



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

Happy Holidays from the Bain Staff

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

THANKSGIVING CELEBRATION!

THE *Giving Thanks* LUNCHEON and DANCE

Music by **Sly 45**
 A Baltimore-based band rocking the blues, jazz and classic pop scene!

Wednesday, November 15, 2017
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)



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

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SAVE THESE DATES

- ◆ Jessie's Soul Line Dancers Benefit Event for Howard County HopeWorks, November 3
- ◆ Veterans Day Waffle Bar, November 9
- ◆ Fabulous 50+ Players, November 14
- ◆ Baltimore Museum Industry, November 21
- ◆ Oscar Winning Songs, November 28
- ◆ BETA's Holiday Celebration, November 30
- ◆ Ugly Holiday Sweater Contest, December 8
- ◆ HCC Bain 50+ Choir Holiday Tunes, December 13
- ◆ The Lyric Holiday Spirit Concert, December 19

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, Coordinator, SMP, 410-313-7389
Jeanette Krapcho, 410-313-7596
Terese Klitenic, 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

Curtis Gore, Recreation Coordinator 410-313-7281
Tracy Adkins, Recreation Coordinator 55+ Adult Programs – Trips and Tours 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 donation is requested. 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. Transportation to the Bain 50+ Center is also available through NeighborRide. For additional information call NeighborRide 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, December 8 — Baltimore County Senior
Swing Band

Enjoy music, dancing and refreshments.

2018 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

Friday, November 10 Veterans Day

Thursday-Friday, November 23-24 Thanksgiving

Monday, December 25 Christmas

Monday, January 1 New Year's Day



Be Aware

We encourage you to be aware of “panhandlers” on the Bain parking lot. You may be approached by someone asking for money to get gas saying something similar to “car ran out of gas with grandmother sitting waiting to get home”. Please report all incidents to the front desk.

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! Your suggestions and contributions are welcome. Contact Peter Eisenhut, Council President, or any Council member through the front desk.

Athena Dalrymple
Jackie Dunphy (HPM)
Jeane Evans (HPM)
Peter Eisenhut
Annie Foster
Valerie Hoelz
Sandra Kaiser
Jim McDiarmid
Su Patterson (HPM)
Linda Possehl
Priscilla Pitts (HPM)
Arleen Tate (HPM)
Malcolm Wolf (HPM)
Barbara Woodard (HPM)
Albertha Workman (HPM)
*HPM= Honorary Past Member

The Bain Council generously sponsors a nutritious Continental Breakfast on Tuesdays-Thursdays at 9:30-10:30 am and 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 one week prior to the date of the event.



Find us on Facebook

www.Facebook.com/HoCoCommunity

November & December Programs

6th Annual Holiday Charitable Event for Howard County HopeWorks

Friday, November 3 4:30-8 PM
LIVE DJ (Burley Johnson) & Line Dance Lessons 4:30-5PM

Put on your dancing shoes and casual attire and join us for an evening of line dancing with *Jessie Barnes' Soul Line Dancers*. Drinks, refreshments, and a light menu will be served. This event is free, however in support of "HopeWorks", we ask that you bring one of the following for admission:

- Grocery Gift Card
- Gas Gift Card
- Walmart Gift Card
- Department Store Gift Card
- Beauty Products
- New Gym Pants (Elastic Waist)

Veterans Day Waffle Bar

Thursday, November 9

9:30 am/ Free

In recognition of all that our veterans have done for us, we honor and thank



them with a Veterans Day Waffle Bar. Enjoy a hot waffle with all the toppings. R.S.V.P. required by November 3, 2017.

Fabulous 50+ Players

Tuesday, November 14

10:30-11:30 am / Free

A one hour musical revue featuring songs we all know and love. Join us with love in your heart and be prepared to sing-a-long to some great tunes. Please R.S.V.P.



Baltimore Museum Industry Presents: The Port 300 Years of History

Tuesday, November 21 11 am / Free

From the early beginnings, before the United States was born, the port of Baltimore was conducting business. The cargo varied with the times, the ships got larger and the operations got more complex. This session offers the story of the how the port met with competition, moved people and cargo locally, regionally and worldwide, growing to a dominant role in maritime trade. R.S.V.P.

