

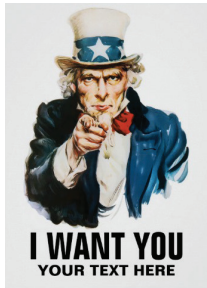


The Village In Howard Newsletter

Volume 5, No 9 • October 2017



Can You Serve?



TVIH is a membership organization and therefore most functions are handled by our members. The governance and business of the organization is handled by the Board of Directors. If YOU wish to be considered for a 2 year term on the Board beginning in January 2018, please contact Board Development members Susan Hailman (shailman@

comcast.net) or George Maestri (glmaestri@aol.com) by Oct. 9. Thanks for considering!



the diverse talents of a chemist, therapist, English teacher, writer and more!

Costumes are encouraged but optional. Your \$25 admission aids our Supported Membership initiative. Register today

so you can enjoy the tricks and treats! and click on Calendar tab. The web address is <http://thevillageinhoward.org>

Halloween Fundraiser!!!

Saturday, October 28th

Our BIG fundraiser is celebrating all things Halloween on October 28th at 6PM at the Owen Brown Interfaith Center. Dinner by Tino's Italian Bistro, a silent auction of art and crafts created by members, and very original entertainment performed by the TVIH Players!! They have been rehearsing for months to bring comedy, music and dance that you don't want to miss. You will be amazed at

Stepping On: Exercise and Strategies for Fall Prevention

Seven week evidence based program presented by the Howard County Office of Aging and Independence. Service professionals provide expertise on balance related issues. Class starts on October 16th. For more information see the flyer on page 4 of this newsletter. Call Jeannie DeCray of the OoA to register: 410-313-6535.

Welcome New Member:

Tanis Hadley of Columbia

OPEN EVENTS: ALL ARE WELCOME

(No need to sign up, just show up; those who would like to learn about the Village are welcome to join us.)

Happy Hour:

Tuesday, October 3rd

Join us from 4 – 6pm at Looney's Pub, 8180 Maple Lawn Boulevard, Fulton, MD.

They have reserved a private room for us. \$4 for craft beers and \$3 for glass of house wine.

Sneakers & Coffee: Every Saturday, 9am

Meet at the People Tree near the Lakefront in Columbia at 9am. Walk around the lake and meet up at Whole Foods. If it rains, meet inside the Mall at the Apple store for walk.

Lunch Bunch: Every Wednesday, 11:30am

Centre Park Grill, 8808 Centre Park

Drive, Columbia, MD 21045

Join us for their home made fall soups and excellent service.

Monday Morning Meanderings: Every Monday, 10am-12pm

Meet at Centennial Park on Route 108 across from Ten Mills Road where there is a stop light. Park and we will meet at Lakefront on the wharf to walk around the park.

TVIH MONTHLY ACTIVITIES REQUIRING REGISTRATION

There are three ways to register for an event:

- Visit the website at www.thevillageinhoward.org and sign in. After you have signed in, click on the “Calendar” tab for the activities for this month or for future months. Click on the activity you want to register for. If you are having difficulty registering on the website, please call the office at 443-367-9043.
- Call the TVIH Office at 443-367-9043 to register. If no one picks up, please leave a message and a volunteer will get back to you.
- Click this link to go directly to the website Calendar:

http://thevillageinhoward.clubexpress.com/content.aspx?page_id=2&club_id=855297&sl=504175908

Events Requiring Registration

Trivial Pursuit

Monday, October 2nd, 2pm – 3:30pm

Meet at the office at 6061 Stevens Forest Road, 21045
Test your memory with this interesting and fun board game. This could be monthly event if interested.

Smithsonian Environmental Research Center Visit

Wednesday October 11th, 1:15pm – 7pm

Meet at Oakland Mills Interfaith Center on Robert Oliver Place in Columbia to carpool.

SERC is located in Edgewater on 2800 acres. It has trails, a museum and marshlands.

If driving yourself, address is 647 Contee's Wharf Road, Edgewater. Program starts at 2pm.

Early dinner at Cross Creek Café after hiking and walks. Walking shoes, insect spray needed.

TVIH Players Meeting

Thursday, October 12th, 10am – 12pm

Meet at the office at 6061 Stevens Forest Road, 21045
For members who enjoy songs, skits and dance and comedy. No professional talent required.

Help with preparations for October Fundraising Event on October 28th.

Easy Yoga, Stretch and Guided Meditation

Thursday, October 12th, 1pm – 2pm

Meet at Village Office at 6061 Stevens Forest Road, 21045. Join member Kira Lis for easy yoga postures and stretching & 30 minutes of guided meditation.

Need to be able to get down on floor. Bring mat or blanket. No prior yoga experience necessary.

Village Singles: Trip to Black Ankle Vineyards

Saturday, October 14th, 2pm – 4:30pm

Enjoy fall foliage on ride to Mt. Airy for wine tasting. \$15 charge at winery located at 14463 Black Ankle Road. Departure times and locations to be determined and will be shared with registrants. Rain or shine. Bring hat, suntan lotion, and sweater.

