



# BAIN 50+ CENTER

It's a great day in the Bain Neighborhood!

## In Everything, We Give Thanks

The fall season is upon us; the holidays are quickly approaching and it is time to take stock for all that we are grateful. Meet us in the lobby on Wednesday, November 23rd at 10:30 am as we reflect and give thanks for a great year at the Bain 50+ Center. Refreshments will be served.



**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)



## Bain's Upcoming Fall/Winter Programs:

- ◆ Advance Health Directives Preparation, November 4
- ◆ George Washington's Contributions, November 8
- ◆ Apple Update 101, Wednesday, November 9
- ◆ Veteran's Day Waffle Bar, November 10
- ◆ Olde Golde Music: *Moments to Remember*, November 15
- ◆ Meet the Author: Peter Eisenhut, November 22
- ◆ Give Thanks Wednesday, November 23
- ◆ Emergency Preparedness, November 29
- ◆ Foreign Film & Lunch, November 30
- ◆ LGBT Holiday Party, December 1
- ◆ BETA's Christmas Cheer Program, December 2
- ◆ Make Your Holiday Decorations, December 6
- ◆ Bain Holiday Party, December 13
- ◆ HCC Winter Concert, December 14

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# 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  
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, 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 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 free 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, December 9: Baltimore County Swing Band

Refreshments Served

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## 2016 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.

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## Center Closings

**Monday, November 11**

Veterans Day

**Thursday & Friday, November 24-25**

Thanksgiving Holiday

**Monday, December 5**

Staff Meeting -Center Closes at 12:30pm

**Monday, December 26**

Christmas Holiday

**Monday, January 2**

New Year's Holiday

## 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  
Jackie Dunphy (HPM)  
Jeane Evans (HPM)  
Peter Eisenhut  
Valerie Hoelz  
Sandra Kaiser  
Jim McDiarmid  
Su Patterson  
Linda Possehl  
Priscilla Pitts (HPM)  
Arleen Tate  
Malcolm Wolf  
Barbara Woodard (HPM)  
Albertha Workman (HPM)

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 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)

# November & December Programs

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

**November 3 - Get Together**

**December 1- Holiday Meet & Greet**  
**Featuring: Gina DeSimone and The Moaners**



Holiday Meet & Greet for family friends, and allies that are age 18 and over. Refreshments and great danceable, upbeat blues & swing music! RSVP by November 28 at 410-313-7213

**Suggested Donation: \$1 to support the LGBT Task Force and a non-perishable item for the Howard County Food Bank**

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

**Advance Health Directives Preparation**  
**Friday, November 4**  
**9 am – 1 pm/ Free**

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

**George Washington:**  
**The First American**  
**Tuesday, November 8**  
**10: 30am/ Free**



Join **Craig Gotschall**, Ambassador to the George Washington Masonic National Memorial, as he discuss the life of George Washington and his lasting contributions to America. This in depth presentation will focus on key areas of Washington's life including his early years as a rising member of Virginia society; his role in helping to win the American Revolution; his initiative and presence at the Constitutional Convention; his Presidency, and lastly his life at his beloved Mt.Vernon. R.S.V.P.

**APPLE Update 101**  
**Wednesday, November 9**  
**10:30am-11:30 am / Free**

Apple has finally released the iOS 10 to public users and have packaged a ton of improvements including updates to Apple Music, News, Mail and Widgets. Learn what you can do with this updated information. Led by instructor, Tammy Wiggins. R.S.V.P.

**Veteran's Day Waffle Bar**  
**Thursday, November 10**  
**9:30 am/ Free**

In recognition of all that our veterans have done for us, we honor and thank them with a Veteran's Day Waffle Bar. Enjoy a hot waffle with all the toppings. R.S.V.P. required by November 3, 2016.

**Music Appreciation**  
**"The Concerto" 1st & 3rd Fridays**  
**10am—12 pm/FREE**

This Music Appreciation series provides the essential foundation for any music collection. Understanding the orchestral medium while deepening your insight into the communicative power of music.

**The Bain "Buzz" Book Club**  
**10-11:30 am / FREE**  
**3rd Wednesday of the Month**



**Upcoming Book Selections**  
November 16— ***The Road to Character***  
by David Brooks  
December 21— ***A Spool of Blue Thread***  
by Ann Tyler

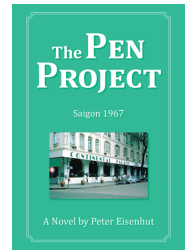
# November & December Programs

Olde Golde Presents:  
**Moments to Remember**  
 Tuesday, November 15  
 10:30am/ Free



Olde Golde Music, with Keyboardist Jim Blackwell and Vocalist Larry Stauffer will take you for a wonderful trip down memory lane. Their program, "Moments to Remember", is a tribute to the great songs of the 1950's. Songs include hits Que Sera, Sera, Chances Are, Love Me Tender, Earth Angel, I Believe, Misty, Secret Love, and much more. Prepare to transport yourself back to teen-center and be sure to bring your dancing shoes! R.S.V.P.

