

A meaningful time for us to honor the significant people in our lives who are no longer with us. Includes a short talk, open sharing, commemorative activity, music and light refreshments. FREE. **Registration deadline: May 27.**

### *Luncheon: Timbuktu*

**Thursday, July 14**

**11:30 am - 1:30 pm**

*Menu Selections:*

Crabcake Sandwich w/cole slaw-\$20.00;  
Chicken Scampi w/rice pilaf-\$18.00;  
Stuffed Shells w/garlic bread-\$16.00; Strawberry Shortcake for dessert. Includes coffee/tea, ice tea and gratuity. This one fills-up quick!

**Registration Deadline: July 7.**

# Health & Wellness

## Nutrition Counseling

Thursday, May 12 & June 9

9:30-11:30 am

Counseling sessions by appointment only.  
Must be 60 + to sign up  
Nutritionist, Mary Kutler  
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.

## Drop –In Zumba



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

## Brain Fitness-Neurobics

Tuesday, May 31 & June 21

10-11 am/ FREE

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

## 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

May 5—26 \$23 / June 2—30 \$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

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.

# 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, May 20 & June 17 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, May 19 & June 16 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](mailto: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 May 23 & June 27 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 May 5, 19 & June 2, 16 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

## Do Herbs and Spices Have Nutritional Benefits?

Common herbs and spices may help protect against certain chronic conditions, such as cancer, diabetes and heart disease. Herbs, like basil and parsley, are from plants and plant parts. Spices often come from the seeds, berries, bark, or roots of plants. Certain herbs and spices curb inflammation in the body, which may give rise to heart disease and cancer. For example, antioxidants in cinnamon have been linked to lower inflammation, as well as lowering blood glucose concentrations in people with diabetes. Using some herbs and spices in your food may also help if you use them in place of other flavor boosters; so instead of adding salt, fat (butter/oil) and/or sugar, use herbs and spices instead. They don't add extra calories like the other foods do, but they add lots of flavor!

So how do you use these herbs and spices every day? Fortunately, you don't need much of them to have some benefits. It is important to remember to use herbs and spices at their peak of freshness to get the most from them. The active, healthful compounds in herbs and spices decrease over time. At the grocery store, look for herbs and spices with "best by" dates on them. Store them in airtight containers and away from heat, moisture and sunlight. If using fresh herbs or spices when following a recipe, double the amount to get the same level of active substances as the dried variety.

You don't need to make drastic changes in your eating plan to benefit from seasonings. Here are some easy ideas of how to add more herbs and spices into your favorite foods.

### Ground cinnamon:

Add 1¼ teaspoons to prepared oatmeal; 1 cup Greek yogurt mixed with 2 teaspoons molasses or honey, or add some the next time that you make French toast. Sprinkle 1/2 tsp of cinnamon over ground coffee before brewing.

Top a fat-free latte or hot cocoa with ground cinnamon.

**Chili peppers:** Add chopped peppers to chili, burgers, soups, stews, salsa and egg dishes.

**Turmeric:** Sprinkle on egg salad. Mix half a teaspoon turmeric with 1 cup Greek yogurt and use as a dip or sandwich spread. Add to chicken/seafood casseroles or to water when cooking rice.

**Garlic:** Add fresh chopped or minced garlic to pasta dishes, stir-fry dishes, pizza, fresh tomato sauce, and meat and poultry recipes.

**Oregano:** Add 1/8 teaspoon dried to scrambled eggs, salad dressings, and store-bought or homemade marinara sauce. Sprinkle some on top of pizza, and stir into black bean soup.

**Basil:** Make a sandwich with low-fat mozzarella cheese, sliced tomatoes, and fresh basil leaves; add fresh leaves to green salads.

**Thyme:** Sprinkle dried thyme onto cooked vegetables in place of butter or margarine. Add 1/8 teaspoon dried thyme to two scrambled eggs, and to salad dressings. Use it in a rub when cooking salmon. Add fresh thyme to chicken salad and chicken soup.

**Rosemary:** Add dried crushed rosemary to mashed potatoes and vegetable omelets.

**Cloves:** Sprinkle ground cloves on applesauce, add to quick bread batters, and add a pinch to hot tea.

by Rona Martiyan, MS, RD, LDN

## Medicare 101:

### What you can expect from Medicare

Thursday, May 5 7-8:30 pm

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. Register by calling **410-313-7389**.

