



# 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)

The Department of Citizen Services and its offices, including the Office on Aging, are being renamed and expanded effective July 1, 2016 to better reflect the myriad of social and supportive services that are provided under the Department. People will find it easier to find services and connect to other programs. The addition of the Offices of Veterans and Military Families, ADA Coordination, Local Children's Board and Community Partnerships will expand outreach and streamline operations. Expect continued quality services to the multi-generational and multi-cultural community with full inclusion and community engagement for persons with disabilities from the now renamed: **Department of Community Resources and Services** and **Office on Aging and Independence**.

Our names have changed but our commitment to those we serve and the community remains our priority.

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## WHAT'S COMING UP?

- ◆ Omega Psi Phi Party, July 12
- ◆ Nuts & Bolts of Estate Planning, July 19
- ◆ The 2016 Presidential Election Lecture Series, July 8, 15, August 5, 12 and 19
- ◆ Introduction to Aromatherapy, July 20
- ◆ Write Your Memoire, August 2
- ◆ August– Music Series, August 9, 16, 23 & 30

# 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  
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 410-313-5980  
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

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## 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, July 8: Baltimore Senior Swing Band

No Dance in August

Refreshments Served

## 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 and Independence 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 our 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, July 4**

Independence Day

**Monday, September 5**

Labor 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.



# July & August Programs

## Omega Psi Phi Annual "CONNECTING WITH THE COMMUNITY PARTY"

Tuesday, July 12

11 am—2 pm/ FREE

Stop by The Bain 50+ Center and meet the brothers of Omega Psi Phi Fraternity and enjoy live music, entertainment, and be entered in a chance to win some great door prizes. Advance reservations required. Please come to the front desk to pick up your ticket and make your lunch donation in advance.

### 50+ LGBT Group First Thursdays 6-8 pm

**July 7** - Film "Outrage" - This 2009 HBO documentary investigates the hidden lives of some of the country's most powerful policymakers and examines how these and other politicians inflicted damage on millions of Americans by opposing gay rights.

Source: HBO

**August 4** - Guest speaker Alikah Hawks of NAMI Howard County will discuss mental health - seeking help and overcoming stigma.

Please contact Jessica Rowe at 443-980-2914 or [jessicarowe100@gmail.com](mailto:jessicarowe100@gmail.com) for more information.

### Nuts & Bolts of Estate Planning

Tuesday, July 19

10 am —11 am / FREE

To begin to plan, you need to identify your estate planning needs based on your situation and wishes. From there it's important to understand the forms that are needed for your estate. Join Andre O. McDonald, Attorney at Law for this presentation



### Summer Lecture Series:

The 2016 Presidential Election

Fridays: July 8, 15, August 5, 12 and 19

9:30-11:30 am

Cost: Only \$43

**Lecture 1 & 2—July 8, 15: The Electoral College, Then and Now, Do We Still Need It?** Examine the historical background and reasoning for the use of the Electoral College. Evaluate modern arguments for and against keeping the Electoral College within today's modern presidential elections. Determine whether the electoral college should remain as is or if it is a process that needs to be revamped and updated. Topics will include a historical look at the Electoral College, the reasoning for the use of the electoral college, presidential elections in U.S. History that have called the electoral college process into question, and the debate surrounding whether or not to keep the electoral college in today's modern political world.

**Lecture 3—August 5: The Candidates in the 2016 Presidential Election.** Examine the candidates from both political parties running for the nation's highest office in 2016. We will examine the candidates political careers, their early and modern day viewpoints on various issues, and controversies that have surrounded them during the 2016 election. In addition, students will also examine the use and purposes of the third party candidates and a brief review of the third party candidates involved in the 2016 Presidential election.

**Lecture 4 & 5—Aug 12, 19: The 2016 Campaign Issues.** Examine the various political, social, and economic issues that will take center stage in the 2016 Presidential Election. Students will be presented with various campaign issues and questions that are emerging as deciding factors within the 2016 presidential election. Students will discuss the various issues in this election and see exactly what positions the candidates are taking on these issues.

Join us for the Continuing Education Summer Series with **Professor Patrick Heline**. Space is limited. Register at the front desk.

# July & August Programs

## Introduction to Aromatherapy Wednesday, July 20 10-11 am/ FREE

Learn the many ways aromatherapy and essential oils can help with issues of pain and stress. In this program you will learn about this ancient therapy for mind, body, and spirit, along with the many benefits of essential oils and how to safely use them. Presenter Adrienne Hausman, MS Apprenticeship Program in Aromatherapy. Space is limited. Register at the front desk.