Olde Golde Presents: Oscar Winning Songs

Tuesday, November 28

11 am/ Free

Sing along with Olde Golde, featuring Jim Blackwell & Larry Stauffer, as they take us on a musical journey of Oscar winning songs from the Academy Awards. From 1938 to 1977, from "Thanks For The Memory" to "You Light Up My Life" with an additional 10 great songs in between. R.S.V.P.

Foreign Film, Lunch and Discussion

"The Salesman"

Wednesday, November 29

11:30 am \$13

Join us for lunch and an enjoyable learning experience, catered lunch followed by a group discussion. Register by November 15th.

BETA's Holiday Celebration

FLAMENCO: Classic Spanish Dance

Performance by Maria Walewska Rodriguez

Thursday, November 30

1-2:30 pm/ Free

Flamenco, a classic Spanish dance, is known for its sensitivity, graceful movement and fierce footwork. Join us for a discussion and demonstration of traditional "palos" flamencos and some tips to perform basic steps. Audience participation welcome. Holiday Refreshments. R.S.V.P.



November & December Programs

50+ LGBT Support Group November 2– Potluck Snacks & Games 6–8 pm

Group 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 or [240-566-2694](tel:240-566-2694).

Write Your Memoir– Write to be Heard Tuesday, November 7 & December 5 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.



The Bain “Buzz” Book Club 10–11:30 am / Free

Upcoming Book Selections

November 15–Wilde Lake by Laura Lippman
December 20– Our Souls at Night by Kent Haruf

Beginner Bridge Lessons November 3-December 15 1-2 pm/ Free

Review of the basic rules for the play of the cards and scoring. Introduction to bidding (Standard American) with popular bidding conventions. General approaches to play and difference in strategies used by declarer and defense. **Sign-up at the Front Desk.**



Man to Man Prostate Cancer Support Group November 16 & December 14 6:30-8:15 pm

Meets the 3rd Thursday of the month.

One-Pot Recipes Friday, November 17 & December 15 10 am/ Free

Kari Weidner, Nutrition Specialist, demonstrates quick and easy One-Pot recipes that taste delicious and make cleanup a breeze. Less time cleaning means more time eating. R.S.V.P.



Bain 50+ Movie Schedule 1 pm / Free

PLEASE SIGN UP OR CALL TO RESERVE A SEAT

November 2–*Magic in the Moonlight* (Featuring Eileen Atkins and Colin Firth)

November 9–*Passengers* (Featuring Jennifer Lawrence and Chris Pratt)

November 16–*Table 19* (Featuring Anna Kendrick, Craig Robinson and June Squibb)

November 30– No Movie

December 7–*10,000 Black Men Named George* (Featuring Andre Braugher and Charles S. Dutton)

December 14–*Crossing Delancey* (Featuring Amy Irving, Jereon Krabbe, Peter Riegert and Sylvia Miles)

December 21–*Love the Coopers* (Featuring Alan Arkin, Marisa Tomei and June Squibb)

December 28–*Love Actually* (Featuring Hugh Grant, Emma Thompson and Colin Firth)

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.

November & December Programs

Holiday Meet & Greet

for LGBT 18+, family, friends & allies



Hosted by The Bain 50+ Center, The LGBT Older Adults Task Force of HoCo & The 50+ LGBT Group

featuring

Gina DeSimone and The Moaners

Thursday, December 7, 2017

6:00 pm to 8:30 pm

The Bain Center
5470 Ruth Keeton Way
Columbia, MD 21044

Refreshments and great danceable, upbeat blues & swing music!

RSVP by November 28 at 410-313-7213

Suggested Donation: \$5 to support the LGBT Task Force and a non-perishable item for the Howard County Food Bank



HCC Bain 50+ Senior Choir

Wednesday, December 13

10:30 am / Free

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

The Lyric Opera Baltimore Presents:

Holiday Spirit

Tuesday, December 19

10:30 am / Free



Delight in traditional holiday favorites with the Lyric Opera House. The music played by these musicians will add to our season of friends, food and fun. There will be a catered kosher meal. Lunch Donation to be made at the time of reservation. Reserve by December 12th.

