

# Bykota Senior Center

## Spring 2024

### Course Catalog

611 Central Ave. Towson, MD 21204  
410-887-3094



Spend Your Days Learning...Exploring...Thriving at BYKOTA Senior Center

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Throughout the year, Bykota Senior Center provides a variety of classes, programs, and special events, both in person and virtual. Every day, active adults, age 60 and over, enjoy stimulating classes, supportive services, and a warm, friendly environment to feel welcome. Bykota features a fitness center, art studio environments, classrooms, and a comfortable lounge, perfect for casual conversation. Knowledgeable, professional instructors and friendly staff make sure that every question is answered and every member is included.

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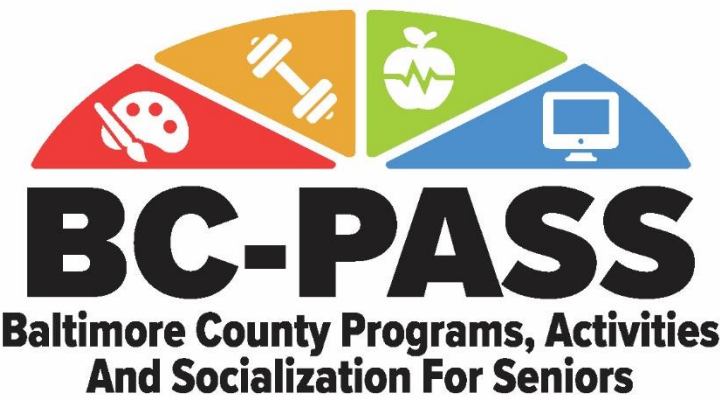
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BC-PASS key tags are being distributed now at the Bykota Senior Center and other Baltimore County senior centers!



You **MUST** be a member of the Bykota Senior Center in order to receive a key tag. If you do not have one, please see staff or front desk volunteers to get one. Membership for all Baltimore County Senior Centers requires a registration packet to be filled out. Staff and volunteers will be available to demonstrate the system to you the first time you use it.

# CLASS REGISTRATION INFORMATION

## Membership:

Current Bykota membership is required to register for classes and most programs. Unlimited use of the library, game rooms, and access to members-only programs are included. Please be prepared to present your membership card when registering.

## Registration:

Register at the front desk for classes that require it. Drop in classes do not require registration.

You will be asked to present your Bykota membership card. Classes are filled on a first-come, first-served basis. Dates, times, and prices are subject to change after this catalog has been printed. Check with the front desk for updates.

## Payment:

Full payment for all activities is required at the time of registration. Payment can be made in cash or by check, payable to *Bykota Senior Center Council*. Classes instructed by CCBC instructors must be paid for by check to CCBC. \*Bykota Senior Center Council has committed to subsidizing tuition costs for a limited number of members meeting requirements. Please see Bykota staff for details.

## Refunds and Cancellations:

No refunds will be given of registration fees unless the class, program, or trip is cancelled. Due to contracts, refunds will not be given after the class start date. Classes must meet a “minimum” number of students enrolled to avoid being cancelled. The Bykota Senior Center reserves the right to cancel any class, program, trip, or event due to unforeseen circumstances. Should it be cancelled, a full refund will be given.

## Center Closings:

In case of a power outage, inclement weather, or other emergencies that may force a sudden closure, check WBAL-TV (Channel 11), email, or Facebook for updates.

## Parking:

Free parking is provided with a Bykota parking permit on Central Avenue and the lot adjacent to the building. Do not park behind this building or on other property lots.

## Virtual Classes:

Most classes listed in this schedule are in-person at Bykota. For virtual and online classes, please visit the OPAL Center website: <https://www.baltimorecountymd.gov/departments/aging/centers/opal/>. Online Programs for Addult Learning is the newest Baltimore County Senior Center. There are no doors or walls at this virtual senior center; OPAL combines all the wonderful hybrid classes and online programs offered by Baltimore County senior centers, along with a variety of interesting classes provided by our partners.

