

# Special Events

**CENTER CLOSED—Monday, January 1—New Year's Day**

**BCPL Bookmobile—Tuesday, January 2, 12:00 PM—12:30 PM**

Books, magazines, current movies, CDs and best sellers are all outside our front door. Many convenient services are available. *Out front by pavilion.*

**First Tuesday Dance—Tuesday, January 2, 1:00 PM—3:30 PM**

The Odd Couple entertains. \$5.00 paid at the door. Proceeds from the dance go towards Bykota's programming funds. Come out, dance with us and help support the center! *Gym.*

**Blood Pressure—Wednesday, January 3, 9:30 AM**

Free blood pressure check by HCR Manor Care. Donuts and coffee provided as a courtesy. *Room 114.*

**Brain Fitness—Wednesday, January 3, 10:00 AM**

Join Robin Zahor, RN for fun brain tips and new memory skills. *Room 112.*

**Book Club—Wednesday, January 3, 1:00 PM**

January book, Silas Marner by George Eliot. February book, One Thousand White Woman by Jim Fergus. You are responsible for getting your copy of the book. *Room 112.*

**Insights in Aging—Friday, January 5, 10:00 AM**

Insights in Aging is designed as a support group that discusses the changes and challenges as we age. Presenter: Susan Haywood, LGPC, Mental Health Therapist for Hope Health Systems, Inc. *Room 112.*

**Friday Afternoon Coffeehouse—Friday, January 5, 12:30 PM**

Ron Kutscher will bring back memories with a Folk Music Hootenanny Sing-A-Long featuring your favorite folk tunes and a mix of good time music of the 50's and 60's. *Café.*

**Music with Mike—Monday, January 8, 12:30 PM**

Free entertainment provided by Senior Helpers. Interactive music, song and percussion instruments. *Café.*

**The Three Evils of Society – Tuesday, January 9, 11:00 AM**

Delivered at the First Annual National Conference on New Politics in 1967 by Martin Luther King Jr. *Lounge.*

**Meals on Wheels—Wednesday, January 10, 10:00 AM**

Meals on Wheels can provide two meals a day, hot & cold, to seniors that are considered home bound. Learn about their Grocery Assistance program that offers support when making grocery lists, shopping and organizing food in home! *Café.*

**Pizza & Movie—Friday, January 12, 10:00 AM**

Featured movie of the month is, "Dr. Seuss' How the Grinch Stole Christmas", directed by Ron Howard. Fantasy, 2000. Movie will be shown in the Lounge at 10:00 AM, free. Pizza will be served in the Café at 12:00 PM, \$2.50. Participants must sign up by 1/4 for pizza. Signup sheet can be found in the Eating Together binder located in the Café.

**Kindness Art Workshop—Friday, January 12, 12:45 PM**

Join the Butterfly Blitz and help create butterflies for the community. *Café.*

**CENTER CLOSED—Monday, January 15—Martin Luther King Day**



# Special Events

## **The March—Tuesday, January 16, 11:00 AM**

Documentary narrated by Denzel Washington (2013) about the historic 1963 March on Washington organized by Martin Luther King Jr. for jobs and freedom. Directed by John Akomfrah (2013). *Lounge*.

## **BCPL Bookmobile—Tuesday, January 16, 12:00 PM—12:30 PM**

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## **Mental Health Players – Wednesday, January 17, 10:00 AM**

Interactive role play and follow up discussion focused on tackling common issues. It has proved to be an effective tool in helping people feel understood; bridge gaps in thinking between members and educate participants about various helpful resources available in their communities. *Lounge*.

## **Special Events Meeting—Thursday, January 18, 10:30 AM**

Looking for a fun volunteer position? Join the Special Events Committee to plan and volunteer for events and programs. All Bykota members are invited! *125 A*.

## **Insights in Aging—Friday, January 19, 10:00 AM**

Insights in Aging is designed as a support group that discusses the changes and challenges as we age. Presenter: Susan Haywood, LGPC, Mental Health Therapist for Hope Health Systems, Inc. *Room 112*.

## **Birthday Party with Raised on the Radio—Friday, January 19, 12:30 PM**

Be sure to sign up for lunch in advance if you wish to participate in the Eating Together program. Stay after to celebrate January Birthdays and enjoy the music by Raised on the Radio. All are welcome! Ice cream sponsored by Kaiser Permanente. *Café*.

