

BAIN 50+ CENTER

July, August, September 2022



**Howard County**
Office on Aging & Independence

5470 Ruth Keeton Way
Columbia, MD 21044
410-313-7213

Center Email
bain50@howardcountymd.gov

Center Hours
Monday - Friday
8:30 am - 4:30 pm

Fitness Center Hours
8:30 am - 4:00 pm

50 + Hotline 410-313-5400

Newsletter Online
[www.howardcountymd.gov/
bain-50-center](http://www.howardcountymd.gov/bain-50-center)

Volunteer Website
www.hocovolunteer.org

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**Howard County**
50+ CENTERS
Enrichment. Engagement. Connection. Growth.

Enjoy the warm days of July and August with activities for everyone. Join us as we help bring older adults, young adults and community together. September marks the annual commemoration of **National Senior Center Month. This Year's Theme: Staying involved for your health and your community.** Join us on **Wednesday, September 28th** for our **Grand Re-opening Celebration.**



Meet our new Nutrition Specialist:

Seojin Kim (Jin)
Serving Lunch at 12 pm
Wednesdays and Thursdays
Sign-up in advance
July 20th National Hot Dog Day



Thursday Cinema Returns to Bain

July 14th *Belfast*
August 11th *Respect*
September 8th *Marry Me*

Farmer's Market Ticket Distribution

July 15th

Intergenerational Program - Leadership U - Join Us!

August 3rd 8:30 -12 pm

Bain Summer Community & Craft Yard Sale

August 15th 8:30 am-12:30 pm
\$10 Bain Members
\$25 Non Members

Grand Re-opening Celebration Featuring a Motown Review

September 28th
See details inside.

GENERAL INFORMATION

50 +Center Staff

Linda Jackson Ethridge, Director
lethridge@howardcountymd.gov
(410) 313-7468

Tammy Wiggins, Assistant Director
twiggins@howardcountymd.gov
(410) 313-7469

Dawn Perez, Registrar
daperez@howardcountymd.gov
(410) 313-7213

Michelle Rosenfeld, Fitness Coordinator
mrosenfeld@howardcountymd.gov
(410) 313-7394

Dajuan Tyler –Curtis, Contingent
dtylercurtis@howardcountymd.gov
(410) 313-7270

Seojin Kim, Nutrition Specialist
410-313-7463

Elaine Widom, SeniorsTogether
ewidom@howardcountymd.gov
(410) 313-7353

SHIP-STATE HEALTH INSURANCE ASSISTANCE PROGRAM

By Appointment (410) 313-7392

MARYLAND ACCESS POINT

By Appointment (410) 313-1234

INCLEMENT WEATHER PROGRAM LINE

410-313-7777

Bain 50+ Center Council

President: Frances Beckman Martiny
Vice President: Iantha Tucker
Secretary: Vacant
Treasurer: Frances Beckman Martiny

Members:

Athena Dalrymple	Willis Gay
Jackie Dunphy	Valerie Hoelz
Peter Eisenhut	Frances Martiny
Annie Foster	Iantha Tucker
Doretha Gay	Shirley Williams

The Bain Council is seeking applicants to serve on the Council. If you are interested please send an email to

Bain.Council.Comm@gmail.com

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-7213 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

Newsletter by Email

Would you like your newsletter delivered to your inbox? Just click link below or sign-up at the front desk.

[CONSTANT CONTACT SIGN UP](#)

ADJUSTED HOURS OR CENTER CLOSURES

Monday, July 4 Independence Day
Monday, September 5 Labor Day

Note: 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.

GENERAL INFORMATION

Howard County 50+ Center Participation Guidelines

Anyone 50 years or older is welcome to join the Bain 50+ Center activities. In order to ensure a healthy and safe environment for all participants, there are a few simple guidelines to ensure that all members' rights and needs are respected.

- ◆ Members must be independent and be able to navigate the Center. Those who need assistance must have a qualified companion or aid with them.
- ◆ Members must be able to function in the Center without one-to-one assistance or supervision from staff.
- ◆ Members should not use language or behavior that is obscene, abusive, loud or insulting. They should not harass or discriminate based on race, sex, age, national origin, religion, disability or sexual orientation.
- ◆ Members must maintain personal hygiene standards.