**Format:** Details about each class or program are listed in the following format

Weekday	Times	Date Range	Instructor or Facilitator	Location	Fee
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# ARTS & CRAFTS

## CERAMICS

Monday	9:00 am-12:00 pm	Ongoing	No Instructor	Room 204	Supplies Fee
Friday	9:00 am-12:00 pm	Ongoing	No Instructor	Room 204	Supplies Fee

Discover new, innovative ways to create beautiful pieces. New non-toxic, easy-to use products. Learn new techniques using beautiful and fun colors. Enjoy working independently with peer assistance, on items of choice. *No registration required; drop in.*

## CLAY STUDIO

Tuesday	9:00 am-12:00 pm	Ongoing	No Instructor	Room 204	Supplies Fee
Wednesday	12:00 pm-4:00 pm	Ongoing	No Instructor	Room 204	Supplies Fee

This studio is open to those with previous clay experience who are interested in creating functional and decorative ceramics. Please bring your own supplies to enjoy creating your own special pieces of artwork. Note that this is not an instructional class, but rather a studio time with others who can help each other in a warm and inviting environment. *No registration required; drop in.*

## SCULPTURE

Wednesday	10:00 am-12:00 pm	Ongoing	Jim Paulsen	Room 204	Supplies Fee
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Learn the fundamental processes of sculpture, such as modeling, carving, casting, build-up and construction/assemblage. This hands-on studio experience in making sculpture will use a variety of basic materials such as plaster, wood, clay and paper. Open to beginners and experienced makers of sculpture. Class may be held online occasionally – new students, please check location for the day you plan to attend. *Supplies fee only, registration requested.*

## DRAWING

Wednesday	1:00-3:00 pm	4/10-6/12	Martha Hendrickson	Room 208	\$50/10 classes
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Artist Martha Hendrickson leads this beginner drawing class that builds observation and technique. *Registration required at front desk.*

## KNIT & CROCHET

Thursday	9:00-12:00 pm	Ongoing	Kathleen Cotter	Room 201	No charge
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Join this social and informal group to share ideas, stories and advice while making blankets, hats, scarves, and lap robes for social services and area hospitals or knitting for your own enjoyment. Participants are responsible for purchase of supplies. *No registration required.*

## PHOTOGRAPHY

Monday	1:00-2:00 pm	Ongoing	Patrick Applegate	Room 112	No Charge
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Learn and share different techniques with the camera and more. Class sometimes meets outdoors or at other locations, please check weekly for location. *No registration required.*

## QUILTING

Tuesday	1:00-3:00 pm	Ongoing	Susan Brightman	Room 200	No Charge
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Be a part of the development of a shared quilting group and individual projects. Bring your supplies and sewing machine. Baltimore Quilters Guild offers special instruction and support. *No registration required.*

## STAINED GLASS STUDIO

Wednesday	9:30-11:30 am	Ongoing	No Instructor	Room 204	No Charge
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Do you have some experience in creating stained glass pieces of art? If so, join other artists during this open studio time to share ideas, technique ideas, fun and socialization. Students are responsible for bringing their own supplies. No instruction is provided. *No registration required.*

## WATERCOLOR

Thursday	9:30 – 11:30 am	4/11-6/13	Martha Hendrickson	Room 208	\$50/10 classes
Thursday	1:00 – 3:00 pm	4/11-6/13	Martha Hendrickson	Room 208	\$50/10 classes

Instructional emphasis is on watercolor painting and drawing. Acquire basic and intermediate painting skills while being introduced to watercolor wash, dry brush and masking techniques. Learn about color theory, composition and developing a painting. Subject matter may include landscapes, still life, portraiture and abstract approach. Materials list provided in class. Other media is welcome in this informal class by artist Martha Hendrickson. *Registration required at front desk.*

## WOODCARVING

Thursday	9:00 am- 12:00 pm	Ongoing	Richard Shipley	Room 204	No Charge
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Woodcarving is a form of woodworking, using various cutting tools. Since wood is light, artists are able to create beautiful pieces with very fine detail. If you have patience and a desire to learn, come and gain experience in carving wood and creating personal pieces of art. All levels are welcome to share their talent. Participants are responsible for purchase of supplies. *No registration required.*

## WOODSHOP

Monday through Friday	9:00 am-12:00 pm	Ongoing	Fred Schock	Room 201	No Charge
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Creativity, charm and talent are all present in the Bykota Woodshop. Our participants can take a chunk of wood and spin, sand, strip, etc. until the finished product is an amazement. Prior experience with power tools is required – no instruction is provided. *No registration required.*

## THEATER ARTS

### BYKOTA ON STAGE

Thursday	1:00-3:00 pm	Ongoing	Peggy Radziminski	Gym	No Charge
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Do you have a penchant for drama? Do you perhaps sing in the shower? This volunteer performance oriented vocal group may just be the place for you to join! Explore your creative side in a safe, fun and welcoming environment. *No registration required.*

# BRIDGE

## BRIDGE-BEGINNER & INTERMEDIATE

Monday	10:00 am-12:00 pm	Ongoing	Tom Fitzgerald	Room 202	No Charge
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Do you want to learn how to play bridge, but don't know where to start? Begin with this class to grasp the basics of this challenging and fun card game. This class will get you on your way to becoming a great Bridge player. The very basics are taught in September and lessons are built upon that. *No registration required.*