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



## Upcoming Book Selections

3rd Wednesday of the Month

July 20— *The Cake House* by Latifah Salom

August 17— *The Twelve Tribes of Hattie* by Ayana Mathis

## Foreign Film, Luncheon and Discussion

*Like Father, Like Son*

Wednesday, July 27

11:30 am \$13

Join us for an enjoyable learning experience. Enjoy a catered luncheon followed by a facilitated group discussion. Register by July 20th at the front desk.

## Coffee and Community Connecting Thursday, July 21 & August 25 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



July 7—*The Intern* (Featuring Robert DeNiro, Anne Hathaway, Rene Russo)

July 14—*The Revenant* (Featuring Leonardo DiCaprio and Tom Hardy) 1pm & 6pm Showing

July 21—*Quartet* (Featuring Maggie Smith, Tom Courtenay and Billy Connolly)

July 28—*Suffragette* (Featuring Carey Mulligan, Helena Bonham Carter and Meryl Streep)

August 4—*Kinky Boots* (Joel Edgerton, Sarah-Jane Potts and more)

August 11—*Steve Jobs* (Michael Fassbender, Kate Winslet and Seth Rogen) 1pm & 6pm Showing

August 18—*Learning to Drive* (Patricia Clarkson, Ben Kingsley and Jake Weber)

August 25—*The Big Short* (Christian Bale, Steve Carell, Ryan Gosling)

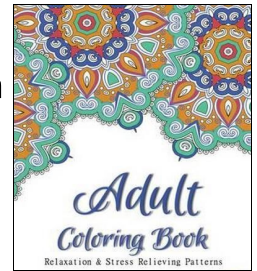
*The views expressed in the listed movies and documentaries are the views of its makers, and do not necessarily express the views of the Office on Aging, and Independence, Howard County Government, or their officials and employees.*

# July & August Programs

**Write Your Memoir– Write to be Heard**  
**1st Tuesdays, Starting August 2**  
**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 be with others who have put off for far too long the desire to tell their stories. R.S.V.P.

**“Color Me Barbra”**  
**New Adult Coloring Session**  
**Thursdays, 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 self taught way to be creative. Drop in.



**August Month of Music Series**  
**Tuesdays**  
**10:30 –11:30 am / FREE**



Come celebrate summer and music at Bain the entire month of August.

- ◆ **August 9—“A Country Music Celebration”**  
Featuring **Chuck Fischer**
- ◆ **August 16— “A Celebration of Gospel”**  
Featuring **The Bain 50+ Gospel Choir** (Doors open at 10:30 am Performance at 11 am)
- ◆ **August 23— “Ms. Lee and Her Men” A Tribute to the Late Greats—** Ms. Peggy Lee and some of her close friends such as Frank Sinatra, Nat King Cole, Dean Martin, Bobby Darin and more. Featuring **Frank & Trish Curreri**.
- ◆ **August 30—“Motown A Journey Through Hittsville”** Featuring **The Winstons**

Sign-up in the lobby. A special lunch will be provided on the above dates, please sign-up separately for lunch in the lunch room.

## SENIOR DAY AT THE FAIR

### Howard County Fair 2016

**FREE ADMISSION for ADULTS 62+**  
**Tuesday, August 9 • 10 am - 3 pm**

Visit the Activities Building for Fun Things to Do:

- Entertainment and Exhibits
- Healthy Aging Programs
- Bingo, Games & Prizes
- Demonstrations

**DON'T MISS SENIOR DAY AT THE FAIR!**


  
 Howard County Office on **Aging and Independence**  
 410-313-6410 • [www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

**Facebook 101**  
**Thursday, August 25**  
**11 am –12 noon**  
**FREE**



Learn how to set up a free social media page and get connected with old friends, classmates, co-workers and family members. Led by Tammy Wiggins, Assistant Director of the Bain 50 + Center. Space is limited. Call the front desk to register.