To obtain a full list of guidelines, please request a copy at the front desk.

Transportation Options

Members are responsible for their transportation to and from the Center. One transportation resource available is through Regional Transit Agency/RTA Ride. To use this option, riders must be certified. For certification, reservations and cancellations please call the RTA Customer Service Line at **1-800-270-9553** or visit the RTA website at www.transitRTA.com for more information.

Transportation to the Bain 50+ Center is also available through NeighborRide for a modest fee. For additional information call NeighborRide at (410) 884-7433.

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to online registration, please check with the Front Desk to assure that your membership is current. **Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.**

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated.


Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. Account must be established prior to registering for class.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

JULY AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please Note: \$ Fee program</p> <p>The Fitness Center and Billiard's Room Hours are Mon.-Fri. 8:30 am-4 pm</p> <p>Woodshop Hours are 8:30 am -12:30 pm</p>				<p>1 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance</p>
<p>4 Closed Independence Day</p> 	<p>5 10 MAP 10 Pottery 10 Barre \$ 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge</p>	<p>6 9:30 Bingo 10 Massage \$ 11 Yoga \$ 11 Poker 1 Mahjongg</p>	<p>7 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 12:30 Brain Teasers 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$</p>	<p>8 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance</p>
<p>11 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$</p>	<p>12 10 MAP 10 Pottery 10 Barre \$ 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi 12 Duplicate Bridge</p>	<p>13 9:30 Bingo 10 Massage \$ 11 Yoga \$ 11:30 Wii Bowling 11 Poker 1 Mahjongg</p>	<p>14 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 12:30 Brain Teasers 1 Mahjongg 1 Cinema— 2 Soul Line Dance 3 Tai Chi \$</p>	<p>15 9 Farmer's Market Coupons Distribution 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 11:30 All About Iron 12 Cards & Games 1 Line Dance</p>
<p>18 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$</p>	<p>19 9 Nutrition Consult 10 MAP 10 Pottery 10 Barre \$ 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge 2:30 Better Breathers Support Group</p>	<p>20 9 Maryland Insurance Administration 9:30 Bingo 10 Massage \$ 10 Book Club 10:30 The Battle of Carbohydrates 11 Yoga \$ 11 Poker 12 National Hot Dog Day Lunch Special 1 Mahjongg</p>	<p>21 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 11 How to Protect Your Finances 12:30 Brain Teasers 12:30 Opera 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$</p>	<p>22 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance</p>
<p>25 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$</p>	<p>26 10 MAP 10 Pottery 10 Barre \$ 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge</p>	<p>27 9:30 Bingo 10 Massage \$ 11 Yoga \$ 11 Poker 12 Jazz & Jeans Luncheon 1 Mahjongg</p>	<p>28 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 10 Care Talks 12:30 Brain Teasers 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$</p>	<p>29 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance</p>

AUGUST AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	2 10 MAP 10 Pottery 10 Barre \$ 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	3 8:30 Leadership U 9:30 Bingo 10 Massage \$ 11 Yoga \$ 11 Poker 1 Mahjongg	4 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 12:30 Brain Teasers 1 Mahjongg 2 Soul Line Dance	5 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
8 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	9 9 Nutrition Consult 10 MAP 10 Pottery 10 Barre \$ 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 11:30 Thinking About Going Vegan 12 Seated Tai Chi 12 Duplicate Bridge	10 9:30 Bingo 10 Massage \$ 11 Yoga \$ 11:30 Wii Bowling 12 Lunch & Laugh with the Bain Players 11 Poker 1 Mahjongg	11 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 12:30 Brain Teasers 1 Cinema 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$	12 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
15 8:30 Bain Craft & Community Yard Sale 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	16 10 MAP 10 Pottery 10 Barre \$ 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge 2:30 Better Breathers Support Group	17 9:30 Bingo 10 Massage \$ 10 Book Club 10:30 Your Mouth is Your Body's Mirror 11 Yoga \$ 11 Poker 1 Mahjongg	18 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 12:30 Brain Teasers 12:30 Opera 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$	19 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
22 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	23 10 MAP 10 Pottery 10 Barre \$ 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	24 9:30 Bingo 10 Massage \$ 11 Yoga \$ 11 Poker 1 Mahjongg	25 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 10 Care Talks 12:30 Brain Teasers 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$	26 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
29 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$	30 10 MAP 10 Pottery 10 Barre \$ 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	31 9:30 Bingo 10 Massage \$ 11 Yoga \$ 11 Poker 1 Mahjongg	Please Note: \$ Fee program The Fitness Center and Billiard's Room Hours are Mon.-Fri. 8:30 am-4 pm Woodshop Hours are 8:30 am -12:30 pm	

