

Understanding Benefits & Resources

Presented by: Rebecca Bradley, DACS

Senior Center	Date	Time
AIM	1/26/15	10:30 - 11:30
Allen	1/16/15	11:00 - 12:00
Forest Park	1/29/15	11:30 - 12:30
Greenmount	1/22/15	10:00 - 11:00
Harford	1/12/15	10:30 - 11:30
Hatton	1/21/15	10:00 - 11:00
John Booth	1/06/15	10:30 - 11:30
Myerberg	1/09/15	11:30 - 12:30
Oliver	1/14/15	10:30 - 11:30
Sandtown	1/28/15	10:30 - 11:30
Senior Network	1/23/15	1:00 - 2:00
Waxter	1/05/15	1:00 - 2:00
Zeta	1/08/15	12:00 - 1:00

Take Care of Your Health & Heart

Presented by: Emilie Gilde, BCHD

Senior Center	Date	Time
AIM	2/24/15	10:30 - 11:30
Forest Park	2/12/15	10:30 - 11:30
Greenmount	2/19/15	10:30 - 11:30
Harford	2/17/15	10:30 - 11:30
Hatton John	2/18/15	10:30 - 11:30
Booth	2/10/15	10:30 - 11:30
Myerberg	2/26/15	10:30 - 11:30
Oliver	2/11/15	10:30 - 11:30
Sandtown	2/04/15	10:30 - 11:30
Senior Network	2/27/15	10:30 - 11:30
Waxter	2/03/15	10:30 - 11:30
Zeta	2/25/15	10:30 - 11:30

Nutrition Basics

Presented by: Rona Martiyan, DACS

Senior Center	Date	Time
AIM	3/30/15	10:00 - 11:00
Allen	3/ /15	10:30 - 11:30
Forest Park	3/ /15	12:30 - 1:30
Greenmount	3/26/15	10:00 - 11:00
Harford	3/23/15	10:00 - 11:00
Hatton	3/25/15	10:00 - 11:00
John Booth	3/27/15	11:30 - 12:30
Myerberg	3/30/15	11:30 - 12:30
Oliver	3/25/15	11:30 - 12:30
Sandtown	3/25/15	1:00 - 2:00
Senior Network	3/27/15	1:00 - 2:00
Waxter	3/23/15	1:00 - 2:00
Zeta	3/26/15	11:30 - 12:30

Baltimore City Health Department Division of Aging & CARE Service's C.A.R.E. (Caregivers Achieving Respite & Education) 2015

Throughout 2015, Baltimore City Health Department, Office of Aging & CARE Services will offer 12 topics within our 13 senior centers in order to provide caregivers with year-long education, support and respite in the midst of providing care for a loved one.

Baltimore City Senior Center Locations Action in Maturity (AIM)

700 W. 40th St.
410-889-7915

John Booth

2601-A E.
Baltimore
410-396-9202

Allen Center

1404 S. Charles St.
410-685-6224

Oliver

1700 N. Gay St.
410-396-3861

Myerberg

3101 Fallstaff Rd.
410-358-6856

Sandtown

1601 Baker St.
410-396-7724

Forest Park

4801 Liberty Heights
410-466-2124

Senior Network

5828 York Rd.
410-323-7131

Greenmount

425 E. Federal St.
410-396-3552

Waxter

1000 Cathedral St.
410-396-1324

Harford

4920 Harford Rd.
410-426-4009

Zeta

4501 Reisterstown Rd.
410-396-3535

Hatton

2825 Fait St.
410-396-9025

JANUARY

FEBRUARY

MARCH

Getting Where You Need to Go

Presented by: Sheila Goldberg

Senior Center	Date	Time
AIM	4/28/15	11:00 - 12:00
Forest Park	4/16/15	11:00 - 12:00
Greenmount	4/23/15	11:00 - 12:00
Harford	4/09/15	11:00 - 12:00
Hatton John	4/22/15	11:00 - 12:00
Booth	4/21/15	11:00 - 12:00
Myerberg	4/24/15	11:00 - 12:00
Oliver	4/08/15	11:00 - 12:00
Sandtown	4/29/15	11:00 - 12:00
Senior Network	4/17/15	11:00 - 12:00
Waxter	4/07/15	11:00 - 12:00
Zeta	4/15/15	11:00 - 12:00

