



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

September is National Senior Center Month

Join us and discover how the Bain 50+ Center Masters of Aging is empowering, enlightening, engaging and enriching lives in our community.

Senior Centers: Masters of Aging



Empower

Enlighten



Engage

Enrich

National Senior Center Month | September 2017

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SAVE THE DATE

- ◆ SHIP Medicare Card Lamination, September 7
- ◆ Opera Goes To Hell-Part 2, September 12
- ◆ Tailgate & Celebrate, September 13
- ◆ Flu Vaccinations, September 13
- ◆ Bollywood Dance by Jaya Mathur, September 15
- ◆ Active Aging Week, September 25-29
- ◆ Chuck Fischer, September 26
- ◆ Foreign Film & Lunch, September 27
- ◆ KASA's Thrift Sale, October 3
- ◆ Murder Mystery Luncheon, October 24
- ◆ Bain's Got Talent, October 31

General Information

BAIN 50+ CENTER STAFF

Linda Jackson Ethridge, Director, 410-313-7468
Tammy Wiggins, Assistant Director, 410-313-7469
Fatina Galloway, Nutrition/Rentals, 410-313-7390
Dawn Perez, Registrar, 410-313-7213
Collin Fugate, Facilities, 410-313-7464
Kari Weidner, Nutrition Specialist
Javier Scott & Earl Saunders, Building Attendants

HEALTH AND WELLNESS

Ingrid Gleysteen, Paws4Comfort, 410-313-7461
Elaine Widom, SeniorsTogether, 410-313-7353

STATE HEALTH INSURANCE ASSISTANCE PROGRAM

To make an appointment, 410-313-7392
Barbara Albert, Coordinator, 410-313-7391
Ayse Tokbay, 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, September 8– Vintage Entertainment

Friday, October 13 — T. A. Anthony (Formerly Lovestory)

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

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

Monday, September 4-Labor Day

Monday, October 9-Columbus Day

Friday, October 20- 50+Expo



Write Your Memoir– Write to be Heard

1st Tuesdays, Resumes September 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. First class assignment will be to write something on being grateful. R.S.V.P.

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

September & October Programs

SHIP Medicare Card Lamination

Thursday, September 7 / 9–11 am/Free

Bring your Medicare Cards to be laminated and pick up some State Health Insurance Program Information.

50+ LGBT Support Group

September 7– Estate Planning & Medicaid

October 5 – Deals & Senior Discounts

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).

Opera Goes to Hell Part 2

Tuesday, September 12

10 am/ Cost: \$13

Dr. Stern will conclude Part II, by taking viewers on a magical, operatic journey of, Arrigo Boito's astonishing, "*Mefistofele*". This powerful and melodic opera follows Faust and his deal with the devil. Faust loves and loses Margaurite, and then travels to ancient Greece to woo Helen of Troy before Mefistofele tries to pull Faust down to hell in a stunning and glorious conclusion. Experts consider *Mefistofele* to contain "some of the most beautiful music to have ever come out of Italy". Register by September 6th.

Tailgate & Celebrate with Poe the Official Mascot of the Baltimore Ravens

Wednesday, September 13

10:30 am– 12:30 pm

Lunch Donation

Join us for a season kickoff tailgate party. Wear your team gear and let's bring in the season with cheer! Chefs will be grilling up your favorite items. Pick up your tickets at the front desk and make your donation by September 5th.



Flu Vaccination

Wednesday, September 13

9 am–12 pm

The flu can be a hazard to your health! Lower your risk. The Centers for Disease Control recommend that all persons aged six months and older be annually vaccinated. **NO COST** for individuals with Medicare B. Those who participate in a Medicare HMO, PPO or other insurance pay the low vaccine cost. Pneumonia and high dose flu vaccines are also available. Please call the center to make your appointment.

BETA Presents:

Classical Indian Dance to Bollywood:

Performance by Jaya Mathur

Friday, September 15

1– 2:30 pm/ Free



Bollywood dance has made its mark on the world stage and has taken the dance world by storm. This fast-paced and expressive form of dance mainly from Hindi language films has its origins in classical Indian dance and it pulls from folk and western styles of dance, too. Enjoy a discussion and demonstration of Bollywood and classical Indian dance. Audience participation is most welcome! R.S.V.P.

September Fall Prevention Month

Presents: Medication Reviews

Monday, September 25

9– 10 am/ FREE

Pharmacist, Don Hamilton will review your current medications and offer tips on the dangers of mixing certain medications. Receive a free nightlight in recognition of Fall Prevention Month.

