August 2016

Victory Villa Senior Center
403 Compass Road
Baltimore, Maryland 21220
Phone: 410-887-0235
Fax: 410-887-0463

Center Hours
Monday thru Friday
8:30 a.m. - 3:30 p.m.

Center Staff
Ann Marie Riehl
Center Director
Pat Whitaker
Custodian
Shirley Kosmicki
Activity Specialist
Bea Broccolino
Community Outreach Specialist

Website
www.baltimorecountymd.gov

Center E-Mail
victoryvillasc@baltimorecountymd.gov

New Seated Yoga Class
Wednesdays, 9:30 a.m.

Ancient Grains: Farro
Friday, August 12th at 10:00

Your Brain Health vs A Sedentary Lifestyle
Wednesday, August 17th at 10:00 a.m.

When Your Brain Takes a Holiday
Thursday, August 18th at 11:00 a.m.

TED Talk: Eat To Heal
Monday, August 22nd at 1:00 p.m.

Ancient Grains: Amaranth
Friday, August 26th at 10:00

Triple Header Movie Matinee
Victory Villa Senior Center has teamed up with Overlea and Rosedale Senior Centers to bring you a series of baseball themed movies dubbed the Triple Header Movie Matinee. First in the line-up, “A Field of Dreams,” be shown at Overlea Senior Center on Thursday, August 25 at 1:00 p.m. There will be trivia, door prizes, giveaways, popcorn and other refreshments. This program is free, but for planning purposes, advance sign up is required. Each participant will receive a “score card” and those who have attended all three features will be entered into a drawing for a special prize. See page 2 for a complete schedule of the Triple Header series of movies and their locations.

Join us on Sunday September 18th for the 10th Anniversary 5K Run/Walk and 1 Mile Walk to benefit Baltimore County Department of Aging Programs for Seniors.
For more details stop in the center or visit: www.getreadygetsetgetfit5k.com
Crafts with Ruth
Monday, August 1st 9:30 a.m.
Create a one-of-a-kind ring tray.

Birthday & Pizza Bingo
Wednesday, August 3rd 12:00 noon
Please see page 3 for details.

Executive Board Meeting
Thursday, August 4th 10:00 a.m.
Board members meet each month to discuss center business. Planning for the new fiscal year this month.

Ask Bea
Thursday, August 4th 10:30 a.m.
Bea Broccolino, Community Outreach Specialist will be available to provide information on services and resources to Baltimore County residents 60 years and older. Sign up in advance.

Computer Troubleshooting
Monday, August 8th 10:00 a.m.
Center volunteer will be here to assist members with how to clean up their computers and help you solve your computer woes. Sign up in advance.

TimeSlips—Brain Boost Storytelling
Tuesday, August 9th 10:00 a.m.
Storytelling and reminiscing has profound impact on our brain and emotional health. This evidence based program is a time to relax and be creative.

Ancient Grains—Farro
Friday, August 12th 10:00 a.m.
Farro is an ancient wheat grain that has been eaten around the world for thousands of years. An excellent source of protein, fiber, magnesium and iron. Learn more about its health benefits and how to prepare this grain.

Your Brain Health vs A Sedentary Lifestyle
Wednesday, August 17th 10:00 a.m.
Many people are unaware of the consequences that their everyday decisions can have on their overall health and lifestyle. Learn 10 ways to remain active at any age on any budget.

When Your Brain Takes a Holiday
Thursday, August 18th 11:00 a.m.
What role does taking a vacation play on your brain health? Learn the benefits and risks so you can make the most of your next holiday.

Membership/Council Meeting
Friday, August 19th 10:00 a.m.
All members are invited to attend our bi-monthly council meeting. Vote on center business and share your ideas and comments.

Blood Pressure Screening
Friday, August 19th 11:00 a.m.
Stop by for a quick and FREE blood pressure screening given by Pat Carroll, RN from Bay View Medical Center.

