

Wednesday, October 5, 2011

9 a.m. - 6 p.m.

Thursday, October 6, 2011

9 a.m. - 4 p.m.

Cow Palace, Timonium Fairgrounds

# Harvesting Opportunities to Enrich Your Life

Special Performance

Sponsored by

Res-Q All-Natural Products

**Frankie Avalon**

Wednesday, October 5,

5 - 6 p.m.



**Discover resources, entertainment and new passions! All ages will enjoy the various features of the event:**

- Visit 200+ exhibitors with information and shop speciality products
- Experience new life pursuits in our Enrichment Fair with interactive displays of cultural and creative arts, life-long learning, sports, volunteerism and career development
- Gain guidance from our Medicare Part D Assistance Area (see back)
- Celebrate veterans with period military displays and veteran benefit information (Free Admission for Veterans on Thursday, Oct. 6th)
- Enhance you life with the World of Possibilities DisAbilities Fair by Caring Communities, Inc.
- Tap your toes to continuous entertainment on the Main Stage (see back)
- Find a local treasure at a book signing with Maryland authors
- Make a difference with the Red Cross Blood Drive (10 a.m. - 3 p.m., daily)
- Promote wellness with a flu shot or have valuable health screenings
- Compete in a Bocce tournament or have your golf swing analyzed
- Reap the rewards by being the highest bidder at the Silent Auction
- Sculpt your employment goals with a personalized career coach



# SENIOR EXPO BABY BOOMER EXPO



## ENTERTAINMENT

### WEDNESDAY, OCTOBER 5, 2011

9:00 a.m.	Ellis Woodward
9:30 a.m.	Bykota Men's Basketball Players
9:45 a.m.	Patsy Cline's Classic Country Party
10:45 a.m.	Mary Krause and Students Do Zumba
11:00 a.m.	Nights at the Copa
11:45 a.m.	Rozetta Ryan, Urban Line Dance
12:00 p.m.	Opening Ceremony with County Executive Kevin Kamenetz and Governor Martin O'Malley
1:00 p.m.	Senior Star Showcase <i>Oklahoma</i>
1:45 p.m.	Ballroom Dance Group from Bykota
2:00 p.m.	Sunshine Models on Wheels and Jesse Magee sponsored by the World of Possibilities
3:00 p.m.	The Backroads Band
4:00 p.m.	Improvational Comedy
4:30 p.m.	Teelin Irish Dancers
5:00 p.m.	Frankie Avalon sponsored by Res-Q All-Natural Products

### THURSDAY, OCTOBER 6, 2011

9:00 a.m.	Enhanced Fitness
9:20 a.m.	Chezelle in Cross Keys Fashion Show
10:20 a.m.	Drums Alive
10:40 a.m.	Senior Jazz Band
11:40 a.m.	Karaoke with Kathy Snello
12:00 p.m.	Veteran's Salute with Edward Chow, Jr., Secretary, Maryland Department of Veterans Affairs
12:30 p.m.	Military Tribute Performance
1:30 p.m.	Belly Dancing with Angie Rounis and Friends
2:00 p.m.	Baltimore County Seniors Got Talent

## LIVING LIFE STAGE

### WEDNESDAY, OCTOBER 5, 2011

Time	Topic
9:00 a.m.	Skills and Values Inventory
10:00 a.m.	Marketing Self Effectively
11:00 a.m.	Care Management: Enhancing Independence
11:30 a.m.	Experience the Tai Chi Difference
12:00 p.m.	BCASCO - Advocacy
12:30 p.m.	Best Places to Kayak in Baltimore
1:00 p.m.	Protecting Our Seniors
1:30 p.m.	Stride into Fitness with BCDA
2:00 p.m.	The Tai Chi Experience
2:30 p.m.	Community Development Services
3:00 p.m.	Anti-Aging Today
3:30 p.m.	Renaissance in Learning
4:00 p.m.	Nutritional Health

### THURSDAY, OCTOBER 6, 2011

Time	Topic
9:00 a.m.	Building a Resume/Prep for the Interview
10:00 a.m.	Applying On-line
11:00 a.m.	Salad Boxes
11:30 a.m.	Dating in Later Years
12:00 p.m.	Cardiovascular Health
12:30 p.m.	Tours, Shows and South Pacific
1:00 p.m.	Fun Classes for 50+
1:30 p.m.	Can Alzheimer's Be Prevented?
2:00 p.m.	Cloggers - Dance and Learn
2:30 p.m.	Big Energy Savings

## MEDICARE PART D RESEARCH ASSISTANCE APPOINTMENTS

Call 410-887-2059 or email [medicareinformation@baltimorecountymd.gov](mailto:medicareinformation@baltimorecountymd.gov) to make an appointment at Expo.

1. Bring your Medicare card and any other health care card that you use for coverage of your medical expenses.
2. Bring a list of all medications that you take. Include correct spelling, dosage, and how frequently you take it.
3. Bring the following financial information (only dollar amounts, NOT account numbers):
  - a. Gross Income - Social security before deductions, any pension, annuity, or other retirement income, distributions/withdrawals from retirement accounts (IRA, 401k, 403b, 457b or SEP), and dividend, interest income or capital gains.
  - b. Assets - DO NOT INCLUDE, HOME, VEHICLES, BURIAL PLOTS OR PERSONAL POSSESSIONS (jewelry, art, etc), Bank accounts (checking, savings, CD's), stocks, bonds, mutual funds, retirement accounts, other investments, cash, and life insurance policies with a total face value of more than \$1500 (whole, universal, etc.). This does NOT refer to what the death benefit would be. For example, a \$50,000 term life insurance policy would not count as part of your assets.

## BABY BOOMER/SENIOR EXPO BOOK SIGNING SCHEDULE

Meet Maryland authors to discover new reading pleasures. Books will be for sale on site. See web site for details.

### WEDNESDAY, OCTOBER 5, 2011

9:00 a.m. - 11:00 a.m.	Author: J-F Bibeau Author: Theresa V. Wilson, M.Ed., CPBA
11:00 a.m. - 1:00 p.m.	Author: Stephen Parlato Author: Anna Renault
1:00 p.m. - 3:00 p.m.	Author: K. Michael Crawford
3:00 p.m. - 5:00 p.m.	Author: Robert Florio Author: Trice Hickman

### THURSDAY, OCTOBER 6, 2011

9:00 a.m. - 11:00 a.m.	Author: Dr. Yuval Bar-Or Author: Anita Reese
11:00 a.m. - 1:00 p.m.	Author: Joseph Chamberlin Author: Charles K. Godfrey
1:00 p.m. - 3:00 p.m.	Author: Donna Nordmark Aviles

## ARE YOU MISSING OUT?

Find out if there are benefits you may be eligible to receive. Visit the Benefits Eligibility Screening Specialist in the Medicare Part D area at Expo. To make the most of your visit, bring the following:

- Your total gross monthly income, before any deductions, including:
- Wages
  - Social Security
  - SSI
  - VA benefits
  - Pensions
  - Rental income
  - Alimony
  - Dividends and interest income (If you have a spouse, count his/her income, too.)
  - Your assets, including all bank accounts and investments
- Any benefits you currently receive (Medical Assistance, Food Stamps, QMB/SLMB, MEAP, etc.)