The Bain "Buzz" Book Club

10–11:30 am / Free

Upcoming Book Selections

September 20—Commonwealth by Ann Patchett

October 18— The Underground Railroad by

Colson Whitehead

September & October Programs

One-Pot Recipes for Lazy Nights

Friday, September 22
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.**

Celebrate Active Aging Week

September 25-29

Free

Throughout Active Aging Week, we will be offering **Free Exercise Classes** to new participants. Come see how our members stay in shape by sampling any of the following classes: Zumba, Qigong, Monday only Mat Yoga, Chair Yoga, Beginner Soul Line Dancing, and Balance 4 All. Space is limited so be sure to sign up early in the Lobby.

Senior Center Month Celebration

Featuring Recording Artist:

Chuck Fischer

Tuesday, September 26

11 am-12 noon/ Free



Chuck Fischer will be singing his way into the hearts of audiences with songs from high school sweet heart days. Songs featuring The Platters, Bobby Vinton, Paul Anka, Frank Sinatra, Dean Martin and many more. **R.S.V.P.**

Foreign Film, Lunch & Discussion

Featuring "Frantz"

Wednesday, September 27

11:30 am/ Cost: \$13

Join us for an enjoyable learning experience, catered luncheon and facilitated group discussion.

Deadline to register is September 21st.

KASA - Annual Vivian Reid Thrift Sale Fundraiser

Tuesday, October 3

9 am-3 pm



Looking for a good bargain? Stop in at The Bain 50+ Center and browse through the gently used and new clothing, jewelry, household items, toys, handicrafts and food which will be available for purchase. All proceeds raised will go to the Vivian Reid Fund which provides emergency assistance to older adults in need.

Bain 50+ Movie Schedule

1 pm and (6pm Show on 2nd Thursday)

PLEASE SIGN UP OR CALL TO RESERVE A SEAT

September 7—*A Street Cat Named Bob* (Featuring Luke Treadaway and Ruta Gedmintas)

September 14—*Miss Sloane* (Featuring Jessica Chastain and Mark Strong) **1 pm & 6 pm Showing**

September 21—*Going in Style* (Featuring Morgan Freeman, Michael Caine, and Alan Arkin)

September 28—*Gifted* (Featuring Chris Evans, Mckenna Grace and Lindsay Duncan)

October 5—*The Founder* (Featuring Michael Keaton, Nick Offerman and John Carroll Lynch)

October 12—*The Accountant* (Featuring Ben Affleck and Anna Kendrick) **1 pm & 6 pm Showing**

October 19—*Queen of Katwe* (Featuring David Oyelowo, Lupita Nyong'o and Madina Nalwanga)

October 26—*Get Out* (Featuring Daniel Kaluuya, Allison Williams and Catherine Keener)

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.

September & October Programs

Rep Stage Presentation

Friday, September 29 / 11 am–12 pm

Joseph W. Ritsch is the Producing Artistic Director of Rep Stage, Howard County's professional regional theatre on the campus of HCC. Joseph will be discussing the 25th Anniversary Season.

Intermediate Watercolor Art Class

Wednesdays, October 4–December 6

12:30 pm–2:30 pm

Find the Artist in You! This fun and artistic class will be taught by Professor, Mostafa Torabi. The class is free; however you must purchase your art materials. Please stop by the Bain 50+ Center's front desk and obtain the list of needed supplies. R.S.V.P. Limited Seating.

Free CPR Training at Bain

Tuesday, October 10 10:30–11:30 am

Sudden Cardiac Arrest can happen to anyone, anytime, anywhere and kills someone every two minutes in the United States. Learn how you can help to save the life of someone else. R.S.V.P.



Murder Mystery Luncheon
Tuesday,
October 24

Door open at 11 am

11:30 am–2:30 pm / Cost: \$13

The rustle of silks and feathers under muted conversation was probably the last thing heard by the tragically and unexpectedly deceased at the Billionaires' Club Annual Masquerade Ball. With a mystery under each feathery façade, unmasking the killer may be quite a challenge. It's up to you to determine which partygoer is guilty, bring this crime to justice, and save the party!

Attend the Billionaires' Club Annual Masquerade Ball and help get this soiree back on track by trading clues with your guests, gathering information, and solving the crime before the masked menace gets away! Evening wear, ball gowns, Venetian masks, suits, and tuxedos are encouraged to wear to this high class afternoon of masks and murder. Get ready for a glamorous afternoon of mystery, intrigue, and murder. Register early as this event will sell out quickly. Deadline to register is October 17th.