## BRIDGE-CHICAGO

Friday	9:30 am-12:00 pm	Ongoing	Trudy Wexler	Room 109	No Charge
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Chicago, also known as Four-deal Bridge and Short Bridge, is a form of contract bridge and a variation of rubber bridge in which one or more sets of four deals are played and scored. *No registration required.*

## BRIDGE-CONTRACT

Wednesday	12:30-4:00 pm	Ongoing	Ron Culbertson	Room 202	No Charge
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Contract bridge, or simply bridge, is a trick-taking card game using a standard 52-card deck. In its basic format, four players in two competing partnerships play it with partners sitting opposite each other around a table. *No registration required.*

## BRIDGE-DUPLICATE

Monday	12:30-3:00 pm	Ongoing	Al Phillips	Room 200	No Charge
Friday	12:45-4:00 pm	Ongoing	Volunteer	Room 200	No Charge

Duplicate bridge is a variation of contract bridge in club and tournament play. It is called *duplicate* because the same bridge deal is played at each table and scoring is based on relative performance. *No registration required.*

# EDUCATIONAL & CULTURAL CLASSES

## BOOK CLUB

3 <sup>rd</sup> Wednesday	1:30-2:45 pm	Ongoing	Lydia Brown	Room 112	No Charge
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Join this friendly group to read different kinds of books and join in lively and thought provoking discussions. Meets on the 3<sup>rd</sup> Wednesday each month; participants are responsible for getting the chosen book each month. *No registration required.*

## MARYLAND & BALTIMORE HISTORY

4 <sup>th</sup> Tuesday	10:30 – 11:30 am	Ongoing	Barbara Mischke	Room 112	No Charge
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This group of Maryland and Baltimore history enthusiasts shares their stories, with a different topic each month. Some meetings feature a guest speaker or field trip. You can come and participate or just listen. Meets on the 4<sup>th</sup> Tuesday each month. *No registration required.*

## PLANT CLUB

1 <sup>st</sup> Tuesday	10:00 – 11:00 am	Ongoing	Barbara Mischke	Room 109	No Charge
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Houseplant enthusiasts, unite! Attend this monthly meeting of green thumbs to share tips and thoughts about the care and feeding of indoor plants. Meets on the 1<sup>st</sup> Tuesday each month. *No registration required.*

## WORDSMITH WRITING

Tuesday	12:30-2:00 pm	Ongoing	Barbara Mischke	Room 112	No Charge
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Since 2013 the Wordsmith Writing Club has met weekly sharing stories, memoirs, and poems. Writing frequently has helped us improve our skills. Several members have published books. Several members have placed in the annual creative arts contest. Come and see what is going on. You can come and participate or just listen. *No registration required.*

## FITNESS — Monday thru Friday 8:30 – 2:30; monitored by a volunteer.

### BYKOTA FITNESS CENTER

*Have you seen our state of the art, senior friendly fitness center? Featuring Matrix weight resistance machines, dumbbells, cardio stations and more, our center offers you an opportunity to exercise in a safe and friendly environment.*

The application process is easy and cost is extremely reasonable at \$25/ 3 months, \$50/6 months, or \$80/ year. Stop at the front desk to pick up an application!

## BALLROOM—INTERMEDIATE/ADVANCED

Friday	10:45 – 11:45 am	3/29-5/31; Skip: 4/12 & 4/19	Helmut Licht	Gym	\$30/8 sessions
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If you know the basics of Ballroom dancing and want to shine on the dance floor, join Helmut Licht and others to sway and strut your stuff on the dance floor. *Registration required at front desk.*

## BASKETBALL

Monday	11:00 am-12:30 pm	Ongoing	Tom Murtaugh	Gym	No Charge
Wednesday	11:00 am-1:30 pm	Ongoing	Tom Murtaugh	Gym	No Charge
Friday	12:00 pm-1:30 pm	Ongoing	Tom Murtaugh	Gym	No Charge

Yes!!! Basketball!!! Connect with other athletes and enjoy an afternoon of fun, friendly competition and a great workout! *No registration required; drop in.*

## ENHANCE FITNESS ®

Tuesday 10:00 – 11:00 Wednesday 10:00 – 11:00 Thursday 11:30-12:30	4/16-6/27 Skip: 5/9, 5/14 & 6/19	Suzanne Diehl	Gym	See Below**
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Nationally standardized evidence-based activity program designed for seniors that includes protocols for endurance, strength, balance, and flexibility. Modifications to meet your needs are available. Meets three times a week. *Register at front desk.*