SEPTEMBER AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please Note: \$ Fee program</p> <p>The Fitness Center and Billiard's Room Hours are Mon.-Fri. 8:30 am-4 pm</p> <p>Woodshop Hours are 8:30 am -12:30 pm</p>			<p>1 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 12:30 Brain Teasers 1 Mahjongg 2 Soul Line Dance</p>	<p>2 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards &Games 1 Line Dance</p>
<p>5 CLOSED</p> 	<p>6 10 MAP 10 Pottery 10 Barre \$ 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Duplicate Bridge</p>	<p>7 9:30 Bingo 10 Massage \$ 11 Yoga \$ 11 Poker 1 Mahjongg</p>	<p>8 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 11 Fall Prevention 12:30 Brain Teasers 1 Cinema— 1 Mahjongg 2 Soul Line Dance</p>	<p>9 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards &Games 1 Line Dance</p>
<p>12 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$</p>	<p>13 9 Nutrition Consultation 10 MAP 10 Pottery 10 Barre \$ 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Duplicate Bridge</p>	<p>14 9:30 Bingo 10 Massage \$ 11 Yoga \$ 11:30 Wii Bowling 11 Poker 1 Mahjongg</p>	<p>15 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 12:30 Brain Teasers 12:30 Opera 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$</p>	<p>16 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards &Games 1 Line Dance</p>
<p>19 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$</p>	<p>20 10 MAP 10 Pottery 10 Barre \$ 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 11 Overview of the History of Theatre 12 Duplicate Bridge</p>	<p>21 9:30 Bingo 10 Massage \$ 10 Book Club 10:30 What's Trending In Nutrition 11 Yoga \$ 11 Poker 1 Mahjongg</p>	<p>22 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 10 Care Talks 12:30 Brain Teasers 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$</p>	<p>23 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards &Games 1 Line Dance</p>
<p>26 9 Project Linus 10 Knitting 10 Pottery 11 Poker 1 Canasta 1 KASA Line Dance 1 KASA Bingo 2:15 Yoga \$</p>	<p>27 10 MAP 10 Barre Preview 10 Pottery 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 11 Overview of the History of Theatre 12 Duplicate Bridge</p>	<p>28 8:30 Grand Reopening Celebration 8:30 Cardio Kickboxing Preview 1030 Bingo 10 Massage \$ 10 Power Preview 11 Yoga Preview 11 Poker 12 Special Lunch Featuring: Motown Review</p>	<p>29 10 Massage \$ 10 Artful Journaling \$ 10 Chair Yoga \$ 10 Theatre Club 10 Free Health Screening 12:30 Brain Teasers 1 Mahjongg 2 Soul Line Dance 3 Tai Chi \$</p>	<p>30 10 Knitting 10 Trenders 10 Zumba Gold Preview 11 Balance 4 All \$ 11 Poker 12 Cards &Games 1 Line Dance</p>

ONGOING PROGRAMS

Let's Do Lunch!

Wednesdays at 12 pm

Thursdays at 12 pm (Korean meals)

The congregate meal program has returned to the Bain 50+ Center! Howard County residents aged 60 and over and their spouses of any age are eligible to participate in this program and are asked to make a voluntary, confidential donation. All the Howard County 50+ Centers serve meals that have been planned and approved by a registered dietitian. Registration: Sign up at least one week in advance at the Center or by calling 410-313-7213.

Nutrition Consultation

Tuesdays, 9-11am

July 15, August 9 & September 13

Registered Dietitian, Carmen Roberts, is available for nutrition consultations for members 60+. During this 30-minute session, she can answer questions about diet, nutrition, and the impact of food on your health.