The Village Readers

Thursday, October 19th, 10am – 11:30am

Meet at Village Office at 6061 Stevens Forest Road, 21045. This month we will discuss Louise Penny's book, *The Fatal Grace*. There are still a few open slots for others to join the group.

Elders Collective Wisdom

Thursday, October 19th, 11:30am – 1pm

Meet at the office at 6061 Stevens Forest Road, 21045
Many a slip twixt the tub and the sink. We'll discuss ways the physical environments within our homes can be improved to make our lives easier and safer (e.g., grabbers and grab bars).

Game Night

Saturday, October 21st, 7pm – 9pm

Meet at the office at 6061 Stevens Forest Road, 21045
A fun evening of “Mexican Train” and/or “Catch Phrase”. Enjoy the company of fellow Village members playing a form of dominoes or try to think of a word thru clues. Snacks, soft drinks and water will be provided.

Village Singles Planning Meeting

Monday, October 23rd, 1pm – 2:30pm

Meet at the office at 6061 Stevens forest Road, 21045

All singles are invited to contribute to a planning session for their activities. Registration is not required.

My 3 Cents: What is Happening to Columbia and Howard County?

Tuesday, October 24th, 2pm – 4PM

Meet at the office at 6061 Stevens Forest Road, 21045

A monthly discussion on a specific topic. This month it is the significant environmental, cultural, building, population and values evolution that is occurring in our community. Limited capacity.

Needles, Hooks and Coffee

Friday, October 27th, 10am – 12pm

Meet at the Village Office at 6061 Stevens Forest Road, 21045. Knit, crochet, sew, quilt, hook, make alterations, or whatever project you are working on.

Knit tiny hats to donate to preemies born at HCGH. Meet new friends and share camaraderie.

Travel Near, Travel Far

Monday, October 30th, 6pm

Central Library on Little Patuxent Parkway

Two Weeks Before the Mast: In 2003, Pete and Anne Brunner cruised around Cape Horn. The cruise stopped in Uruguay, the Falkland Islands, Patagonia and the Pacific coast of Chile.

Membership Policies

Upgrading Membership. Associate Members may upgrade to Full Membership status by paying a pro-rated portion of the \$200 difference for the remainder of their membership year.

Guest Attendance Limits: There is a limit to how many times on individual can be a guest of a member. It is a maximum of 5 events for the year. The Village In Howard has 138 members.

Coming in November!

Wine Tasting: Add Sparkle to the Holidays

Sunday, November 5th, 2pm – 4pm

Private location/address will be emailed to registrants; Cost \$15.00

Teach and taste sessions on sparkling wines appropriate for the holidays. Why is champagne a champagne? Learn how to make your own sparkling wine in seconds. A great beginning for the holidays. Presented by the Wine Trail Travelers, Terry and Kathy.

Support TVIH by using AmazonSmile, a giving program offered by Amazon.com for the same products and prices. When you use AmazonSmile for your shopping, 0.5% of the purchase price of eligible products will be donated to TVIH. How does it work? Start each shopping session at the URL <http://smile.amazon.com>. Be sure to designate The Village in Howard to receive your donation by clicking on the link smile.amazon.com.

amazon smile
You shop. Amazon gives.

SAVE THE DATE!! Thursday, December 7th for the Annual Meeting and Holiday Party. SAVE THE DATE!!



SUPPORTER:



The Village In Howard

Aging in Howard just got easier....

If you have problems with, or need information on:

Membership, email membership@thevillageinhoward.org

Volunteering, email volunteer@thevillageinhoward.org

If you would like to be removed from this email list, please email your name and email address to 4info@thevillageinhoward.org. We will not share your email address or personal information with anyone.

BUILD CONFIDENCE. REDUCE FALLS.

Howard County Office on Aging and Independence

SteppingON



Exercise and Strategies for Fall Prevention

SteppingON is a seven-week, evidence-based program designed to help reduce falls and increase confidence, strength and balance.

Health and community-service professionals provide expertise on balance-related issues. The small group setting encourages active discussion, decision-making and behavior changes.

Columbia Gateway Bldg., Classroom 2

6751 Columbia Gateway Drive, Columbia 21046

MONDAYS • 3:30 to 5:30 PM

October 16, 23, 30 • November 6, 13, 20, 17

\$28 includes 15 hours of workshop and all materials

To achieve the most benefits from this program,
we encourage a commitment to attend all seven sessions.

WEEKLY TOPICS INCLUDE: ► Falls/Risks ► Safe Footwear ► Review of Medications
► Home Hazards/Vision ► Public/Community Safety ► Strength/Balance Exercises

To register or for more information, contact:

JEANNIE DeCRAY
jdecray@howardcountymd.gov

410-313-6535 (VOICE/RELAY)

 Howard County Office on
Aging and Independence

If you need accommodations to attend or need this information in an alternate format, contact Maryland Access Point at 410-313-1234.

www.howardcountymd.gov/aging