**\*\*This program is partially funded under Title III-D of the Older Americans Act of 1965.**

**Individuals 60 and over are encouraged to make the suggested donation of \$35.00 at the time of registration, to ensure the viability of the program.\*\***



## LINE DANCE – BEGINNER/IMPROVER

Tuesday	12:30 – 1:30 pm	3/26-5/21 Skip: 5/14	Ruth Rarick	Gym (1 <sup>st</sup> Tuesdays 208)	\$35/10 classes
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You'll have so much fun, you won't notice you're exercising! In this beginner and improver level class, you can learn how to line dance or improve your skills. You will learn steps and build skills for choreographed dances. *Register at front desk.*

## LINE DANCE – ADVANCED

Friday	1:00-2:30 pm	Ongoing – Drop In	Ruth Rarick	Room 208	\$3/class
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This is the group for you if you have some line dancing experience and want to continue to learn new dances and have fun with other line dancers. You will be learning choreographed dances. *No registration required.*

## MEDITATION

Monday	1:30-2:30 pm	4/29-6/3	Kelly Stickney	Room 208/210	\$30/6 classes
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Get all the benefits of Yoga without getting on the floor! Join this class to use stretches and poses to help you relax and feel strong. *Registration required at front desk.*

## PICKLEBALL

Monday through Friday	8:30-10:00 am	Ongoing	Greg Bauer	Bykota Gym	No Charge
Mon., Wed., Fri.	2:00 – 3:45 pm	Ongoing	Greg Bauer	Bykota Gym	No Charge

Join the latest craze! Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Whiffle Ball, over a net. **Beginners welcome.** *No registration required; drop in.*

**Bykota Pickleball is a permitted program weekdays 8:30 – 12:00 at Highland Park, across the street from Bykota. For the schedule, check inside at Bykota daily.**

**Bykota Pickleball is a permitted program weekdays 9:30 to 12:00 at the Loch Raven Recreation Center on Glen Keith Road. For the schedule, download the TeamReach app and join the LRGKPB (for Loch Raven Glen Keith Pickleball) group then check the calendar in the app.**

## SENIOR RHYTHMS

Mon., Wed., Fri.	11:00-11:45 am	Ongoing	Patti Richardson	Room 208	No Charge
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Video-led chair-based exercise class. Beginners are welcome to join at any time. *No registration required; drop in.*

## TAI CHI

Tuesday	11:00 am-12:00 pm	4/2-6/4; Skip 5/14	Eric Johnson	Gym	\$32/9 classes
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Improve balance, lower blood pressure, energy, breathing, circulation and decrease your risk of falls. The CDC and doctors the world over recommend Tai chi for seniors. Class includes qi gong. *Registration required at front desk.*



## YOGA—CHAIR AND STANDING

Thursday	10:30-11:30am	4/25-7/11 Skip: 5/9 & 7/4	Joan DeSimone	Gym	\$40/10 classes
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Get all the benefits of Yoga without getting on the floor! Join this class to use stretches and poses to help you relax and feel strong. *Registration required at front desk.*

## ZUMBA GOLD

Wednesday	1:30-2:30 pm	4/17-6/26 Skip: 6/19	Suzanne Diehl	Gym	\$30/10 classes
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Get all the benefits of Yoga without getting on the floor! Join this class to use stretches and poses to help you relax and feel strong. *Registration required at front desk.*

# RECREATION

***Game locations are subject to change, based on other program and class meeting space needed. Your cooperation is appreciated if your game is asked to relocate.***

## BILLIARDS

Mon.-Fri.	9:00 am-3:45 pm	Ongoing	C. Kendall/A. Barnes	Pool Room	No Charge
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Three pool tables are waiting for you to show and hone your skills. *No registration required.*

## BINGO

Wednesday	12:30-2:00 pm	Ongoing	No Instructor	Café	.25 per card
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B1, N40—Engage in a number of different ways to yell BINGO!! *No registration required.*

## MAH-JONGG

Monday	12:30 -4:00 pm	Ongoing	No Instructor	Room 202	No Charge
Thursday	12:30 -4:00 pm	Ongoing	No Instructor	Room 202	No Charge

Mah-jongg is a tile-based game which was developed in China during the Qing dynasty. It is commonly played by four players. *No registration required.*

## SCRABBLE

Thursday	1:00-3:30 pm	Ongoing	No Instructor	Room 109	No Charge
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Play this popular board game with others and show off your skills. *No registration required.*

## TABLE TENNIS

Monday through Friday	9:30-11:30 am	Ongoing	Darrell Edwards	Room 100	No Charge
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Go back to basics with a friendly and challenging game of ping-pong. *No registration required.*