Register using the ActiveNet link:

https://anc.gpm.activecommunities.com/howardcounty/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=virtual%20Nutrition&viewMode=list

Opera at Bain with Dr. Sam Stern

3rd Thursday of the Month

12:30 pm Free

July 21: "The Barber of Seville". by Giachino Rossini. Premiering in 1816, this comic 2-act opera follows the cunning Count Almaviva in various disguises as he pursues his love interest, Rosina. 2.5 hours.

August 18: "Tales of Hoffmann" by Jacques Offenbach. Composed in 1881, The Tales of Hoffmann is a wonderful, highly melodic 2.5 hour opera in 3 parts.

September 15: "Turandot" by Giacomo Puccini. Composed in 1881, The Tales of Hoffmann is a wonderful, highly melodic 2.5 hour opera in 3 parts.

"CARE TALKS"

July 28 August 25 &

September 22

10 am-12 noon

The Caregiver Support Program will be held at the Bain 50+ Center for in-person meetings with caregivers offering information and resources to assist you in your journey.

Please contact Earnestine Thomas at 410-313-5969 or

ethomas@howardcountymd.gov.



Wii Bowling

2nd Wednesday Monthly

July 13, August 10 & September 14

11:30 am

Wii bowling combines fun and fitness into one product. It may change how you view exercise. Come out and show off your bowling skills and have some fun.

Sign-up in the lobby.



The Bain Players

Thursdays

10-11:30 am

Sign up to be a part of this group and enjoy theatre rehearsing short skits. Enjoy improv, learn new skills and meet new friends. What do you need to be a part of the Theatre Club? Bring yourself, have some fun and tell a friend!

No memorization required.

ONGOING PROGRAMS

Korean American Senior Association (KASA)

Mondays

Line Dance and Bingo 1-2 pm

Yoga 2-3 pm

Poker

Mondays, Wednesdays, Fridays

11 am-4 pm

Canasta

Mondays, 1-4 pm

Canasta is a card game of the Rummy family of games believed to be a variant of 500 Rum. New players and beginners are always welcome.

Bridge (Duplicate)

Tuesdays, 12-4 pm

Mah Jongg

Wednesdays & Thursdays 1-3:30 pm

Class is designed for anyone who wishes to play. No Mah Jongg set or cards required.

Bingo

Wednesdays, 9:30-11:30 am

Open Cards & Games

Fridays, 12-4 pm

Maryland Access Point Services (MAP)

8:30 am-4 pm

Minjung Engle, Resource Specialist with the Howard County Office on Aging and Independence will be available by appointment. She can assist in navigating services and identify resources. To make an appointment to meet with Minjung Engle in person at Bain, please call her at 410-313-6538.

FREE-Weekly Computer/Phone Clinic

Wednesdays, 1 pm –3 pm

Thursdays, 10 –11:30 am

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 and sign up for a one-on-one, 30 minute appointment.

HCC Bain Senior Choir

Wednesdays, 9:30– 11:00 am

Will Resume in the Fall

Members of the choir pay no tuition; the only charge is HCC's Consolidated Fee, which is \$28.34 for Maryland residents.

Trivia Time

Will Resume in the Fall

Show us what you know during this entertaining and informative hour of trivia fun. Question categories range from sports and entertainment to geography and more. Join Dave Baker in the Bain Lobby and help your team compete for bragging rights. Call the center to sign-up.

Project Linus

Meets the 2nd & 4th Monday

9-11:30 am

Project Linus is comprised of hundreds of local chapters and thousands of volunteers across the United States, and includes our chapter at Bain. Volunteers work together to provide love, a sense of security, warmth and comfort to children who are ill, or are in need with the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers."

ONGOING PROGRAMS



Low Vision Support Groups

Tuesdays

10:15 am

Ongoing support for those with low vision; explore options, share ideas and learn new ways to maintain independence.

Brain Teasers

Thursdays

12:30 pm

Challenge your mind, strengthen your memory using games, puzzles and other activities.

Trenders

Fridays

10 am

A lively, open-minded discussion group with a loosely structured agenda.

Knitting & Crocheting

Mondays, 10 am - 12 pm

Fridays 10-11:30 am

Knitters, crocheters, fabric crafters and others join together to share their talents. Drop in for this fun and ageless group to happily share fellowship and conversation.