## 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 1
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 am—11 am	Seniors Together	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	Spanish (Summer Break)	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 (\$) (On Summer Break)	Great Room 1
9 am—3 pm	Massage (\$)	By Appointment
9:30—10:50 am	Better Health and Wellness (HCC) (\$)	Exercise Room
9:30—11:30 am	Bingo (\$)	Activity Room/Pantry
10—11:30 am	Bain "Buzz" Book Club (3rd Wednesday)	Meeting Room
10—11:30 am	English as a 2nd Language (On Summer Break)	Great Room 2
11 am—Noon	Yoga (\$)	Exercise Room
Noon	Lunch	Great Room 3
Noon—4:15 pm	Drop-in Poker	Pantry
12:30—2 pm	Alcoholics Anonymous	Conference Room
1—2 pm	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 (Rec.& Parks) (\$) On Summer Break	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 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
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 (On Summer Break)	Exercise Room
6:30—8:15 pm	Man to Man Prostate Cancer Support Group (3rd Thursday)	Summer Break Resumes September
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, August 9

1-2 pm Free

Stop in and get popular “Do It Yourself” tips each month about updates on health, beauty, lifestyle, home and cooking. These are things you can use and make at home. Enjoy some monthly home assignments to supplement your learning. Led by Linda Ethridge, Bain 50+ Center Director. Everyone welcome. Sign-up in the lobby.

### 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!

## 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 1<sup>st</sup> Thursday of each month

**JULY 7**

**Bain 50+ Center**  
5470 Ruth Keeton Way, Columbia 21044



Howard County Office on  
**HC Aging and Independence**

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

# 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

## Registration still Open! SeniorsTogether Luncheon at the famous Timbuktu! Thursday, July 14 11:30 - 1:30

### *Menu Selections:*

Crabcake Sandwich w/cole slaw-\$21.00;

Chicken Scampi w/rice pilaf-\$19.00;

Stuffed Shells w/garlic bread-\$15.00;

Yummy Strawberry Shortcake for dessert.

Includes coffee/tea, ice tea and gratuity.

### SeniorsTogether APPRECIATION GIFTS

#### *Recent Gifts*

*In appreciation of SeniorsTogether*

*By Altagracia Sanchez*

*&*

*Susan Landerkin*

A SeniorsTogether appreciation gift is a meaningful way to express condolences, admiration or goodwill. All gifts directly support the peer outreach program. Donors, honorees, or their family receive a certificate of honor, and an announcement is published in this news letter (optional).

Please include the name of the honoree, indicate if in memorium, and the name and address to send the certificate. Please make checks payable to Director of Finance, Howard County, mail to: SeniorsTogether, c/o The Bain Center, 5470 Ruth Keeton Way, Columbia, MD 21044. Thank you.

### Other Upcoming Events



#### Bereavement Group

Thursdays,

July 21-August 25

2:30 pm - 4 pm

A multi-week group exploring the process of mourning, coping strategies, and life beyond grief in a supportive, caring atmosphere. Facilitated group. Nominal fee applies. To register and for more information, call Karen Hull, 410.313.7466.

# Health & Wellness

## Nutrition Counseling

Thursday, July 21 & August 11

9:30-11:30 am

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

## Chair Yoga

Thursdays, 3-4 pm

July 14—September 29 \$64

Fridays, 9:30-10:30 am

July 15—September 30 \$64

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, July 26 & August 16

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

July 11—September 26 \$59

Wednesdays, 11 am-12 noon

July 13—September 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

July 11—September 26 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.

## Ballroom Dance-Made Easy

Wednesdays, 2:15-3:45 pm

July 6—27 \$43

August 3—31 \$53

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

## Beginner Soul Line Dance Class

Thursdays, 2:45-4 pm

July 7—28 \$23 / August 4—25 \$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.

## Qigong

Thursdays, 10:15-11:15 am

July 7—September 22 \$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, August 19 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 Resumes September 15 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 July 7—September 22 \$64

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

## Ask The Pharmacist Monday July 25 & August 22 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 additional benefits of decreasing aches and pains, and promoting the circulation of blood and lymph glands. Call the center for appointment.

## "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 July 7, 21 & August 4, 18 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

## Know Your Yogurt

If you have been in the dairy aisle at the grocery store lately, you've seen the variety of yogurts available. How in the world do you know which to choose? Yogurt is a great source of dairy; chock full of calcium, magnesium, zinc and a little protein, and a great food to include in your diet.

You'll see there are 2 main types of yogurt: regular and Greek. There are a few main differences between regular yogurt and Greek yogurt: Greek yogurt is produced by straining the yogurt to remove liquid whey, which produces a thick creamy texture. Greek yogurt does not contain as much calcium, but can contain about twice as much protein as regular yogurt.

The biggest deciding factor in choosing a yogurt is the amount of sugar it contains. All yogurts are going to have some sugars that are naturally there. However, if the yogurt is fruit flavored, it most likely has added sugars. Both naturally occurring sugars and added sugars are included in the "sugars" on the Nutrition Facts label.

