

# 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](http://www.howardcountymd.gov/aging)

## *May is Older Americans Month*

The 2017 Older Americans Month theme is  
**Age Out Loud**

The Administration on Aging, part of the Administration for Community Living, is pleased to announce the theme for Older American's Month 2017. The theme, Age Out Loud, is intended to give aging a new voice—one that reflects what today's older adults have to say about aging.

The 2017 theme gives us an opportunity to shine a light on many important issues and trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they're insisting on changes that make that possible. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

In May, AoA and ACL will amplify the many voices of older Americans and raise awareness of vital aging issues across the country. Join us as we speak up and out loud for OAM! Share your experiences at the Bain 50+ Center online using the official hashtags **#OAM17**, **#AgeOutLoud** and **#BAIN50+**.

## Look Inside

Bain Staff Listing	Page 2
Navigating the Center	Page 2
Bain Council/Announcements	Pages 3
Special Events	Pages 4-6
Daily Programs	Pages 7-10
SeniorsTogether	Page 11
Health & Wellness	Page 12-13
Nutrition & Program	Page 14
Recreation & Parks	Page 15
Menu	Page 16

## SAVE THE DATE

- ◆ Law Day, May 1
- ◆ The Way We Sing on Old Camp Ground, May 2
- ◆ LGBT- Movie "Letter to Anita," May 4
- ◆ Mental Health Players, May 9
- ◆ Bain Council- Plant and Bake Sale, May 9-11
- ◆ Mother's Day Brunch-The Winstons, May 12
- ◆ HCC Bain 50+ Choir Spring Concert, May 17
- ◆ BETA- Poetic Performance, May 19
- ◆ Sally Ride: Who Wants to Be an Astronaut?, May 23
- ◆ War on the Homefront, May 30
- ◆ Mind & Body Health, May 31

# 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](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

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, June 9– Rearview Mirror

## 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

**Monday, May 29**

Memorial Day

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



Find us on Facebook

[www.Facebook.com/HoCoCommunity](http://www.Facebook.com/HoCoCommunity)

# May & June Programs

## Maryland Law Day

Monday, May 1

9 am-2 pm / Free

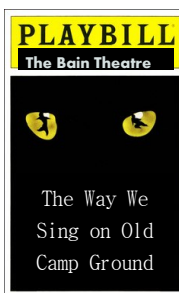
Call the center to make an appointment or sign up in the lobby. Please note this service is only for Advance Directives.

## The Way We Sing on Old Camp Ground

Tuesday, May 2

10:30-11:30 am/Free

Join the Gospel Choir as they take us on a journey to the "Old Camp Ground". The choir's use of drama in their spiritual material will be one that you should not be missed. R.S.V.P.



## 50+ LGBT Group

LGBT/ Bain Film Event: *Letter to Anita*  
Film & Discussion

Thursday, May 4

6:30 pm to 8:30 pm

A free event, but registration is required by April 27<sup>th</sup>. Social Work CEU's Available. Doors open and Refreshments at 6:00 pm.

Groups 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](mailto:clairenoll@gmail.com) or [240-566-2694](tel:240-566-2694).

## Take Charge of Emotional Wellness, Too

Tuesday, May 9

10:30-11:30 am/Free

Enjoy three thought-provoking sketches on aging well over the lifespan. This program will be performed by the MH Players, and directed by the fabulous, Diane Megargel. Audience interaction encouraged! Light refreshments served. R.S.V.P. by May 4<sup>th</sup>.



## Spring Plant and Bake Sale

Tuesday-Thursday, May 9-11

8:30 am – 2 pm

Fantastic plant sale sponsored by the Bain 50+ Center Council. A variety of herbs, hanging baskets and assorted plants will be offered. This is a great opportunity to support your Council. There will also be a bake sale featuring home-baked items on May 9<sup>th</sup>.

## 7th Annual Mother's Day Brunch

Featuring: The Winstons

Friday, May 12

11:30 am—2 pm

Cost: \$5

This annual Mother's Day Event honors all

mothers and women who care for others. Live entertainment by The Winstons. Everyone welcome. Purchase your ticket at the Bain 50+ Center. Limited seating capacity.



## Still Crazy After All these Years!

Mark Gorkin, LICSW, "The Stress Doc"

Tuesday, May 16 10:30 am/Free

Science doesn't need to tell you that you're more stressed than your parents. You can feel it and, worse yet, you can see it in the mirror too. But these tips can actually turn back the clock and reverse aging and stress on your body. R.S.V.P.