Ted Talk: Brain Health
Monday, August 22nd 1:00 p.m.
Hear an amazing story of one woman’s journey with Multiple Sclerosis and how changing her eating habits affected her health.

Part One of Triple Header Movie Matinee:
Field of Dreams
Thursday, Aug. 25th 1:00 p.m.
Please join us for lunch at Noon, then enjoy a movie in the company of friends! Lunch is a suggested donation of $2.50.

Movie Summary: An Iowa corn farmer, hearing voices, interprets them as a command to build a baseball diamond in his fields; he does, and the Chicago White Sox come.

Part Two of Triple Header Movie Series:
A League of Their Own
Thursday, September 8 at Victory Villa-1:00 p.m.

Part Three of Triple Header Movie Series:
The Rookie
Thursday, September 22 at Rosedale-1:00 p.m.

Ancient Grains—Amaranth
Friday, August 26th 10:00 a.m.
Amaranth is an especially high-quality source of plant protein that is packed with iron and calcium and whose fiber content is triple that of wheat. Learn how to prepare this gluten-free grain and taste a sample.
Announcements

Mark Your Calendar: Special Events
Art Show & Contest: Winners are entered at Senior Expo
   Wednesday, September 7th—Categories listed at Center
Baltimore County Department of Aging 5K or 1Mile Walk/Run
   Sunday, September 18th 8:00 a.m. CCBC Essex Campus
Fit to a T—Bone Health Education Program
   Friday, September 23rd 10:00-11:00 a.m.
Annual Crab Feast
   Wednesday, September 28th 12:30—2:30
Quarter Auction Fundraiser
   Saturday, October 1st 7:00 p.m.
Senior Expo
   October 26th & 27th Timonium Fair Grounds
Veteran’s Day Lunch
   Thursday, November 10th 12:00 noon
Tree Trimming Party
   Wednesday, November 30th 10:00 a.m.

Monthly Bingo Schedule
Cards are sold from 11:00 - 11:50 a.m. Games start at 12:05 p.m. and end at 3 p.m. unless otherwise noted.

Friday Bingo:
Regular Bingo 5 cards for $1.00, Specials are $1.00 each, and Jackpots are $1.00 each.

Super Bingo is on the first Friday of the month and the complete package costs $7.00.

Monthly Wednesday Bingo:
   Summer Months—Birthday Bingo and Pizza Bingo will be combined on the 1st Wednesday (June, July, August)
Birthday Bingo Every 1st Wednesday of the month. Cost is $3.00 for nine cards, specials $1.00. Free to current center members in your birthday month, plus a free dabber.
Pizza Bingo Cost is $3.00 for pizza and a drink and $5.00 for bingo. Please arrive by 11:30 to order your pizza. (This event is usually held the 3rd Wednesday of the month.)

*Participants must be 60 years old or older to participate

Program Suggestions?
If you have a program idea that you think would be well received at the Center or know someone who is a great instructor, please let our Director Ann Marie know. She is always on the look-out for new programs and engaging presenters.
**DAILY CLASSES & ACTIVITIES**  
*Wise people never stop learning.*

**Monday**
- **8:30 a.m. - 12:00 p.m.**  Pool  
- **9:00 a.m. - 10:00 a.m.**  Chair Exercise  
- **9:30 a.m. - 12:00 p.m.**  Craft Class  
- **10:00 a.m. - 11:00 a.m.**  Dominoes  
- **11:00 a.m. - 12:00 p.m.**  Line Dancing  
- **12:00 p.m. - 12:30 p.m.**  Eating Together Lunch

**Tuesday**
- **8:30 a.m. - 12:00 p.m.**  Pool  
- **9:30 a.m. - 11:30 a.m.**  Quilting *(Fee)*  
- **11:30 a.m. - 2:00 p.m.**  Michigan Rummy  
- **12:00 p.m. - 12:30 p.m.**  Eating Together Lunch  
- **12:30 p.m. - 3:30 p.m.**  Pinochle  
- **1:00 p.m. - 2:00 p.m.**  Tai Chi *(Fee)*