Ugly Sweater Contest

Friday, December 8

10 am / Free

We're Having a Party
And Things are Going to Get UGLY
Wear a Ho-Ho-Horrible Holiday Sweater
and meet us in the lobby. Holiday
refreshments at 10am and contest will
begin at 10:30am. **The Bain 50+ Gospel Choir** will help to get us in the
Holiday Spirit following the contest.
Prizes for the best woman and man
wearing the ugliest sweater. R.S.V.P.



'tis the season...
TO ROCK
UGLY
SWEATERS



Daily Programs

MONDAY	PROGRAM	ROOM
8:30 am—4:15 pm	Billiards/Ping Pong (Drop-In)	Billiards Area
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	Cards and Games (Drop-In)	Pantry
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9—10 am	Ask the Pharmacist (4th Monday of the month)	Health Room
9 am—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
TUESDAY	PROGRAM	ROOM
8:30 am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9:30—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

TUESDAY	PROGRAM	ROOM
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
WEDNESDAY	PROGRAM	ROOM
8:30—10:30 am	Woodworkers Guild Meeting	Community Room
8:30 am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9—11 am	HCC Bain Senior Choir (\$)	Great Room 1
9 am—3 pm	Massage (\$)	By Appointment
9:30—10:50 am	Better Health and Wellness (HCC) (\$)	Exercise Room
9:30—11:30 am	Bingo (\$)	Activity Room/Pantry
10—11:30 am	Bain “Buzz” Book Club (3rd Wednesday)	Meeting Room
10—11:30 am	English as a 2nd Language	Great Room 2
11 am—Noon	Yoga (\$)	Exercise Room
Noon	Lunch	Great Room 3
Noon—4:15 pm	Drop-in Poker	Pantry
12:30—1:30 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
THURSDAY	PROGRAM	ROOM
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

THURSDAY	PROGRAM	ROOM
9—10 am	Balance "4" All (\$)	Exercise Room
9—11:30 am	Wii (Recreation & Parks) Must pre-register in the lobby	Lobby
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
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 Barbra (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
6:30—8:30 pm	Alzheimer's Caregiver Support Group (2nd Thursday)	Meeting Room
FRIDAY	PROGRAM	ROOM
8:30 am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area
8:30 am—noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9 am—3 pm	Massage (\$)	By Appointment Only
9:30—10:30 am	Chair Yoga (\$)	Great Room 2

Daily Programs

FRIDAY	PROGRAM	ROOM
9:30—10:45 am	Better Health and Wellness (HCC) (\$)	Exercise 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

November 2 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

November 16 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

PET EVALUATIONS are held at 7:00 PM on the first Thursday of each month



Bain 50+ Center
5470 Ruth Keeton Way, Columbia 21044

Howard County Office on
Aging and Independence

www.howardcountymd.gov/aging

Medicare Counseling is available

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.

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

**Join us at the Annual Holiday Luncheon
Turf Valley Conference Center
Thursday, December 14, 2017
11:30 am – 1:30 pm**

Entree:

Chicken Marsala or Vegetarian Option

Includes salad, vegetable, starch, rolls/butter, coffee/tea/iced tea

Dessert

Lemon-Raspberry Cake or Diabetic Option

Come and enjoy the holiday music and celebrate the season with friends!

\$26/pp (gratuity included)

Registration Deadline: December 6, 2017.

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

**Low-Vision Group Presents
Maryland State Library for the Blind
and Physically Handicapped
Tuesday, November 14
10:30 – 11:45 am**

Ashley Biggs, from MSLBP visits the Low-Vision group to share the library resources, features, events and outreach activities.

Please rsvp to Elaine by November 9.