BAIN'S GOT TALENT!

Tuesday, October 31

10 am–12 noon/ Free

If you think America's Got Talent, then come see what great talent we have here at the Bain 50+ Center. These talents reflect the classes and programs available here. Join us for a show filled with music, singing and dancing. Please R.S.V.P. your attendance. Doors opens at 10 am. Refreshments served. Must R.S.V.P.



Don't Miss the 50+EXPO 2017!

ONLY \$1 ADMISSION*
50EXPO PLUS
Howard County

Friday, October 20
9 am - 4 pm

Wilde Lake High School
5460 Trumpeter Road
Columbia 21044

Preparedness
Information
Education

- 160+ Exhibitors
- Capitol Steps — ONE SHOW ONLY! (11:00 AM; \$5 suggested donation)
- AARP's "America's First Foodie" (James Beard Documentary at 1:00 PM)
- NEW! Virtual Dementia Tours
- NEW! Preparedness Seminars
- Flu Shots and Health Screenings

*Proceeds Benefit the Vivian Reid Community Fund for Older Adults

Resources for All Stages and Ages!

410-313-6410 (VOICE/RELAY) #HoCoEXP017
www.howardcountymd.gov/aging [facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

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—2 pm	Alcoholics Anonymous	Conference Room
1—2 pm	Sit & Be Fit	Great Room 1
1—2 pm	Better Balance (\$)	Exercise Room
1—4:15 pm	Drop-In Chess	Meeting Room
1—4 pm	Drop-in Mahjonn	Activity Room
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 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
6—8 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

Using Medicare's Plan Finder

Thursday, September 28

7–8:30 pm

Learn how to use the 'Plan Finder' tool on the www.medicare.gov website, a powerful aid for comparing and reviewing the Medicare Prescription Drug Plans available to you. The 'Plan Finder' can also be used to compare Medicare health plans (such as HMOs/Health Maintenance Organizations or Cost Plans). While explaining the tool for that purpose is out of the scope of this presentation, you will learn many basics that are used for both types of comparisons. Sponsored by the State Health Insurance Assistance Program (SHIP). Register by calling

Medicare 101:

What you can expect from Medicare

November 2, 2017 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 Counseling

Daily, by appointment. Meet with a trained counselor for help with your Medicare questions. This free service of the SHIP Program (Howard County Office on Aging and Independence) is available to Medicare beneficiaries of any age and their families/caregivers. Call **410-313-7392** to schedule an appointment.

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



Howard County
Paws4Comfort
Touching Hearts... One Visit at a Time

Bain 50+ Center
5470 Ruth Keeton Way, Columbia 21044



Howard County Office on
Aging and Independence

www.howardcountymd.gov/aging

SeniorsTogether News

For more information or to register contact

Karen Hull, 410-313-7466/khull@howardcountymd.gov

Elaine Widom, 410-313-7353/ewidom@howardcountymd.gov

Upcoming Special Events

Luncheon at Timbuktu
Thursday, September 28
11:30 am–1:30 pm

Crab cake Sandwich w/cole slaw - \$23.00;
Hot Fresh Turkey Sandwich w/gravy and
coleslaw - \$17.50; Fettucine Alfredo
w/garlic bread - \$15.00; Strawberry
Shortcake for dessert. Includes ice tea and
gratuity. This one fills-up quick, please
register by September 13, final count due by
this date. Good food and good fun, we hope
to see you! Please contact Elaine for more
information.

Bereavement Group
Wednesdays, 10 am–11:30 am
October 11–November 29

A bereavement group for adults who have lost
a loved one. This multi-week group explores
the process of mourning, coping strategies,
and life beyond grief in a supportive, caring
atmosphere. Facilitated group. Nominal fee
applies. If you are interested in the group
please contact Karen Hull, 410.313.7466.

Low-Vision Group
Howard County Fire & Rescue
“Remembering When” program
10:30–11:30 am
Tuesday, October 17

HCF&R visit the group for a detailed program
on fire safety and fall safety for the
low-visioned adult. Please call Elaine to rsvp
by October 10.