Stay Fit, Get Healthy

Presented by: Daphne Hicks & Betsy Simon

Senior Center	Date	Time
AIM	5/07/15	10:30 - 11:30
Allen	5/11/15	1:30 - 2:30
Forest Park	5/05/15	1:30 - 2:30
Greenmount	5/06/15	1:30 - 2:30
Harford	5/04/15	10:30 - 11:30
Hatton	5/04/15	1:30 - 2:30
John Booth	5/11/15	10:30 - 11:30
Myerberg	5/26/15	11:30 - 12:30
Oliver	5/05/15	10:30 - 11:30
Sandtown	5/12/15	10:30 - 11:30
Senior Network	5/07/15	1:30 - 2:30
Waxter	5/19/15	10:00 - 11:00
Zeta	5/06/15	10:30 - 11:30

Legal Decisions & Elder Abuse

Presented by: Senior Legal Svcs

Senior Center	Dates	Time
AIM	6/30/15	12:00 - 1:00
Allen	6/02/15	10:00 - 11:00
Forest Park	6/25/15	12:00 - 1:00
Greenmount	6/11/15	10:00 - 11:00
Harford	6/16/15	10:00 - 11:00
Hatton	6/17/15	12:00 - 1:00
John Booth	6/09/15	10:00 - 11:00
Myerberg	6/18/15	12:00 - 1:00
Oliver	6/10/15	10:30 - 11:30
Sandtown	6/03/15	10:00 - 11:00
Senior Network	6/04/15	10:00 - 11:00
Waxter	6/23/15	12:00 - 1:00
Zeta	6/24/15	12:00 - 1:00

APRIL

MAY

JUNE

All presentations are free of charge and open to the public. For more information about C.A.R.E. 2015 please call Senior Information & Assistance at 410-396-2273



Mayor Stephanie Rawlings-Blake

Fighting for Caregiver Rights

Presented by: AARP Maryland

Senior Center	Date	Time
AIM	7/08/15	11:00 - 12:00
Allen	7/09/15	10:30 - 11:30
Forest Park	7/13/15	12:30 - 1:30
Greenmount	7/15/15	10:00 - 11:00
Harford	7/16/15	10:30 - 11:30
Hatton	7/17/15	10:30 - 11:30
John Booth	7/22/15	10:30 - 11:30
Myerberg	7/23/15	11:00 - 12:00
Oliver	7/24/15	1:00 - 2:00
Sandtown	7/27/15	10:30 - 11:30
Senior Network	7/29/15	10:30 - 11:30
Waxter	7/30/15	10:00 - 11:30
Zeta	7/31/15	12:00 - 1:00

Seniors Staying Safe - Crime Prevention

Presented by: Officer Timika Dyson, BCPD

Senior Center	Date	Time
AIM	8/06/15	11:00 - 12:00
Allen	8/05/15	11:00 - 12:00
Forest Park	8/06/15	12:30 - 1:30
Greenmount	8/13/15	11:00 - 12:00
Harford	8/10/15	11:00 - 12:00
Hatton	8/12/15	12:00 - 1:00
John Booth	8/14/15	11:00 - 12:00
Myerberg	8/03/15	11:30 - 12:30
Oliver	8/05/15	1:00 - 2:00
Sandtown	8/11/15	11:30 - 12:30
Senior Network	8/14/15	1:00 - 2:00
Waxter	8/07/15	12:00 - 1:00
Zeta	8/04/15	12:00 - 1:00