RED HATTERS

Meets the 3rd Tuesday every month.

Tuesday, July 19, August 16, & September 20

10 am

The Red Hatters are a playgroup created to connect like-minded women, make new friends and enrich lives through the power of fun and friendship!

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

Better Breathers Pulmonary Support Group Meets the 3rd Tuesday Monthly

July 19, August 16, & September 20

2:30-3:30 pm

This group is open to those with pulmonary conditions and their care partners.

The Bain Book Club Meets 3rd Wednesday of the Month

10-11:30 am / Free

July 20-*These Precious Days* by Ann Patchett

August 17-*The Storied Life of A.J. Fikry* by Gabrielle Zevin

September 21-*The Midnight Library* by Matt Haig

Please call the center for additional information.



Essential Touch Massage Therapy Wednesdays & Thursdays

10 am- 1 pm

Cost: \$68

60 minutes

Indulge yourself with a therapeutic massage designed especially for your needs. Massage Therapist, Felicia Tenny, RN, LMT will relax your muscles, decrease aches and pains, and promote the circulation of blood and lymph system. By appointment only 410-313-7213.

Reiki

Tuesdays

10:30 am -1 pm

\$30 per 30 minute session.

A gentle, kind energy, that promotes relaxation, peace, and helps reduce pain.

Sharon Burns RN, BSN, MA. Register in advance.



EVENTS & PROGRAMS



Maryland Insurance Administration Wednesday, July 20



9 am– 1 pm

Insurance Help for Maryland Consumers. Confused about rate increases or billing notices? Policy cancelled or non-renewed and you don't understand why? Concerned about the insurance company's handling of your claim?

The Maryland Insurance Administration is a state agency that can help with these questions and more. Stop by the center to speak with a representative who will be on site to assist you.

Fresh Conversations: The Battle of the Carbs Wednesday, July 20

10:30 am

In this class we will discuss the importance of carbohydrates and which is better for you to eat: refined or whole grains.

“Your Mouth is your Body’s Mirror” Wednesday, August 17

10:30 am

The mouth is the entry way for food and fluid, but did you know the mouth also provides early warning signs for health issues? In this class we will talk about how to keep your mouth healthy and also ways to prevent malnutrition.

What’s Trending in the Nutrition World? Wednesday, September 21

10:30 am

This month's class will discuss what is new and interesting in the world of nutrition. One of the topics will be on Intermittent Fasting and is it safe for seniors.

Join us for fun and conversation with Karen Basinger. Advance sign-up is required.

All About Iron Friday, July 15

11:30 am

Join Registered Dietitian Carmen Roberts to learn about a variety of blood disorders, including iron-deficiency anemia. Discover how nutrition can play a vital role in treatment of these conditions. Register at 410-313-7213.

Thinking of Going Vegan? Tuesday, August 9

11:30 am

Learn how you can healthfully adopt a plant-based diet while making sure you're getting adequate vitamins and minerals. Registered Dietitian Carmen Roberts will discuss meal planning and tips on creating a balanced vegan plate. Register at 410-313-7213.

Build a Better Breakfast: Tired of the same old breakfast routine?

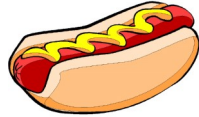
Tuesday, September 13

11:30 am

September is “Build a Better Breakfast” month, so join Registered Dietitian Carmen Roberts to learn techniques to build a more balanced meal that will sustain your energy throughout the day. Breakfast really is the most important meal of the day! Register at 410-313-7213.

EVENTS & PROGRAMS

National Hot Dog Day **Wednesday, July 20** **12 pm**



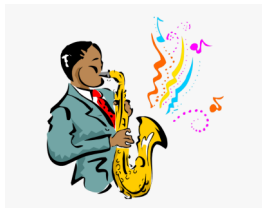
Americans didn't invent the hot dog (historical sources say they go back to Germany and Austria), but we sure know how to use them! In honor of National Hot Dog Month, we will have some trivia and answer some "dogging" questions. What ballgame, boardwalk or summer cookout would be complete without them? Join us for lunch and let's have a doggone good time! Sign up in advance.