SeniorsTogether APPRECIATION GIFTS

Recent Gifts
In Memory of Sally Leibowitz
from
Patricia Bettendorf

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. For additional information please
contact Karen Hull. **Thank You!**

Group Facilitators Needed

The **SeniorsTogether** peer outreach program
hosts a number of small groups offering a
safe, comfortable place to share concerns,
find help, and forge new friendships. Groups
may be issue-oriented such as the Low Vision
Support group, or more discussion-based, like
Zoom - In. All facilitators complete an initial
training and also receive ongoing training.

Would you like to provide leadership in a small
group; have very good listening skills; are
flexible and reliable? **SeniorsTogether** may be
for **YOU!** For more information on being a
facilitator and the next training, please
contact, Karen Hull (see above).



Health & Wellness

Nutrition Counseling

Thursday, September 14 & October 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 5– 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, September 19 & October 17
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
September 7–28 Cost: \$23/ October 5–26 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, September 14 & October 12
7–9 pm /Free

Support groups create a safe and confidential environment to empower caregivers to attain their own personal, physical, and emotional well-being in an effort to optimally care for themselves and each other. Participants are provided with education and problem solving skills around dementia-related issues. For more information, contact Danilsa Marciniak at 410.736.2217.

Coffee and Community Connecting
Thursday, Sept. 14 & Oct. 12 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 Resumes Sept. 21
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, September 25 & October 23
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.

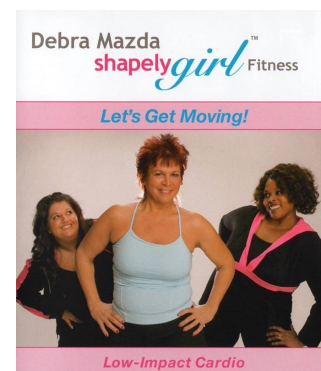
BALANCE "4" ALL

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. We will alternate different tapes weekly.



Blood Pressure Screenings

1st & 3rd Thursday of the Month
September 7, 21 & October 5, 19
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

For Healthy Bones, Think Outside the Milk Carton

Did you know that your body needs calcium for bones and teeth, muscles and nerves and moving blood. When you think of calcium, you probably think of milk and dairy foods. But what if those are foods that you don't care for, or cannot eat? Do you know other good sources of calcium? Milk and dairy products are full of calcium as well as other bone-healthy nutrients such as protein, magnesium, vitamin D and potassium. You may be surprised by some of the others foods where you can get these healthful nutrients as well! Eating a lot of fruits and vegetables, in general, is great for your bones. But some fruits and vegetable have been shown to be more potent than others when it comes to bone health.

Leafy greens: Spinach, collard greens, kale or turnip greens are good sources. One cup of raw kale has 100 mg of calcium. And it also includes Vitamin A, Vitamin C, vitamin K and other health benefits.

High fat fish such as salmon, rainbow trout, sardines and perch can also be a great source of calcium! In addition, they provide Vitamin D, which is a key nutrient in the absorption of calcium, and a nutrient that many people are deficient. In fact, 1 4 oz. piece of salmon has all of the vitamin D a 70 year old woman needs for the day! And it also has those heart healthy omega-3s as well.

Prunes: *Have you ever thought of prunes as a calcium rich food? Besides fiber and other healthful nutrients, in recent research, prunes have been proven to actually reverse and prevent bone loss. There are 75 mg of calcium in 1 cup, just 5-6 dried prunes!*

Simple Sautéed Greens

2 tablespoons extra-virgin olive oil

4 cloves garlic, thinly sliced

20 ounces fresh spinach or other greens

1 tablespoon lemon juice

¼ teaspoon salt

¼ teaspoon crushed red pepper

Heat oil in a pan over medium heat. Add garlic and cook until beginning to brown, 1 to 2 minutes. Add spinach or other greens and toss to coat. Cover and cook until wilted, 3 to 5 minutes. Remove from the heat and add lemon juice, salt and crushed red pepper. Toss to coat and serve immediately.

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.



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 Paws4Comfort
Touching Hearts... One Visit at a Time

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

Weekly Computer Clinic

Wednesdays, 10 am-12 noon/ Free

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 50+ Center to sign up for a one-on-one, 30-minute meeting with a tutor who will assist you with your concerns and questions.

Recreation & Parks

Toss Across Fridays

(except the last Friday of the month)

10:30-11:30 am/ FREE

Come try the latest backyard and tailgating craze that is being played coast to coast! Toss Across is a fun combination of bean bag toss and horseshoes and can be played just about anywhere (even the Bain Lobby!).

Join Recreation and Parks as they provide you with simple instructions on how to play this new game.