**Wednesday**
- **8:30 a.m. - 12:00 p.m.**  Pool  
- **9:00 a.m. - 10:00 a.m.**  Y Wet & Sweat  
- **9:30 a.m. - 12:00 p.m.**  Sewing and Crafts  
- **9:30 a.m. - 10:30 a.m.**  Seated Yoga  
- **12:00 p.m. - 12:30 p.m.**  Eating Together Lunch  
- **12:30 p.m. - 3:30 p.m.**  Bingo (1st Weds)  
- **1:00 p.m. - 3:30 p.m.**  Shuffleboard

**Thursday**
- **8:30 a.m. - 12:00 p.m.**  Pool  
- **9:00 a.m. - 11:30 a.m.**  Woodturning Class  
- **9:30 a.m. - 12:30 p.m.**  Craft Class  
- **10:00 a.m. - 11:00 a.m.**  Chair Exercise  
- **10:00 a.m. - 11:00 a.m.**  Corn Hole  
- **12:00 p.m. - 12:30 p.m.**  Eating Together Lunch  
- **12:30 p.m. - 3:30 p.m.**  Canasta  
- **1:00 p.m. - 2:00 p.m.**  Tai Chi *(Fee)*

**Friday**
- **8:30 a.m. - 12:00 p.m.**  Pool  
- **9:00 a.m. - 10:00 a.m.**  Y Wet & Sweat  
- **9:30 a.m. - 11:30 a.m.**  Ceramics* (CCBC/Fee)  
- **10:00 a.m. - 11:00 a.m.**  Seniorcize  
- **11:30 a.m. - 12:00 p.m.**  Eating Together Lunch  
- **12:05 p.m. - 3:00 p.m.**  Bingo

---

**CCBC CLASSES**

Please note that you must be 60+ and a member of the center to participate in classes. The Department of Aging also recommends that you check with your physician before participating in any physically demanding activity.
**Art & Craft Contest**

**Wednesday, September 7th 10am—1pm**

Winners of this competition will compete in October at the **Baby Boomer /Senior Expo** Art/Craft Contest. Entries wanted! Stop by the front desk for an entry form which includes entry rules. Voters are needed the day of the contest. Categories include: *Drawing, Jewelry, Painting, Ceramics, Stained Glass, Photography, & Carving/Sculpture.*

**Bi-Monthly Council/Membership Meetings**

If you’re a member of Victory Villa then you’re a member of the Council! Every other month we hold a membership meeting to discuss the business of the center and vote on financial matters. Members are highly encouraged to attend these meetings and to help shape the future of the center.

**Our next meeting is Friday, August 19th at 10:00 am. Please join us!**

**New Players Welcome!**

Billiards: Monday - Friday 9:30 a.m.  
Michigan Rummy:  
Tuesdays 12:30 - 3:30  
Pinochle: Tuesdays 12:00 - 2:00  
Canasta: Thursdays 12:00 - 2:00  
CornHole: Thursdays 10:00 - 11:00  
Chair Exercise: Mondays 9:00 a.m.  
Seniorcise: Fridays 9:30 a.m.

---

**Victory Villa Senior Center 2016-2017 Executive Board**

**President:**  
Al McCauley

**First Vice President:**  
Bob Pollock

**Second Vice President:**  
Carol Garst

**Treasurer:**  
Rita Keiser

**Assistant Treasurer:**  
Sharon Aquilla

**Secretary:**  
Shirley Snyder

**Assistant Secretary**  
Erma Hagert

**Sergeant at Arms:**  
Greg Brooks

**Advocate:**  
John Hagert

**Board Members:**

Carol Bloomer  
Rose Channell  
Beverly Dixon  
Karen Roger  
Edna Sullivan

The Victory Villa Senior Center Council is a non-profit 501(c)(3) organization. Contributions are tax deductible.

---

http://fataonline.com/bulletins/victoryvilla
Support Our Advertisers When You Can - Let them know you appreciate their ad.

