



AGE OUT LOUD: MAY 2017

Event Name: Age is Just a Number – April 17, 12:30 PM

Event Location: Bykota Senior Center

Number of seniors expected/ attended: 10-15

Brief Description/Announcement: You can't change the number but you can change your state of mind! This talk will explore ageist stereotypes and an individual's power to revive positive identity. Presented by Mental Health Association of Maryland.

Event Name: Aging in the Present – May 16, 12:30 PM

Event Location: Bykota Senior Center

Number of seniors expected/ attended: 10-15

Brief Description/Announcement: Be happy about your age! Learn mindfulness skills and exercises that will help maintain a positive lifestyle. Presented by MedStar Good Samaritan Hospital.

Event Name: Loud & Proud Karaoke – May 24, 10:00 AM

Event Location: Bykota Senior Center

Number of seniors expected/ attended: 20

Brief Description/Announcement: #AgeOutLoud and sing out loud!

Event Name: Passionate About Life – May 31, 10:00 AM

Event Location: Bykota Senior Center

Number of seniors expected/ attended: 10-15

Brief Description/Announcement: Remain creative and passionate about life no matter what your age. This talk will remind us how to live passionately and with purpose and to make sure we allow life to 'play' out to its fullest potential. Presentation provided by PEERS: Seniors in Partnership.

Event Name: Seniors vs. Sophomores – June 14, 11:00 AM

Event Location: Loyola Blakefield

Number of seniors expected/ attended: 50-100

Brief Description/Announcement: Intergenerational basketball game. Bykota Senior Center vs. Loyola High School.