Falls Prevention

Presented by: Capable Study

Senior Center	Date	Time
AIM	9/29/15	11:00 - 12:00
Allen	9/14/15	11:00 - 12:00
Forest Park	9/03/15	11:00 - 12:00
Greenmount	9/24/15	11:00 - 12:00
Harford	9/22/15	11:00 - 12:00
Hatton	9/09/15	11:00 - 12:00
John Booth	9/15/15	11:00 - 12:00
Myerberg	9/21/15	11:30 - 12:30
Oliver	9/23/15	11:00 - 12:00
Sandtown	9/02/15	11:00 - 12:00
Senior Network	9/10/15	11:00 - 12:00
Waxter	9/18/15	11:00 - 12:00
Zeta	9/16/15	11:00 - 12:00

Baltimore City Health Department Division of Aging & CARE Services

417 E. Fayette Street, 6th Floor
Baltimore, MD 21202
Phone: 410-396-2273
www.baltimorecity.gov
www.baltimorehealth.org

Baltimore City Senior Centers currently offer an abundance of programs for older adults. Senior friendly fitness centers, offer exercise programs such as line dancing, swimming, and yoga, just to name a few. The senior centers also offer educational programs, painting classes, and computer training courses. Come check out the programs we have to offer you!

Need Transportation?

Call our Taxi Card Program!
410-664-0700 or 410-396-2273

JULY

AUGUST

SEPTEMBER

Hospice & Palliative Care Services

Presented by: Jennifer Belgarde,
Seasons Hospice & Palliative Care

Senior Center	Date	Time
AIM	10/27/15	1:00 - 2:00
Allen	10/20/15	10:30 - 11:30
Forest Park	10/28/15	11:30 - 12:30
Greenmount	10/29/15	1:00 - 2:00
Harford	10/23/15	10:30 - 11:30
Hatton	10/07/15	10:30 - 11:30
John Booth	10/16/15	10:30 - 11:30
Myerberg	10/14/15	12:00 - 1:00
Oliver	10/14/15	10:30 - 11:30
Sandtown	10/22/15	10:30 - 11:30
Senior Network	10/30/15	10:30 - 11:30
Waxter	10/09/15	1:00 - 2:00
Zeta	10/21/15	10:30 - 11:30

Coping with Memory Loss

Presented by: Junnell Daniels,
Alzheimer's Association

Senior Center	Date	Time
AIM	11/30/15	10:30 - 11:30
Forest Park	11/19/15	10:30 - 11:30
Greenmount	11/12/15	10:00 - 11:00
Harford	11/17/15	10:30 - 11:30
Hatton	11/04/15	10:00 - 11:00
John Booth	11/03/15	10:30 - 11:30
Myerberg	11/13/15	11:30 - 12:30
Oliver	11/18/15	10:30 - 11:30
Sandtown	11/10/15	10:00 - 11:00
Senior Network	11/06/15	10:30 - 11:30
Waxter	11/23/15	10:00 - 11:00
Zeta	11/16/15	10:30 - 11:30

Depression & Managing your Stress

Presented by: Shanna Bittner-Borell, BHSP

Senior Center	Date	Time
AIM	12/21/15	10:30 - 11:30
Forest Park	12/17/15	11:30 - 12:30
Greenmount	12/10/15	11:00 - 12:00
Harford	12/07/15	11:00 - 12:00
Hatton John Booth	12/02/15	10:00 - 11:00
Myerberg	12/01/15	11:00 - 12:00
Oliver	12/11/15	11:30 - 12:30
Sandtown	12/16/15	10:30 - 11:30
Senior Network	12/08/15	11:30 - 12:30
Waxter	12/04/15	11:00 - 12:00
Zeta	12/18/15	11:00 - 12:00
Zeta	12/15/15	12:00 - 1:00

Need Help with Food?



You may qualify for help paying for groceries through FSP!

(855)444-4998
Monday - Friday
9 am - 5 pm

- Maryland seniors get an average of \$118 per month to spend on food
- It's **FREE** and **EASY TO APPLY** just call us and we will help you apply over the phone
- CALL TODAY to receive benefits assistance from an expert!



MD Benefits Center: Helps low income Marylanders apply for the benefits they are eligible to receive.

OCTOBER

NOVEMBER

DECEMBER

All presentations are free of charge and open to the public. For more information about C.A.R.E. 2015 please call Senior Information & Assistance at 410-396-2273



Mayor Stephanie Rawlings-Blake