## **Top 3 Dental Issues for Men and Women 60 & Older— Monday, January 22, 10:00 AM**

Dr. Romay will touch on common dental issues for the baby boomer population, as well as prevention and treatment. This includes; periodontal disease, missing teeth and broken teeth. *Café*.

## **Music with Mike—Monday, January 22, 12:30 PM**

Free entertainment provided by Senior Helpers. Interactive music, song and percussion instruments. *Café*.

## **Troubleshoot Your PC—Tuesday, January 23, 10:00 AM**

Alvin Miller will be in to help solve your technological problems. Bring in your laptop or tablet to get one on one assistance. *Lounge*.

## **Slime Time! —Wednesday, January 24, 10:00 AM**

Kids shouldn't have all the fun, slime is for seniors too! Come make slime and see why it's so popular. *Café*.

## **New Member Orientation – Thursday, January 25, 10:30 AM**

Bykota staff invites new and existing members to learn more about the senior center. *Café*.

## **McBetty Sandwiches—Friday, January 26, 8:45 AM**

Always delicious, always fresh. Treat yourself to breakfast this morning! Meat, egg and cheese (\$3.00). Egg and cheese (\$2.50). Proceeds support Bykota Senior Center Council. *Café*.

## **Aromatherapy for Practical Use—Friday, January 26, 10:00 AM**

Join Adrienne Hausman as she presents on the benefits of essential oils and how to safely use them. *Café*.



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## **Senior Physical Fitness Screen – Friday, January 26, 12:45 PM**

Pivot's 'Senior Physical Fitness Screen' is a physical assessment tool that documents changes in function from year to year. Learn how Pivot can track progression or regression in key functional areas. Presented by Pivot Physical Therapy in Timonium. *Café.*

## **Eat Well & Flourish: Simple, Healthy, Delicious Cooking– Monday, January 29, 10:15 AM**

María Vigo McMacken, M.S., Certified Health Coach, presents evidenced-based information on how to live a long life, healthier and better. *Café.*

## **Music with Mike—Monday, January 29, 12:30 PM**

Free entertainment provided by Senior Helpers. Interactive music, song and percussion instruments. *Café.*

## **BCPL Bookmobile—Tuesday, January 30, 12:00 PM—12:30 PM**

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## **Shoprite: Weight Management Strategies—Wednesday, January 31, 10:00 AM**

New Year, New YOU! Learn how to approach weight management with a positive and productive mindset. Molly Stryker, RD, LDN from Shoprite of Timonium will provide cooking demo, taste test and recipe handout! *Café.*

## **Coping with Loss – Wednesday, January 31, 10:00 AM**

Support group led by Gilchrist Services coping with loss and grief. Group will meet once a month. *Room 202.*

# Senior Spotlight

## **Gloria Maccherone, 75**

Baltimore native, Gloria was born and raised in Charles Village. Gloria's passion for education was pursued through her college studies. She received a B.A. in Secondary Education from Loyola College and a M.A. in Program Administration from Catholic University. Gloria taught in Baltimore County schools for about 8 years before she began working for Baltimore City Department of Health and Mental Hygiene. She was a Program Director in the Alcohol and Drug Abuse Administration for over 24 years! Her focus was on helping women and adolescents in the criminal justice system. Gloria now volunteers twice a week as a Bykota fitness monitor.



#ReimagineAging2018

*Submissions for Senior Spotlight can be made at the front desk.*

## **Arpad Juhasz, 76**

Arp was born in Budapest, Hungary. After the end of WWII, his family relocated to a refugee camp in Germany. Arp spent 5 years in refugee camps before his family moved to the US. He strongly pursued his studies and received a PhD in Organic Chemistry from Seton Hall University. During his education, Arp was enrolled in ROTC and began his active duty in the Army after graduation. Arp was a research chemist in the Army and worked at the Ballistic Research Laboratory, Aberdeen Proving Grounds, MD. He worked at APG for 32 years before retiring. Arp is currently a member of the Bykota Woodcarvers and mentors new artists to the group. Arp has been a Bykota member for 14 years!