Learn How to Protect Your Finances **Presented by the FBI-Federal Bureau of Investigation**

Thursday, July 21
11 am

In this interactive class you will learn how to spot fraud, take appropriate action and where to report suspicious activity. Presented by the FBI of Baltimore. Register by calling 410-313-7213.

Jazz and Jeans Luncheon **Featuring Franklyn Johnson-Williams** **(Bonniejazz Music)** **Wednesday, July 27** **12 pm**



Join us for a summer afternoon of live entertainment and great food provided by Union Jack's. Please stop by the Bain 50+ Center Front Desk to pick up your ticket and make your lunch donation in advance. Space is limited.

Leadership U Comes to Bain!

Wednesday, August 3

8:30 am-9:30 am

Students from Leadership U, a program that empowers High School Students to learn by doing, spend the day at the Bain Center. Students will discuss and develop solutions that affect their community while developing relationships with community leaders. Come share your experiences with our Howard County youth!

LUNCH
&
LAUGH

Lunch & Laugh Event With **The Bain Players**

Wednesday, August 10
12 pm

The Bain Players return with an afternoon of fun short skits. Enjoy a nice lunch with an afternoon of laughs. Must pick up your tickets at the front desk in advance and make your lunch donation.

Bain Community Craft & Yard Sale

Monday, August 15

8:30 am -12:30 pm

Table & 2 Chair Reservation:

\$10 -Bain Members

\$25 -Non-Members

Stop by the front desk to purchase your table reservation in advance. Limited Tables available.

Fall Prevention

Thursday, September 8

11 am

September is Falls Prevention Awareness Month. While older adults and young children are at highest risk groups for sustaining traumatic brain injury (TBI) due to falls, everyone is at risk. Join Kate Hernandez, DPT for Falls Prevention Awareness Day, a nationwide effort to raise awareness on preventing falls and reducing falls risk. Register 410-313-7213.

EVENTS & PROGRAMS



**Continuing Education Series:
Overview of the History of Theatre
Tuesdays, September 20-October 11
11 am**

This lecture series will explore:

- ◆ The introduction to early Theatre.
- ◆ How did Theatre start and where?
- ◆ How was the Roman theatre different than the Greek?
- ◆ Introduction to Theatre of the Renaissance.
- ◆ Shakespeare.
- ◆ American and British Drama of Early and Middle 20th Century.
- ◆ American and British Drama in the later 20th and early 21st Centuries.

This series will be taught by Susan Brall of MD Theatre Guide. Please sign-up in advance to attend the entire lectures.

**Bain's Grand Re-opening
Celebration
Wednesday, September 28
10 am-3 pm**

Stop by to see the many activities that your community center have to

offer. There will be free demo classes along with a special catered lunch provided by a local restaurant. Music entertainment will be provided by the Winston's with a Motown Review. Join us for fun and free programs throughout the day and lots of giveaways. There will also be new exercise classes to try for free throughout the week. Must sign up in advance for all activities.



Thursday Cinema Returns

1 pm Free

July 14th Cinema - Belfast

Academy Award winner Judi Dench, Jamie Dornan, Caitriona Balfe and Ciaran Hinds star in this British-Irish drama centered on a glamorous working-class family and their young's son childhood.



August 11th Cinema - Respect

Following the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom, "Respect" is the remarkable true story of the music icon's journey to find her voice and become the Queen of Soul.

September 8th Cinema - Marry Me

A betrayed pop star (Jennifer Lopez), slated to marry her pop star fiancé (Maluma) on stage, instead marries a stranger from the audience - a high school math teacher (Owen Wilson). Against the odds, their sham relationship develops into something real but can their love survive the limelight?

**Free Health Screenings for
World Heart Day**

**Thursday, September 29
10 am-12 noon**



Andrea Bendig MSN BSN RN CM DN

Join Andrea Bendig, Registered Nurse, for free health screenings that include a manual blood pressure check, body mass index calculation (BMI) and a stroke risk assessment. If you have been diagnosed with cardiovascular disease, or you have a family history, please take advantage of this complimentary screening and education sponsored by Wellness Strategies Group LLC.