When deciding whether a reverse mortgage is right for you, there are a lot of questions. Are you getting the right answers? All lenders are NOT the same. Work with a local reverse mortgage specialist that is one of the top lenders in the county and get the best service, product and experience that you can receive.

Net Equity Financial, Inc
443-725-3551
www.seniorrewards.info

FREE DELIVERY
410-687-1115
28 Kingston Rd.
Hawthorne Shopping Plaza
www.independentdrug.com

We Thank Our Advertisers!
Let Them Know You Appreciate
Their Support Of Your Newsletter

QUOTE CORNER

The most I can do for my friend is simply be his friend.
—Henry David Thoreau

A true friend never gets in your way unless you happen to be going down.
—Arnold Glasgow

But if the while I think on thee, dear friend, All losses are restored and sorrows end.
—William Shakespeare

The most beautiful discovery true friends make is that they can grow separately without growing apart.
—Elisabeth Foley

High Quality Digital Printing
Fast Turn Around • All Types of Jobs
Send your file for a quote to printing@fataonline.com
410-578-3600

“Seeking Serenity” - a booklet for those suffering health problems.
Quick-reading, inspiring, cheering.....
A meaningful gift for those you care about.

Send $10.00 to FATA:
P.O. Box 4889
Baltimore, MD 21211
(Checks only payable to FATA)
A Limited Number Of Ad Spaces Are Still Available.
Please Call Tim Maher Or Phil Maher At 410-578-3600 If Interested.
Governor Larry Hogan has declared October 5th a **Walk Maryland Day**

Join the Baltimore County Department of Aging and Maryland Department of Aging to **“Walk A Million Miles”**.

From May 1 – October 5, 2016, lace up your shoes and get walking. Keep track of your miles and see how far you can walk each month. Turn in your log to the Senior Center.

---

**Victory Villa Travel Office**

Contact: Greg Brooks or Rita Keiser  
Travel Office Phone Number: 410-686-1352

**Wildwood, NJ**  
September 18 - 21, 2016  
Cost $345 for dbl/occ  
Round Trip Motor coach Transportation  
3 nights, 3 breakfasts, 3 dinners

**Bahamas Carnival Cruise**  
November 27 - December 3, 2016  
Ports of Call: Baltimore, MD, Port Canaveral, FL, Half Moon Cay, Bahamas, Freeport, Bahamas. Cost: $699.00

**Hawaii Princess Cruise**  
April 23 - May 8, 2017  
Fly to San Francisco, Cruise to Maui, Honolulu, Kauai, Hilo, Ensenada. Passport required.  
Cost: $2,900 - $3,850 range reflects cabin choice

**VVSC Travel Policy** - Please sign up at least 6 weeks in advance for a trip. Minimum $50 deposit on overnight trips, unless otherwise specified on the flyer. Trips must be paid in full at least 30 days in advance. Deposits are not refundable. Requests for special ADA accommodations for a senior center council travel program must be made a minimum of 10 business days in advance of trip departures. Travel participants who meet eligibility of center membership must join the Center. There is no fee to join.
Baltimore County’s SHIP Seeking Medicare Part D Volunteers

The State Health Insurance Program (SHIP) is seeking volunteers who would be willing to learn how to conduct on-line searches for Medicare Part D prescription plans, educate beneficiaries on the plans, and ascertain if they are eligible for financial assistance with their plans.

Volunteers need to be trained during early fall to be ready to assist beneficiaries during the Fall Open Enrollment period from October 15th to December 7th. At this time, beneficiaries can review, change and select a new prescription plan that better meets their needs. Volunteers will assist with these online searches on a one-on-one basis at various locations during the day throughout Baltimore County.

All new Part D volunteers will be required to attend THREE – 3 hour training sessions in early October at the Bykota Senior Center in Towson. All volunteers must provide their own transportation and have proficient computer and typing skills, as well as good communication skills. You must be willing to commit to working a minimum of FIVE days from 9 a.m. – 2 p.m. from October 15 to December 7 (weekdays only).

Interested individuals should contact the SHIP office at 410-887-2059.