Trivia Time

Last Friday of the Month

9:30-10:30 am/ FREE

Come show us what you know during this entertaining and informative hour of group trivia fun. Question categories range from sports to entertainment to geography and more. Join us in the Bain Lobby and help your team compete for bragging rights.

BUNCO!

Last Friday of the Month

10:30-11:30 am/ FREE

This could very well be the most exciting and fun filled hour of your month! Join us for Bunco, a simple dice game that can be played by just about anyone. Recreation and Parks provides easy instruction, and new players are always welcome!

RED HATTERS

Meets the 3rd Tuesday every month.

Please call Ginny Russ at 301-325-5173 for Red Hatters information.

Upcoming Trips, Tours and Fun!

Hosted By:

Howard County Recreation & Parks



The Harriet Tubman Museum

Explore this (NEW) Museum

September 19, 2017

Departs Bain 9 am - Returns 4:30 pm

Fee: \$80

Country Music Capital of the World

Nashville, Tennessee - 6 Day Excursion

September 23, 2017

Departs Bain 7 am

Fee Single \$1189

Fee Double \$950

The Newseum - Washington, DC

John F. Kennedy 100th Birthday Collection

September 29, 2017

Departs Bain 7:30 am - Returns 5 pm

Fee \$75

Delightful Tea in the Tower- National

Cathedral Washington, DC

October 18, 2017

Departs Bain 10:30 am- Returns 6 pm

Fee \$80

National Air and Space Museum

October 20, 2017

Departs 8:30 am- Returns 4:30 pm

Fee \$55

Registration: (410) 313-7275

Information: Tracy Adkins, Trips & Tours

Coordinator - Phone: (410) 313-7279

September Menu

Monday	Tuesday	Wednesday	Thursday	Friday September 1
				Very Berry Juice Beef Burgundy Rice / Carrot Raisin Salad White Wheat Bread Melon Chocolate Milk
Monday September 4	Tuesday September 5	Wednesday September 6	Thursday September 7	Friday September 8
Labor Day Center Closed	OR- Tangerine Juice Pork Chop w/ Gravy Lima Beans Mixed Green Salad White Wheat Bread Fresh Fruit Chocolate Milk	Minestrone Soup Sloppy Joes Peas Sandwich Bun Orange White Milk	Fruit Punch Beef Stroganoff Rice Three Bean Salad White Wheat Bread Pears /White Milk	Grape Juice SI Turkey w/ Gravy Mashed Sweet Potatoes Mar Cuks & Tomatoes Dinner Roll Fresh Fruit Chocolate Milk
Monday September 11	Tuesday September 12	Wednesday September 13	Thursday September 14	Friday September 15
KOREAN MEAL Menu to be determined	Apple Juice Knockwurst Baked Beans Sunny Slaw Hotdog Roll Fresh Fruit Chocolate Milk	Carrot Raisin Salad Meatloaf w/ Gravy Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges Milk	Coleslaw Roasted Chicken Macaroni Salad Peas Split Top Roll Fresh Fruit /White Milk	Tomato Soup Turkey Salad Mixed Green Salad White Wheat Bread Tropical Fruit Chocolate Milk
Monday September 18	Tuesday September 19	Wednesday September 20	Thursday September 21	Friday September 22
Navy Bean Soup Hamburger Coleslaw Sandwich Bun Apple White Milk	Mixed Green Salad Chicken Georgia Oven Browned Potatoes Spinach White Wheat Bread Tropical Fruit Chocolate Milk	Vegetable Soup Tuna Salad Dixie Slaw White Wheat Bread Fresh Fruit White Milk	Orange Tangerine Juice Italian Meatballs Zucchini Salad California Blend Mini Sub Roll Vanilla Cake White Milk	Health Salad Beef Stew Corn Muffin Mandarin Oranges Chocolate Milk
Monday September 25	Tuesday September 26	Wednesday September 27	Thursday September 28	Friday September 29
KOREAN MEAL Menu to be determined	Apple Juice Turkey w/ Gravy Mashed Sweet Potatoes Mar. Green Beans White/ Wheat Bread Fresh Fruit Chocolate Milk	Mixed Green Salad Beef Teriyaki Rice Winter Blend Split Top Roll Pineapple Chunks White Milk	Marinated Cuks and Onions Chili Con Carne Spring Salad Corn Muffin Fresh Fruit White Milk	Applesauce BBQ Chicken Roasted Potatoes Scan Vegetables White Wheat Bread Fresh Fruit