

What's Happening at Bykota

Fitness Center

Hours of Operation

Monday thru Friday
8:30 AM—2:30 PM

Cost

\$80.00 for 12 months
\$50.00 for 6 months
\$25.00 for 3 months

Additional paperwork required for all new users. See front desk for more information.

Gift Shop

Monday thru Friday
10:00 AM—2:00 PM

Buy unique items:
jewelry, crafts, seasonal décor, snacks, ice cream.

Donate new or gently used items to the gift shop.

McDonough Café

Monday, Wednesday, Friday
8:30 am—10:00 am

Prices vary: coffee, tea, bagels, donuts, yogurt, bananas



Sunshine Box



Submit the name and address of a Bykota member and a get well, thinking of you or sympathy card will be sent. Sunshine box is located on the first floor outside of the staff office.

Play Bingo!

Every Wednesday,
12:30—2:00 pm in the Café

Bring your nickels, dimes, and quarters and join our friendly bingo game at Bykota.

| BINGO | | | | | |
|-------|----|----|----|----|--|
| 8 | 25 | 39 | 54 | 66 | |
| 10 | 17 | 42 | 52 | 63 | |
| 7 | 26 | 35 | 56 | 74 | |
| 15 | 19 | 32 | 59 | 73 | |
| 6 | 21 | 40 | 46 | 67 | |

Giving Station— ACTC

ACTC Giving Station is collecting the following preferred items: Breakfast cereal (box), Canned meals (pork and beans, stew, chili, pasta meals, etc.), Canned vegetables (tomatoes, beans, corn, peas, potatoes, etc.), Canned fruit, Dry pasta, rice, instant potatoes (bag or box), Spaghetti sauce (jar or can), Macaroni and cheese meals (box), Tuna (can), peanut butter, jelly (jar), Soup (can) Family and travel-sized toiletries (toothpaste, shampoo, lotion, deodorant), Other toiletries (razors, toothbrushes, dental floss, bar soap) Household supplies (toilet paper, paper towel, laundry detergent, etc.)

Anytime is perfectly fine to join a group that performs musicals and such. Use your talents in Bykota on Stage; With your creativity you'll be in touch!

Bykota on
STAGE

Thursdays 12:30 pm -3:00 pm in the Bykota gym

Contact Peggy, 443-799-3647 or
pegradz@msn.com

Eating Together Program

The Eating Together congregate meal program provides nutritious meals and companionship to Bykota Senior Center members. The menus, planned as the main meal of the day, are made up of a variety of foods to provide at least one-third of the recommended daily nutritional need, and are designed to meet the nutritional recommendations of the Dietary Guidelines for Americans which are reviewed by a registered dietitian to ensure nutritional requirements are met. Free nutrition education is provided throughout the year which provides a basis for making informed choices and setting realistic nutritional goals. Participants are asked to make a voluntary, anonymous contribution. A voluntary contribution of \$4.00 is recommended towards the \$5.96 cost of each meal (Super Special Meals \$7.87) All contributions are used to enable the program to serve as many meals as possible. Participants under 60 years of age are required to pay the full cost of the meal. ET lunches are offered on Mondays, Wednesdays, & Fridays when a minimum of 10 people have signed up in advance. Sign up through BC-PASS at the kiosk.

BCDA Mission Statement: Baltimore County Department of Aging strengthens lives by providing services, programs and connections to resources.