Free Brain Matters Initiative Monthly Lecture Series
The Brain Takes A Holiday – August 17th at 6:45 p.m.

As part of our Brain Matters Initiative for 2016, join speaker Cheryl Caplan-Zalis, LCSW-Clinical Director, Maryland Addiction Recovery Center, to learn about the damage done to the brain by drug and alcohol abuse, risk factors associated with substance abuse, warning signs and symptoms. Prevention techniques, resources, family dynamics and ways to address family members in crisis will also be discussed. The event will take place at Maryland Addiction Recovery Center, 8600 LaSalle Road, Carroll Building, Suite 212, Towson, MD 21286. For more information or to RSVP, contact 410-887-2002.

Add Sizzle to Your Life with Senior Box Office!

Senior Box Office (SBO) offers complimentary and discounted tickets to members for cultural, educational, and entertainment events. SBO also offers exciting travel opportunities to both members and non-members. A brochure outlining events and trips is published quarterly. Seniors age 60 and older are invited to join. The 2016-2017 membership year runs October 1, 2016 through September 30, 2017. Annual membership dues are:

- $30 per household with brochures delivered electronically by email OR
- $38 per household with printed brochures delivered by regular mail.

More information, as well as a membership application, is available on the SBO website www.seniorboxoffice.org. Seniors may also call SBO at 410-887-5399 or email sbo@seniorboxoffice.org to request an application. Senior Box Office memberships make great gifts for retirees, birthdays, anniversaries, and holidays. Contact SBO for gift certificates.
Maryland Access Point (MAP) of Baltimore County is part of a nationwide effort to streamline access to support, services and benefits to older adults, persons with disabilities, their families and care providers.

**CENTER CONNECTION** 410-887-2970

Center Connection links persons age 60 and over who need support to activities and services provided by the senior center. Center Connection Specialists, operating in eight Baltimore County Senior Centers, maximize individual’s senior center experience by encouraging participation in activities, registering for classes/Eating Together, and connecting them with other members.

**COMMUNITY OUTREACH SPECIALISTS** 410-887-2594

This program connects Baltimore County residents age 60+ to community resources. Outreach workers evaluate seniors’ needs, assist with applying for benefits and services, and connect seniors to resources.

**COUNTYRIDE** 410-887-2080

CountyRide provides paratransit transportation within the County for qualifying clients to appointments Monday through Friday. Reservations must be prescheduled and are scheduled on a first come, first serve basis. A book of 6 tickets costs $15. Payment by check or exact amount of cash (No change available in vehicles.)

**EATING TOGETHER** 410-887-3052

The Eating Together program provides a nutritious meal and socialization in over 40 County sites in senior centers, community buildings and senior residences. 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.

**HOME TEAM** 410-887-4141

This community-based volunteer program provides social support to County seniors 60+ who are isolated and confined to their home. Through friendly in-home and telephone visits, volunteers offer the needed interaction, socialization and reassurance to help seniors maintain a higher quality of life with the ability to remain independent in their home longer.

**STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP)** 410-887-2059

Trained volunteers answer questions regarding Medicare A and B, Medicare Advantagge Plans, Medicare Supplement Insurance (medigaps), Medicare Prescription Drug Plans (Part D), Medicaid and potential Medicare frauds. Also, callers are assessed for eligibility to obtain financial assistance to help with Medicare and prescription cost.

**INCLEMENT WEATHER POLICY**

It is the policy of the Baltimore County Department of Aging to open and fully operate its programs as scheduled. The effects of severe weather and concern for the safety of our constituents may, however, lead us to close centers, CountyRide, and other services/programs. When this or closing for any other reason occurs, media announcements regarding closures or late openings will ONLY be made on WBAL Radio, 1090 AM; WBAL-TV 11 and WJZ-TV 13. Information on closings and/or late openings will also be published on the Baltimore County web site, www.baltimorecountymd.gov. Senior Centers will open at 10:30 a.m. when a 2-hour delay is reported.