Yogurt can be an excellent source of protein, calcium and potassium for those with lactose intolerance. When producing yogurt, the bacteria break down the lactose into lactic acid, making it easier for some people with lactose intolerance to digest.

When choosing a yogurt try to choose one with the least amount of added sugars. Plain yogurt, Greek or regular, is the best choice to avoid large amounts of added sugars. Also be conscious of the fat content, with low fat or non-fat being the best option.

Your best bet is to buy plain regular yogurt and sweeten it up yourself with plenty of fresh fruit and maybe a drizzle of honey and maybe even a couple of nuts or even a little bit of nut butter for some healthy fats. When you are reading the Nutrition Facts label, stick with yogurt that has 15 grams of sugar or less for Greek yogurt and 22 grams total sugar for regular yogurt.



by Rona Martiyan, MS, RD, LDN

# 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

Off for the summer, see you in September!

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

## Bus trips departing from the Bain 50+ Center

- 07/12/16** American Music Theatre “The Crooners” in Lancaster, PA, lunch included, 9:30am-7:30pm, \$125
- 07/28/16** Eastern Shore Adventure in Hooper’s Island, MD – lunch included, 7am-7pm, \$125
- 08/03/16** Fisherman’s Crab Deck. Gransonville, MD, all you can eat lunch included, also produce stop, 10:30am-4pm, \$76
- 08/11/16** Bingo Cruise, Washington, DC, lunch and all playing cards included, 9:30am-3:30pm, \$99
- 08/17/16** “Hairspray” at Toby’s Dinner Theatre, musical and buffet lunch included, 10:30am-3:30pm, \$55
- 08/30/16** Old Amish Tour, home-cooked meal included, 7am-6pm, \$110



# July Menu

Monday	Tuesday	Wednesday	Thursday	Friday July 1
				Grape Juice Chicken Diablo Roasted Potatoes Scan vegetables White Wheat Bread Fresh Fruit Chocolate Milk
Monday July 4	Tuesday July 5	Wednesday July 6	Thursday July 7	Friday July 8
Center Closed	Apple Juice Pork Chop/Gravy Mashed Sweet Potatoes Spinach Corn Muffin Fresh Fruit	Cream of Potato Soup Egg Salad Tri -Colored Rotini Pasta Marin. Green Beans/Onions Sandwich Roll Fruit Cup /Orange Juice	Grape Juice Southwest Chicken Oriental Blend Split Top Roll Pineapple Chunks	Sunny Slaw Baked Fish/Dill Sauce Scalloped Potatoes Mixed Vegetables White Wheat Bread
Monday Korean Meal July 11	Tuesday July 12 Omega Party	Wednesday July 13	Thursday July 14	Friday July 15
Korean Meal	Menu To Be Determined	Vegetable Soup Turkey Salad Spring Salad White Wheat Bread(2) Fruited Gel	Corned Beef & Swiss Coleslaw Pickled Beets Cheesecake Cup Apple Juice/ Milk	Coleslaw Italian Meatballs Italian Vegetables Mini Sub Roll Pineapple Chunks
Monday July 18 Super Box Lunch	Tuesday July 19	Wednesday July 20	Thursday July 21	Friday July 22
Turkey Ham & Cheese Pasta Salad Chef Salad w/Ranch Dressing Fruit Cocktail Orange Juice Milk	Grape Juice Braised Beef Mashed Potatoes Mixed Green Salad White Wheat Bread Tropical Fruit	Navy Bean Soup Pork Ribette W.K. Corn Carrot Raisin Salad Dinner Roll Orange	Gingered Cuxs Baked Ham/Sauce Oven Brown Potatoes Green Beans White Wheat Bread Fresh Fruit	Health Salad Turkey Al King Peas Large Biscuit Fresh Fruit
Monday Korean Meal July 25	Tuesday July 26	Wednesday July 27	Thursday July 28	Friday July 29
Korean Meal	Orange Pineapple Juice Chicken Southwest Creamed Corn Turnip Greens White Wheat Bread Pears	Apple Juice Salisbury Steak Lyonnaise Potatoes Italian Vegetables White Wheat Bread Fresh Fruit	Tomato Soup Knockwurst Coleslaw Hotdog Roll Apple	Grape Juice Pork Chop/Gravy Mashed Sweet Potatoes Cauliflower White Wheat Bread Applesauce