EXERCISE & FITNESS



Yoga

Mondays, 2:15 pm #A01441.800
July 11-September 26
Cost: \$70 (No class 9/5)

Wednesdays, 11 am #A01440.800
July 6-September 28
Cost: \$83

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

Chair Yoga

Thursdays, 10 am #A01425.800
July 7-September 29
Cost: \$83

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair. Join Certified instructor, **Connie Bowman**, and promote your improved mobility.

Beginner Soul Line Dance

Thursdays, 2 pm #A01419.800
July 7-September 29 (13 Classes)
Cost: \$83

On 9/29/22
FREE PREVIEW

Join **Jessie Barnes**, our "seasoned" Dance Instructor who teaches throughout Central Maryland. Learn beginners' line dance steps and get fit at the same time.

Barre

Tuesdays, July 5 – September 27

10 am (12 Classes/ \$64) #A01480.800 On 9/27/22

This class will take you through Ballet, Pilates, and Functional Barre movements that will lengthen and strengthen your entire body and improve flexibility. No prior dance experience required. Modifications for exercises will be provided. Please bring a yoga mat.

On 9/27/22
FREE PREVIEW

Instructor: Doreen Sheppard

Balance-4-All

Fridays, July 1 – September 30

11 am (14 Classes/\$74) #A01424.800

This class combines a perfect blend of balance, flexibility, posture, strength, & agility. With the use of light dumbbells and a chair, you will work your way to being better equipped to perform routine activities of daily living (ADL) and decrease your risk of falling. **Instructor: Courtney**

Bracey

Zumba Gold®

Fridays, July 1 – September 30

10 am (14 Classes/\$63) #A01437.800

Join this fun, Latin-inspired workout. This low impact class incorporates Zumba's contagious rhythms and is performed at a lower intensity. **Instructor: Courtney Bracey**

On 9/30/22
FREE PREVIEW

Tai Chi

Thursdays, July 7– September 29

3 pm (13 Classes/\$136) #A01416.800

Tai Chi is a slow and gentle form of Chinese martial arts, an internal form of exercise by combining slow, deep abdominal breathing with gentle, smooth body movements in a natural and harmonic way.

On 9/29/22
FREE PREVIEW

Instructor: Dr. Ping Mao is a board certified and award-winning international champion who has been teaching Tai Chi in Howard County for 17 years.

EXERCISE & FITNESS

Bain Walking Club-Fridays at 10:30 am



Tap Dancing Class-Tuesdays at 11 am



NEW BARRE CLASS– Register Now



Please bring a yoga mat.

Arthritis Foundation Exercise

April July 5-September 29 #A01404.800

Tuesdays & Thursdays

1pm Cost: \$83

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range of motion exercises that are suitable for every fitness level and ability. Led by trained program leader, Pam Beck. Suitable for participants diagnosed with arthritis. Registration required. For more information contact mburgess@howardcountymd.gov or call 410.313.5440 to register.

Better Balance

July 6-September 28 #A01445.800

Mondays & Wednesdays

1 pm Cost: \$76 (No class 9/5)

Better Balance is a great fit for someone looking to improve their balance and mobility. This class has been proven effective for people with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, bar, and seated exercise. A pre-screening is required before enrolling by contacting Malarie Burgess at 410-313-6073. Those 60 and older pay a suggested donation. Age 59 and younger, pay full fee of the class.

Age Well

July 6-September 28 #A01201.800

Mondays & Wednesdays

12 pm Cost: \$76

(No class 9/5)

Practice basic aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training. Conclude with stretching to help you feel your best. Classes are conducted in the Bain 50+ Center and are co-sponsored by Howard County General Hospital.

50+ Fitness CENTER

The Bain 50+ Fitness Center is available to help put you on the path to lifelong fitness.

- ◆ Participants must be 50 years of age and a member of a Howard County 50+ Center.
- ◆ Passes are established from the date of purchase.
- ◆ Refunds are not provided.
- ◆ Equipment Orientation may be viewed at: [Equipment Video](#)

<https://www.youtube.com/watch?v=8KyvEPCNJZ8>

Equipment Overview

**Wednesdays: Jul.13, Aug. 17, Sept. 14
11 am**

Want to learn how to use our state-of-the-art new Fitness Center equipment? Join 50+ Fitness Coordinator, Michelle Rosenfeld, for an orientation. She will demonstrate how to properly adjust and use each piece of equipment. To register call the front desk at 410-313-7213.