## The Bain "Buzz" Book Club

10:00 - 11:30 am / Free

3rd Wednesday of the Month

Upcoming Book Selections

May 17—[This Is Your Life, Harriet Chance](#) by Jonathan Evison

June 21—[West with the Night](#) by Beryl Markham

# May & June Programs

Howard Community College  
Bain 50+ Senior Choir Spring Concert  
Wednesday, May 17  
10:30-11:30 am/ Free

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

One-Pot Recipes for Lazy Summer Nights  
Every 3rd Friday of the Month  
Starting May 19<sup>th</sup> and June 16<sup>th</sup>  
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 May 11<sup>th</sup> for May session and June 16<sup>th</sup> for June Session.



BETA Presents: When Green Spills Into Me:  
A Poetic Performance Piece  
Featuring the Work of Vanita Leatherwood  
Friday, May 19  
1 pm-2:30 pm/ Free



Confessionals. Juke Joints. Concrete sidewalks and Grandma's stern gaze. It's the 1960's, a time that bounced between **Leave it to Beaver** and **The Feminine Mystique**. Meet Grace, a precious girl, who is caught between two worlds. Each of them changing, struggling to discover the best of themselves. Join the **Bain Enjoying the Arts Program** as they present Vanita Leatherwood's poetic performance piece. R.S.V.P. by May 12<sup>th</sup>.

Sally Ride-Who Wants to Be an Astronaut?  
"Rescheduled" - Tuesday, May 23  
10:30-11:30 am/ Free

Award-winning actress and Smithsonian Scholar Mary Ann Jung presents her delightful new show "SALLY RIDE-WHO WANTS TO BE AN ASTRONAUT?" Blast off for adventure with America's first female astronaut and learn about Dr. Ride's journey and its challenges. Learn the surprising facts about life in zero gravity aboard the space shuttle. Everyone loves trivia and game shows so get ready to blast off in an exciting competition, "Who Wants to be an Astronaut?" It's out of this world fun! R.S.V.P.

## Movies at the Bain Theatre Thursdays, 1 pm/ Free

May 4— *Manchester by the Sea* (Featuring Casey Affleck, Michelle Williams and Kyle Chandler)  
May 11—*Sully* (Featuring Tom Hanks, Aaron Eckhart and Laura Linney) **1 pm & 6 pm showings**  
May 18—*Florence Foster Jenkins* (Featuring Meryl Streep, Hugh Grant, and Simon Helberg)  
May 25—*Snowden* (Featuring Joseph Gordon-Levitt, Shailene Woodley and Melissa Leo)  
June 1—*The Girl on the Train* (Featuring Emily Blunt, Haley Bennett, and Rebeca Ferguson)  
June 8—*Fences* (Featuring Denzel Washington, Viola Davis, and Russell Hornsby)  
**1 pm & 6 pm showings**  
June 15—*20th Century Women* (Featuring Annette Bening, Elle Fanning and Greta Gerwig)  
June 22—*Rules Don't Apply* (Featuring Warren Beatty, Lily Collins, and Alden Ehrenreich)  
June 29—*The Hollars* (Featuring Shartlo Copley, Charlie Day and Richard Jenkins)

*The views expressed in the listed movies and documentaries are the views of the makers, and do not necessarily express the views of the Office on Aging and Independence, Howard County Government, or their officials and employees.*

# May & June Programs

## Baltimore Museum Industry Presents: War on the Homefront: Workers and Industry in World War II Baltimore Tuesday, May 30 10:30-11:30 am/Free

When World War II began, Baltimore, its citizens and the industries that employed them were truly transformed. Our program offers some answers to the questions of what industries led this growth, where did the employees come from, just what did they do and what impact did these efforts have on the city and region? In exploring together this dynamic period in our Nation's and communities history, focus is first directed at the "Big Three" war industries: steel, ships and aircraft. Just three manufacturing forces locally employed over 100,000 people, won countless production awards and shifted forever the opinions of who could be employed to do which jobs. R.S.V.P.

## Health and the Mind/ Body Connection Wednesday, May 31 10-11:30 am

Learn the connection between every day stresses of life, emotional pain and physical breakdown. This class will teach self healing techniques based on the seven major energy points in our bodies. You will become aware of how energy is changed positively or negatively by your thoughts, and how to treat and remove physical pain from your body. R.S.V.P.

## Morning Melodies with Oscar Somersalo Tuesday, June 6 10:30-11:30 am/Free

We welcome you to hear guitarist Oscar Somersalo. The program include pieces with virtuoso Spanish guitar technique on the theme of "Carnival of Venice" to arrangements of Bach's famous Chaconne for solo violin. R.S.V.P.