Meet the Author:  
 Peter Eisenhut  
 Tuesday, November 22  
 10:30-11:30 am/ Free



Author, Peter Eisenhut will discuss his book *The Pen Project*. This novel combines a mystery-solving investigation and romance with the backdrop of a historical setting. R.S.V.P.

**Movies at the  
 Bain Theatre**  
 Thursdays, 1pm  
 Free



- November 10—*The Light Between Oceans*** (Featuring Michael Fassbender, Alicia Vikander and Rachel Weisz) **1pm & 6pm Showing**
- November 17—*The Boss*** (Featuring Melissa McCarthy, Peter Dinklage and Kristen Schaal)
- December 1—*Me Before You*** (Featuring Emily Clarke, Sam Claflin and Janet McTeer)
- December 8—*The Meddler*** (Featuring Susan Sarandon, Rose Byrne, J.K. Simmons and Cecily Strong) **1pm & 6pm Showing**
- December 15—*The Man Who Knew Infinity*** (Featuring Dev Patel, Jeremy Irons and Devika Bhise)
- December 22—*Hello My Name is Doris*** (Featuring Sally Field and Peter Gallagher)
- December 29—*Love and Friendship*** (Featuring Kate Beckinsale, Chloe Sevigny, Xavier Samuel)

*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.*

The Howard County  
 Office on Aging and Independence  
 invites you to a

## THANKSGIVING CELEBRATION!

THE *Giving Thanks*  
 LUNCHEON and DANCE  
 Music by "A Classic Case"


**Thursday, November 17, 2016**  
**Ten Oaks Ballroom**  
 5000 Signal Bell Lane, Clarksville 21029


Doors Open 10:30 a.m. • Program Begins 11 a.m. • Lunch 12 noon  
 Tickets on Sale at all Howard County 50+ Centers \$14/person

**PLEASE BRING NON-PERISHABLE FOOD ITEMS  
 FOR THE HOWARD COUNTY FOOD BANK**

FOR MORE INFORMATION, CALL  
**410-313-5440 (VOICE/RELAY)**

If you need this information in an alternate format, or need accommodations to attend this event, call Maryland Access Point at 410-313-1234 (voice/relay) or email to map@howardcountymd.gov by November 10.

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



# November & December Programs

## Emergency Preparedness

Tuesday, November 29

10:30 am/ Free

The Maryland-National Capital Homecare Association's (MNCHA) Emergency Preparedness Network, with the Maryland Department of Health and Mental Hygiene (DHMH) Office of Preparedness and Response have joined forces to educate older adults and individuals with disabling conditions about emergency preparedness and resiliency. Learn real-time important emergency information, to help you when a natural disaster or crisis occurs. R.S.V.P.



## Holiday Concert

Friday, December 2

1- 2:30 pm/ FREE

Join us for a Holiday Concert featuring classically trained pianist Dorothye Craft accompanied by Katie Gao of Centennial High School. Refreshments served. R.S.V.P.

## Maryland Insurance Administration Insurance Help for Maryland Consumers

Friday, December 2

9 am–12 pm

Confused about rate increases, billing notices, policy cancelations, or non-renewals? Concerned about your insurance company's handling of your claim? Be Savvy. A Maryland Insurance Administration Representative will be on-site to answer your questions in the lobby.

## Make Your Own Holiday Decorations

Tuesday, December 6

10:am-12 noon/ Cost: \$5



Make your season both merry and bright with these handmade DIY Christmas decorations and craft ideas from Linda Ethridge, Director and Tammy Wiggins, Assistant Director of the Bain 50+ Center. Fee includes materials and take home item. Register at the Front Desk.

## Holiday Party Featuring:

The Bain 50+ Gospel Choir &  
The Machaya Klezmer Band

Tuesday December 13

10:30am / Free



Delight in traditional holiday music with the Bain's own Gospel Choir and the Machaya Klezmer Band. Machaya is a Yiddish word that means "that which sustains life and brings joy". The music played by these musicians will add to our season of friends, food and fun. Lunch Donation to be made when reservation is made. Must Reserve your lunch by **December 6**.

## HCC Bain 50+ Senior Choir

Wednesday, December 14

10:30am / Free

Join the chorus as they sing holiday tunes that will be music to your ears. Reservations requested. Holiday refreshments.

## 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 Message Therapist Felicia Tenny, RN, LMT. Relax your muscles while having an additional benefit of facilitating decreases in aches and pains, and promote the circulation of blood and lymph system. Call the center for appointments.

## Weekly Computer / iPad & iPhone Clinic

Wednesdays, 10 am–12 noon

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.