**SeniorsTogether
APPRECIATION GIFTS**

**Recent Gifts
*In Memory of Pat Leak
from Karen Hull***

A **SeniorsTogether** appreciation gift is a meaningful way to express condolences, admiration and goodwill. **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. Contact Karen Hull for additional information. *Thank You!*

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

Health & Wellness

Nutrition Counseling

Thursday, November 9 & December 12
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 5– December 28 Cost: \$64
Fridays, 9:30-10:30 am
October 6– December 29 Cost: \$53

Chair yoga is a great way to relax from head to toe without the stress of getting out of your 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 2– December 18 Cost: \$59

Wednesdays, 11 am-12 noon
October 4– December 27 Cost: \$69



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

Better Balance

Mondays & Wednesdays, 1-2 pm
October 2– December 27 Cost: \$76

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, November 21 & December 19
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
November 2-30 Cost: \$23/ December 7-28 Cost: \$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
October 5– December 28 Cost: \$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



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, November 9 & December 14
6:30-8:30 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 and problem solving skills around dementia-related issues. For more information, contact Danilsa Marciniak at 410.736.2217.

Coffee and Community Connecting
Thursday, Nov. 16 & Dec. 14 at 9:30 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. R.S.V.P.

Ask The Pharmacist
Monday, November 27
9–10 am/Free

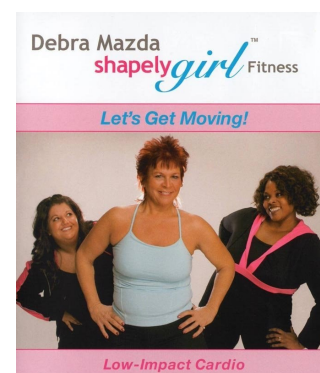
Pharmacist, Don Hamilton will provide individual answers to your medication questions. With the allergy season upon us, find out if you should take an over the counter medication or something prescribed by your physician.

BALANCE "4" ALL
Thursdays , 9–10 am
October 5– December 28 Cost: \$64

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

Thrive-Thursdays
Low Impact Cardio
10–10:45am/Free

Let's Get Moving!
Join us in Great Room 1 and get ready to burn calories and shed those pounds. Tapes will be alternated.



Blood Pressure Screenings
1st & 3rd Thursday of the Month
November 2, 16 & December 7, 21
10 am–12 noon/Free

High blood pressure is a "silent killer." Know your numbers! Albertha Workman, RN will take your blood pressure.

Nutrition & Program Information

Fermented Foods: Are They Worth Trying?

In recent years, reports of health benefits of fermented dairy or plant foods, such as yogurt, kefir, aged cheese, tempeh, miso, sauerkraut and many others, have gained the spotlight. Do they stand up to the hype? An estimated 100 trillion microorganisms make a home in your gut, and they can play a big role in your health. They influence metabolism and the immune system, and they may be involved in preventing colorectal cancer, obesity and diabetes. Live, active bacteria make fermented foods possible. These bacteria, known as probiotics, are where the potential health benefits in fermented food may be. While it sounds promising, the evidence is more suggestive than proven. Research is continuing to try and understand how probiotics may be beneficial.

Fermented foods are all over the map in terms of the dose and type of beneficial bacteria. Some fermented foods have been supplemented with probiotics to give them a high dose. Others might contain only moderate or low levels of live cultures, or no live cultures at all. Fermented foods can be a part of a healthy diet and may provide health benefits that other foods can't. But, it's hard to say exactly what you're getting from a fermented food as far as the type of bacteria or the amount, which means it's hard to know what results or benefits you will have. In addition, a fermented product with live active cultures also may contain high levels of saturated fat, salt or added sugars to make it more palatable. Yogurt may help you avoid heart disease and type 2 diabetes. Kimchi may reduce your odds of diabetes and obesity. Other fermented foods appear to relieve the diarrhea that people often suffer after taking antibiotics. The probiotics – or healthy bacteria – in fermented foods seem to help restore that balance and ease diarrhea.

If you think that you want to try fermented foods there are a few things to consider. If you are already eating a healthy diet, you probably won't see any benefits. But, if you do want to make some dietary changes and give them a try, start with small amounts to see how your body reacts. Gas, bloating, and changes in bowel habits can occur as your stomach adjusts in the beginning. As you adjust, you can work up to 2 or 3 servings per day.

by Rona Martiyan, MS, RD, LDN

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

Cost: \$53 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.