Personal Training –Will resume in the Fall

Looking for one-on-one inspiration or a work-out tailored to fit your needs? See a flier for complete details on this service.

Half hour session = \$45

Package of 4 Half hour sessions = \$160

Package of 8 Half hour sessions = \$299

The **Fitness Equipment Room** is open for drop-in use during the open hours noted above. Please use gym courtesy and give everyone a chance to experience a good work-out. During busy hours, limit your time to 20 minutes on cardio equipment. If the equipment you would like to use is occupied, please make the current user(s) aware that you are waiting for them to finish. Please refrain taking calls while working out and wipe down equipment after use. Your cooperation is appreciated.



\$75/year County Resident
\$100/year Non-Resident
\$5/daily Drop-in Fee

This package is offered in collaboration with Recreation and Parks and provides more locations for your 50+ work-out. It includes unlimited use of fitness equipment rooms at:

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044
Mon-Fri 8:30 am-4 pm

Elkridge 50+ Center

6540 Washington Blvd, Elkridge 21075
Mon-Fri 8:30 am-4 pm

Ellicott City 50+ Fitness Center

9411 Frederick Rd, Ellicott City 21042
Mon-Fri 8:30 am-4 pm

Gary J. Arthur Community Center

2400 Rte 97, Cooksville 21723
Mon-Sat 7 am-9 pm & Sun 9 am-6 pm

North Laurel Community Center

9411 Whiskey Bottom Rd, Laurel 20723
Mon-Sat 8 am-9 pm & Sun 9 am-6 pm

Roger Carter Community Center

3000 Milltowne Dr, Ellicott City 21043
Mon-Friday 6 am-10 pm
Sat 7 am-10 pm & Sun 7 am-9 pm

VIRTUAL CORNER

National Park Series Agate Fossil Beds National Monument

Thursday, July 28, 2 pm

Join an Education Ranger as they introduce several species of mammals that once roamed the Nebraska plains during the Miocene epoch some 26-15 Million Years ago. Learn about how climate change, geology and other environmental factors contributed to the evolution and extinction of these species. Learn some other fun facts as well.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf0931a963616aa382d028d023dc16ee6>

Meeting # 2319 094 0184

Password: Summer50+

National Park Series: Mammoth Cave National Park

Thursday, August 25, 2 pm

Join National Park Ranger McDowell to learn about the history and geology of Mammoth Cave and west-central Kentucky.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m35108712cd044f2ec74f0b752e8d7167>

Meeting # 2310 253 9184

Password: Summer50+

VIRTUAL FITNESS PASS

Are you interested in joining our Virtual Community of Fitness Classes? Sign up for our Paid Virtual Fitness Class Pass and enjoy 17 different classes per week, for only \$38 a month. To sign up and for more details on classes and instructors, call 410.313.1400 or 410.313.5440.

You can also sign up online at: <https://apm.activecommunities.com/howardcounty/>

Search: Virtual 50+ Virtual Exercise Classes/A02490.801 for July, A02490.802 for August and A02490.803 for September. Below is the weekly schedule. Please note in August, Kickboxing moves to 8:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FLOOR, CORE & MORE 8:30 AM</p> <p>MINDFUL MONDAYS 10 AM</p> <p>SEATED STRENGTH AND BALANCE 11 AM</p> <p>CIRCUIT CONDITIONING 5:30 PM</p>	<p>POWER 8:30 AM</p> <p>CARDIO & CORE 10 AM</p> <p>YOGA WITH MARY 11 AM</p>	<p>KICKBOXING 8 AM</p> <p>PILATES 10 AM</p> <p>CIRCUIT CONDITIONING 5:30 PM</p>	<p>POWER 8:30 AM</p> <p>CARDIO & CORE 10 AM</p> <p>SEATED STRENGTH AND BALANCE 11 AM</p>	<p>FLOOR, CORE & MORE 8:30 AM</p> <p>ZUMBA GOLD® 10 AM</p> <p>FRIDAY POWER 11 AM</p>
				<p>SATURDAY</p>
				<p>HATHA YOGA 9:30 AM</p>