## Medicare 102:

### Why Medicare Isn't Enough

Thursday, May 19 7-8:30 pm

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 OOA. Register by calling **410-313-7391**

# 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!

## RED HATTERS

5/17/16 Cheese Demo at Whole Foods,  
lunch on your own

6/21/16 Picnic to be determined

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

## Bus trips departing from the Bain 50+ Center

- 05/07/16 Fire Museum of Maryland, \$62, lunch on your own, 9am-3pm
- 05/14/16 *Beauty & the Beast* at Hippodrome, \$130, lunch on your own, 12-5pm
- 05/19/16 Renwick's Wondrous Reopening, \$52, lunch on your own, 9am-4pm
- 05/21/16 Springtime in NYC, \$81, meals on your own, 6:30am-10:30pm
- 05/24/16 National Harbor, \$63, lunch on your own, ferris-wheel ride included, 9am-4pm
- 06/01/16 "Peter Pan" at Toby's, lunch included, \$55, 10:30am-3:30pm
- 06/02/16 Fine Art & Hotel DuPont, \$110, lunch included, 8am-4pm
- 06/14/16 Hillwood Estate & Gardens, \$99, lunch included, 9am-5pm
- 06/30/16 Wonderful Washington, \$49, lunch on your own, 9am-4pm

## RED HATTERS

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

# May Menu

Monday May 2, 2016	Tuesday May 3, 2016	Wednesday May 4, 2016	Thursday May 5, 2016	Friday Mother's Day Brunch May 6, 2016
ORANGE JUICE O.F.TURKEY SANDWICH MASHED POTATOES MIXED VEGETABLES WHITE WH. BREAD FRESH FRUIT	BEEF BARLEY SOUP ITALIAN MEATBALLS HEALTH SALAD MINI SUB ROLL ORANGE CHOCOLATE MILK	SPLIT PEA SOUP TUNA SALAD RANCH SALAD POTATO ROLL APPLE	APPLE JUICE SOUTHWEST CHICKEN CONFETTI BEAN SALAD SPINACH WHITE WHEAT BREAD PEARS	SAUSAGE LINKS/ BACON FRESH SCRAMBLED EGGS QUICHE HASH BROWNS/ PANCAKES FRUIT DANISH/ MUFFINS HAM SALAD ON MINI ROLLS CHICKEN SALAD ON MINI ROLLS
Monday <b>Korean Meal</b> May 9, 2016	Tuesday May 10, 2016	Wednesday <b>Super Deli</b> May 11, 2016	Thursday May 12, 2016	Friday May 13, 2016
MENU TO BE DETERMINED	PEPPER CABBAGE CHICKEN CHOW MEIN BROWN RICE DINNER ROLL FRESH FRUIT CHOCOLATE MILK	EGG SALAD TRI-COLORED ROTINI PASTA MARIN. GREEN BEANS/ONIONS FRUIT CUP CREAM OF POTATO SOUP MILK	VEGETABLE SOUP BAKED FISH/LEMON SAUCE POTATO SALAD COLESLAW WHITE WHEAT BREAD MANDARIN ORANGES	GINGERED CUCS BAKED CHICKEN/GRAVY MASHED POTATOES ITALIAN VEGETABLES WHEAT BREAD FRESH FRUIT CHOCOLATE MILK
Monday May 16, 2016	Tuesday <b>Super Special</b> May 17, 2016	Wednesday May 18, 2016	Thursday May 19, 2016	Friday <b>Super Special</b> May 20, 2016
MAR.CUCS & ONIONS SALISBURY STEAK/GRAVY MASHED POTATOES ORIENTAL BLEND SPLIT TOP ROLL/ FRUIT	TUSCAN BEAN SOUP STUFFED PEPPERS WHOLE BABY CARROTS SPICED APPLES SPLIT TOP ROLL MILK	HEALTH SALAD SWEET & SOUR PORK BROWN RICE SPINACH WHITE WHEAT BREAD FRESH FRUIT	GRAPE JUICE BBQ CHICKEN MACARONI SALAD FR. GREN BEANS WHEAT BREAD FRESH FRUIT	ROAST BEEF GREEN SALAD MASHED POTATOES BRUSSEL SPROUTS SPLIT TOP ROLL PUMPKIN CHEESECAKE MILK
Monday <b>Korean Meal</b> May 23, 2016	Tuesday May 24, 2016	Wednesday May 25, 2016	Thursday May 26, 2016	Friday May 27, 2016
MENU TO BE DETERMINED	APPLE JUICE BBQ BEEF CUBES PASTA SALAD PEA MINT SALAD WHITE WHEAT BREAD FRESH FRUIT	MAR. CUCS & ONIONS BAKED CHICKEN /GRAVY MASHED POTATOES KALE WHITE WHEAT BREAD PINEAPPLE CHUNKS	ORANGE JUICE CHILI RANCH SALAD WHITE WHEAT BREAD FRESH FRUIT	NAVY BEAN SOUP SLOPPY JOE MIXED GREEN SALAD POTATO ROLL ORANGE CHOCOLATE MILK
Monday May 30, 2016	Tuesday <b>Super Special</b> May 31, 2016			
CLOSED	DOUBLE CRISPY BBQ CHICKEN ROASTED POTATOES SEASONED GREENS COLESLAW RAISIN BREAD FRUIT COCKTAIL			