Ping Pong Monday-Friday 8:30 am-4:30 pm



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



Maymont Mansion Holiday Tour

November 30, 2017

Departs 8:30 am - 5 pm

Fee \$70

The Lion King at the Hippodrome

December 3, 2017

Departs 11:30 am - 5 pm

Fee \$155

A Beautiful Holiday at Ladew Topiary Gardens

December 8, 2017

Departs 10 am - 5 pm

Fee \$65

A Christmas Carol at Ford's Theatre

December 9, 2017

Departs at 10:30 am - Returns 4 pm

Fee \$100

Mrs. K's and the Mormon Temple Visitor's Center

December 13, 2017

Departs 3:30 am -10:30 pm

Fee \$100

Holiday Brunch & Music in the Mansion

December 16, 2017

Departs 10 am - 4 pm

Fee \$130

Registration: (410) 313-7275

Information: Tracy Adkins, Trips & Tours

Coordinator - Phone: (410) 313-7279

November Menu

Monday	Tuesday	Wednesday November 1	Thursday November 2	Friday November 3
		MIXED GREENS SLD SALISBURY STEAK/GRAVY MASHED POTATOES PEAS WHEAT BREAD TROPICAL FRUIT	RANCH SALAD CHICKEN CASANDRA SCALLOPED POTATOES GREEN BEANS WHITE WHEAT BRD PEARS	GRAPE JUICE BEEF STROGANOFF MASHED POTATOES CARROT RAISIN SALAD WHEAT BREAD FRESH FRUIT CHOCOLATE MILK
Monday November 6	Tuesday November 7	Wednesday November 8	Thursday November 9	Friday November 10
VEGETABLE SOUP MEATLOAF/GRAVY MASHED POTATOES SUNNY SLAW WHEAT BREAD PEACHES	MIXED GREENS SALAD SL TURKEY/GRY MASH SWT POTATOES CAULIFLOWER WHITE WHT BREAD CRAN APPLESAUCE	CORN CHOWDER TUNA SALAD MARIN. VEGETABLE SALAD SANDWICH BUN ORANGE	CORNED BEEF & SWISS COLESLAW MARBLE RYE CHEESE CAKE CUP APPLE JUICE MILK	CENTER CLOSED
Monday November 13	Tuesday November 14	Wednesday November 15	Thursday November 16	Friday November 17
MAIN ITEM TO BE DETERMINED RICE KIMCHI SEASONAL VEGETABLES FRESH FRUIT MILK	NAVY BEAN SOUP KNOCKWURST APPLESAUCE COLE SLAW HOTDOG ROLL PEACHES	TURKEY/CHEESE POTATO SALAD APPLE VERY BERRY JUICE MILK	VEG BARLEY SOUP CHICKEN BBQ CARROT RAISIN SALAD SANDWICH ROLL TROPICAL FRUIT	SPRING SALAD TURKEY CREOLE BROWN RICE COLLARDS WHITE WHEAT BRD PINEAPPLE CHUNKS
Monday November 20	Tuesday November 21	Wednesday November 22	Thursday November 23	Friday November 24
FRUIT PUNCH TURKEY TETRAZZINI COLESLAW WHITE WHEAT BREAD PEARS	MIXED GREENS SALAD/R PORK CHOP/GRY LIMA BEANS STEWED TOMATOES WHITE WHEAT BRD TROPICAL FRUIT	EGG SALAD ROTINI PASTA MARIN. GREEN BEANS/ONIONS SANDWICH ROLL FRUIT CUP ORANGE /TANGERINE JUICE	CENTER CLOSED	CENTER CLOSED
Monday November 27	Tuesday November 28	Wednesday November 29	Thursday November 30	Friday December 1
MAIN ITEM TO BE DETERMINED RICE KIMCHI SEASONAL VEGETABLES FRESH FRUIT MILK	OR TANGERINE JCE ITALIAN MEATBALLS SPINACH MINI SUB ROLL MIXED FRUIT COMPOTE	SPLIT PEA SOUP TURKEY SALAD CARROT RAISIN SALAD SANDWICH ROLL ORANGE	MIXED GREENS SALAD BRAISED PORK MASHED POTATOES CALIFORNIA BLEND WHITE WHT BREAD PEACHES	APPLE JUICE CHICKEN OREGANO SPANISH RICE WINTER BLEND WHITE WHEAT BRD MIXED FRUIT COMPOTE CHOCOLATE MILK