## 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 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—12:30pm	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—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	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 (Rec.& 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—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 / November & December 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, November 10 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**.

**Write Your Memoir— Write to be Heard**  
**1st Tuesdays, November 1 & December 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.

### Medicare 102:

#### Why Medicare Isn't Enough


Thursday, November 17 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**.

**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

• Aug 4 • Sept 1 • Oct 6  
• Nov 10 (2<sup>nd</sup> Thurs) • Dec 1

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





[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

## **ANNUAL HOLIDAY LUNCHEON Turf Valley Conference Center Thursday, December 8, 2016 11:30am – 1:30pm**

**HOLIDAY MUSIC! FESTIVE ATMOSPHERE!  
DELICIOUS MENU! HEAVENLY DESSERT!**

**Registration Deadline: November 29, 2016 (firm)**

Contact Elaine Widom, 410.313.7353, for details and to register.

**Wishing everyone a healthy, happy,  
Holiday Season and New Year!**



### **SeniorsTogether Group Schedule at the Bain 50+ Center:**

#### **Monday**

**Current Events - Community Room**  
*Discussion group 10:00am*

#### **Tuesday**

**Low Vision - Meeting Room**  
*Resource and support group 10:15am*

**NEW TIME!!!**

#### **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 appreciation of SeniorsTogether  
Attagracia Sanchez*

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 memorial, 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 50+ Center, 5470 Ruth Keeton Way, Columbia, MD 21044. Thank you.

# Health, Wellness & Other Programs

## Nutrition Counseling

Thursday, November 10 & December 8  
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  
October 6—December 22 \$49  
Fridays, 9:30-10:30 am  
October 7—December 23 \$49

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  
October 3—December 19 \$48

Wednesdays, 11 am-12 noon  
October 6—December 21 \$64

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



## Better Balance

Mondays & Wednesdays, 1-2 pm  
October 3—December 28 Cost: \$70

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.

## “Color Me Barbra” Adult Coloring Session

Thursdays, 10-11:30 am/ Free

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

## Beginner Soul Line Dance Class

Thursdays, 2:45-4 pm  
November 3—17 \$18 / December 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  
October 6—December 29 \$54

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.

**Nutrition Discussion & Food Tasting**  
**Friday, November 18 & December 16**  
**10-11 am/ Free**

We have all heard the saying, "You are what you eat." **Nutrition Specialist, Kari Weidner** 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.

**Coffee and Community Connecting**  
**Thursday, November 10 & December 15**  
**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.

**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, November 28**  
**9-10 am/ Free**

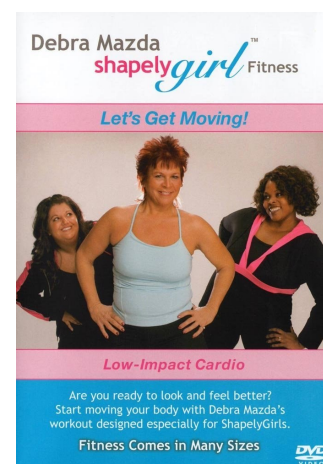
Pharmacist, Don Hamilton will provide individual answers to your medication questions. With the cold and flu season upon us, find out if you should take an over the counter medication or something prescribed by your physician.

**BALANCE "4" ALL**  
**Thursdays , 9-10 am**  
**October 3-December 22 \$55**

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**  
**November 3, 17 & December 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

## Food Safety During the Holidays

Something to keep in mind during the hustle and bustle of the holidays when we may be busy and short on time; don't forget the invisible enemy that could be ready to strike. It's called foodborne bacteria, and it can make you sick. Lots of people and little time can create opportunities for mishandling and contamination.

### Plan Ahead

Make sure you have the right equipment, including cutting boards, utensils, food thermometers, cookware, shallow containers for storage, soap, and paper towels.

Plan on enough storage space in the refrigerator and freezer. In the refrigerator, use an appliance thermometer to monitor the temperature being certain that it's 40 degrees or lower.

### When You Shop

Separate raw meat, poultry, seafood and eggs from fruit, vegetables, other foods and cleaning supplies in your grocery shopping cart, grocery bags and in your refrigerator.

Check that fresh cut fruits and vegetables like packaged salads and precut melons are refrigerated at the store before buying. Do not buy fresh cut items that are not refrigerated.

Always refrigerate perishable food within two hours.

Avoid canned goods that are dented, leaking, bulging or rusted. These are the warning signs that dangerous bacteria may be growing in the can.

### In the Kitchen

Make sure that anyone who helps in the kitchen knows the basic food safety rules—clean, separate, cook and chill.

Encourage everyone to wash his or her hands with warm water and soap for 20 seconds before and after handling food.