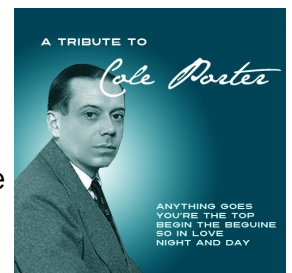
## AARP Drive Safety Course June 13 / 9 am- 1 pm Cost: \$15 AARP / \$20 Non-Members

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. Registration Required



## The Lyric Opera House Presents: Anything Goes - The Music of Cole Porter Tuesday, June 27

10:30- 11:30 am/ Free  
One of America's best loved composers will be featured in this delightful romp through the music and lyrics of this saucy and irrepressible music man. Two performers with acting, singing and dancing skills, accompanied by a jazz pianist, will have your feet tapping as well! R.S.V.P.



## Foreign Film, Luncheon & Discussion A Man Called Ove

Wednesday, June 28 11:30 am/ \$13

Join us for a great movie and learning experience. Enjoy a catered luncheon followed by a facilitated group discussion. Register by June 21.

## 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 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	SeniorsTogether 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
<b>TUESDAY</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)
9:30—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

<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	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	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
<b>THURSDAY</b>	<b>PROGRAM</b>	<b>ROOM</b>
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

<b>THURSDAY</b>	<b>PROGRAM</b>	<b>ROOM</b>
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
<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 / May & June 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

**Thursday, May 4 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 and Independence. Register by calling **410-313-7389**.

### Medicare 102:

#### Why Medicare Isn't Enough

**Thursday, May 11 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 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](mailto: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](http://www.howardcountymd.gov/aging)

### Write Your Memoir– Write to be Heard

**1st Tuesdays, May 2 & June 6**

**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

**A Moment to Honor**  
**Wednesday, May 31**  
**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 26.** Call for more info.

**Hold the Date! Next Luncheon!**  
**Thursday, July 13**  
**11:30 am - 1:30 pm**

Unfortunately the location was not confirmed by this print date. Please look for information posted at the 50+ Centers soon or call Elaine Widom for an update 410-313-7353.



## Ongoing Groups

### Monday

**Current Events - Community Room**

*Discussion group 10:00am*

### Tuesday

**Low Vision - Meeting Room**

*Resource and support group 10:15am*

### Thursday

**Zoom-In - Meeting Room**

*In-depth discussion group 10:00am*

**Brainteasers - Meeting Room**

*Boost your brain 12:30pm*

### Friday

**Trenders - Conference Room**

*Open-minded discussion 10:00am*

## SeniorsTogether APPRECIATION GIFTS

### *Recent Gifts*

*In Memory of Sally Leibowitz  
and Marty Chaitovitz  
By Dot Keczerzki*

*In Memory of Sally Leibowitz  
By SeniorsTogether Low Vision Group*

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. 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 at 410.313.7466. **Thank You!**

## **THANK YOU,**

To all the **SeniorsTogether** volunteers for your help in leading groups, taking on special projects, or helping at special events. We appreciate the generosity of time and the dedication to our peer outreach efforts.

And, to **The Bain Council** for their commitment to supporting peer outreach through the **SeniorsTogether** program and sustaining older adult mental health awareness, outreach, and programs.

# Health & Wellness

## Nutrition Counseling

Thursday, May 11 & June 08  
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  
April 13- June 29 \$64  
Fridays, 9:30-10:30 am  
April 21- June 30 \$59

Join instructor **Karen Pedra** and learn the art of relaxation from a 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  
April 3- June 26 \$64

Wednesdays, 11 am-12 noon  
April 12- June 28 \$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 5- June 28 Cost: \$72

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, May 2 & June 13  
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  
May 4- 25 \$23/June 1-29 \$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 6- June 29 \$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, May 11 & June 8**

**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, May 18 9:30 am & June 15 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.

### **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, May 22 & June 26**

**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**

**April 13 - June 29 \$64**

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

### **Thrive-Thursdays**

**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**

**May 4, 18 & June 1, 15**

**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

Carrots may be the food best known for helping your eyes. But other foods and their nutrients may be more important for keeping your eyesight keen as you age.

A healthy diet is an important factor in eye health. Researchers have found that certain nutrients with antioxidant properties are beneficial. These include carotenoid compounds such as beta-carotene, lutein and zeaxanthin, and vitamins C and E. Zinc and omega-3 fatty acids are also important for eye health.

Lutein and zexanthin protect eye tissues from sunlight damage and reduce the risk of cataracts and macular degeneration. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of healthy fat such as a drizzle of olive oil. Your body also converts beta carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Beta carotene and vitamin A also help reduce the risk eye infections. Vitamin C can help lower your risk of cataracts. Here are some foods to help you choose foods for better eye health:

**Vegetables:** Kale, collard greens, peppers, broccoli, sweet potato, spinach, peas, pumpkin, carrots and

**Fruits:** Peaches, blueberries, oranges, tangerines, mango, tomato, apricot, papaya, cantaloupe, honeydew, avocado and grapefruit

**Sources of zinc:** King crab, lamb, bulgur, lean beef, fortified breakfast cereals, beans, lean pork, poultry (dark meat), whole-wheat flour, pumpkin seeds

**Omega-3-rich foods:** Salmon, herring, tuna, mackerel, rainbow trout, sardines, flaxseed, English walnuts, canola oil, roasted soybeans

In addition, it's important to maintain a healthy weight. Being overweight or obese increases your risk for developing diabetes, high blood pressure and cardiovascular disease. Each of these conditions can damage small delicate vessels found in the eye and potentially lead to vision loss.