Sponges and kitchen towels can easily soak up bacteria and cross-contaminate kitchen surfaces and hands. When a crowd is over and food preparation gets hectic, it can be safer to use paper towels. Have plenty of clean cloth towels (or paper towels) on hand for the meal preparation and clean-up. If you use cloth towels, wash them often in the hot cycle of your washing machine.

Use a thermometer to test the cooking temp of meats and poultry.

### Leftovers

Throw away all perishable foods, such as meat, poultry, eggs and casseroles, left at room temperature longer than two hours.. Some exceptions to this rule are foods such as cookies, crackers, bread and whole fruits.

Whole roasts, hams and turkeys should be sliced or cut into smaller pieces or portions before storing them in the refrigerator or freezer.

Refrigerate or freeze leftovers in shallow containers. Wrap or cover the food. Leftovers stored in the refrigerator should be consumed within 3-4 days, and leftovers should be heated to 165 °F prior to eating.

You cannot always tell when food is no longer safe. Bacteria that causes illness may not affect the taste, smell or the way the food looks.

**WHEN IN DOUBT, THROW IT OUT!**

by Rona Martiyan, MS, RD, LDN

# Recreation & Parks/ Inclement Weather

## 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.

## Bus trips departing from the Bain 50+ Center

11/10/16	Wonderful Washington, a day on your own in DC, 9am-4pm, \$35
11//16/16	Pennsylvania Opry, 9am-6pm, \$99
12/18/16	"Holiday Pops" at the BSO 12:30 pm-6 pm, \$99
12/19/16	New York City 6:30am-10:30 pm, \$85

Please contact Cathy Vigus, Senior Adult Programs Manager at 410-313-7311 for trip information.



In the event of inclement weather, please watch or listen for school cancellations. If **HOWARD COUNTY SCHOOLS** status is:

- 1 HOUR DELAY**— Center is open with programming as usual.
- 2 HOUR DELAY**— Center opens at 10 am. There will be NO lunches served. Only classes and programs scheduled to begin at 10 am or after will be held.
- CLOSED**—Call the Bain 50+ Center (410-313-7213) or Status Line (410-313 7777) to see if or when the Center will open. All instructor-led programs are cancelled for the day. There will be NO lunches served.
- AFTERNOON & EVENING ACTIVITIES CANCELLED** — The Center will not hold any classes, programs or rentals after 4:30 pm.

# November Menu

Monday	Tuesday November 1	Wednesday November 2	Thursday November 3	Friday November 4
	<b>No Lunch</b>	Tuna Salad Pepper Cabbage Potato Roll Apricot Halves Milk	Orange Juice Cold Cuts Coleslaw Italian Bread Sliced Peaches Milk	Apple Juice Egg Salad Potato Salad Sliced Pears Milk
Monday November 7	Tuesday November 8	Wednesday November 9	Thursday November 10	Friday November 11
Vegetable Soup Hamburger Coleslaw Sandwich Roll Fresh Fruit	Mixed Green Salad Sliced Turkey Mashed Potatoes Oriental Blend White Wheat Bread Apricot Halves / Chocolate Milk	Split Pea Soup Chick. Salad & Mixed Greens Mixed Fruit Cup Grape Juice Milk	Apple Juice Pepper Beef Brown Rice Kale White Wheat Bread Pineapple Chunks	<b>Center Closed</b>
Monday <b>Korean Meal</b> November 14	Tuesday November 15	Wednesday November 16	Thursday November 17	Friday November 18
Menu to Be Deter- mined	Green Salad Sausage Lasagna Italian Green Beans Garlic Bread Honey Almond Cheesecake Orange Milk	Mixed Green Salad Beef Stew Dinner Roll Mandarin Oranges	Cranberry Juice Chunky Turkey Salad Croissant Vegetable Orzo Salad Marin. Cucumbers & Tomato Nature's Fruit Bar Milk	Tomato Soup Turkey Salad Spring Salad White Wheat Bread (2) Fresh Fruit Chocolate Milk
Monday November 21	Tuesday November 22	Wednesday November 23	Thursday November 24	Friday November 25
Orange Pineapple Juice Italian Meatballs Spinach Mini Sub Roll Fresh Fruit	Mixed Green Salad Pork Chop w/ gravy Mashed Potatoes Lima Beans White Wheat Bread Orange Chocolate Milk	Glazed Carrots Chicken Breast/Gravy Stuffing Pepper Cabbage Salad Dinner Roll Cake w/ Peach Sauce	<b>Center Closed</b>	<b>Center Closed</b>
Monday <b>Korean Meal</b> November 28	Tuesday November 29	Wednesday November 30	Thursday	Friday
Menu to Be Deter- mined	Gingered Cucumbers Salisbury Steak w/ Gravy Mashed Potatoes Peas /Dinner Roll Tropical Fruit Chocolate Milk	Tomato Soup Sliced Turkey W/ Gravy Brown Rice Pilaf Mixed Green Salad Split Top Roll/ Fresh Fruit.		