Here's a sample daily menu to help you include these eye healthy foods:

- Breakfast of whole-grain cereal with berries and walnuts
- Lunch salad of spinach, orange and grapefruit segments, pumpkin seeds and a drizzle of canola oil
- Dinner of oven-roasted chicken legs, sweet potatoes and broccoli, with fresh sliced tomatoes and a dessert of peaches

by Rona Martiyan, MS, RD, LDN

---

## Essential Touch Massage Therapy Wednesdays/ Fridays 9 am-3 pm & Thursdays 5-8pm

**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 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

## 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

**June 1, 2017** Beautiful Flowers and Fountains at Longwood Gardens  
RP4507.401

Bain 50+ pick -up at 9:00 AM - Fee: \$80.00

**June 6, 2017** Fabulous New York City & Times Square Trip  
RP4508.401

Bain Pick up at 8:00 AM - Fee: \$75.00

**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

# May Menu

Monday May 1	Tuesday May 2	Wednesday May 3	Thursday May 4	Friday May 5
Orange Tangerine Juice Open-Face Turkey Sandwich Mashed Potatoes Mustard Greens White Wheat Bread Tropical Fruit White Milk	Vegetable Barley Soup Italian Meatballs Mixed Green Salad Mini Sub Roll Fresh Fruit Chocolate Milk	Tomato Soup Tuna Salad Spring Salad White Wheat Bread Fresh Fruit White Milk	Grape Juice Turkey Salad Asian Vegetable Salad Wheat Bread x 2 Sliced Pears White Milk	Hearty Bean Soup Hamburger Zucchini Salad Potato Roll Fresh Fruit Chocolate Milk
Monday May 8	Tuesday May 9 <b>Super Special</b>	Wednesday May 10	Thursday May 11	Friday May 12
<b>KOREAN MEAL</b>	Tuscan Bean Soup Stuffed Pepper Carrots Spiced Apples Split Top Roll Chocolate Milk	Lima Bean Soup Chicken BBQ Sandwich Carrot Raisin Salad Sandwich Bun Orange White Milk	Tomato Soup Baked Fish w/ Lemon Sauce Potato Salad Spinach Dinner Roll Fresh Fruit White Milk	<b>Mother's Day Brunch</b>  <b>Tickets Required</b>
Monday May 15 <b>Super Special</b>	Tuesday May 16	Wednesday May 17	Thursday May 18	Friday May 19
Cheese Lasagna Green Salad Melon Cucumber/ Mandarin Salad Garlic Bread Stick Brownie White Milk	Chicken Vegetable Soup Knockwurst Baked Beans Cole Slaw Hot Dog Bun Fresh Fruit Chocolate Milk	Paradise Punch Sweet & Sour Pork Brown Rice Mixed Green Salad White Wheat Bread Mixed Fruit White Milk	Fruit Punch BBQ Chicken Oven Brown Potatoes Carrot Raisin Salad Wheat Bread Fresh Fruit White Milk	Tomato Soup Pork Chop w/ Gravy Mashed Potatoes Turnip Greens White Wheat Bread Fresh Fruit Chocolate Milk
Monday May 22	Tuesday May 23	Wednesday May 24	Thursday May 25	Friday May 26
<b>KOREAN MEAL</b>	Mixed Green Salad Chili Spring Salad White Wheat Bread Hot Spiced Apples Chocolate Milk	Grape Juice Chicken Casandra Penne Pasta Salad Carrots White Wheat Bread Fresh Fruit White Milk	Paradise Punch Meatloaf w/ Gravy Mashed Potatoes Spinach White Wheat Bread Mixed Fruit White Milk	Grape Juice Egg Salad Marinated Vegetables Sandwich Bun Apricots Chocolate Milk
Monday May 29	Tuesday May 30	Wednesday May 31	Thursday	Friday
<b>MEMORIAL DAY</b>  <b>CENTER CLOSED</b>	Apple Juice Pepper Steak Rice Turnip Greens White Wheat Bread Fresh Fruit Chocolate Milk	Very Berry Juice Baked Fish w/ Dill Sauce Lyonnaise Potatoes Mixed Green Salad White Wheat Bread Peaches White Milk		