THE 50+ Connection
NEWS & EVENTS
Howard County Office on Aging and Independence
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Move Better, Feel Better: Discover Kinstretch®



As we age, it's easy to accept stiffness, poor balance or difficulty getting up from the floor as just a normal part of life. But many of these changes can be improved by giving our joints the movement they need. Whether it's reaching into a cabinet, walking on uneven ground or simply staying active, maintaining healthy joints plays an important role in how we move every day.

Kinstretch® is a mobility class that helps improve your body's active range of motion, joint health, balance, and body awareness. Unlike traditional stretching, Kinstretch® teaches you how to actively control your joints' movements through their full range of motion. The goal isn't just to become more flexible, it's to become more confident and make movement feel easier.

Offered at Howard County's 50+ Centers, Intro to Kinstretch® is the perfect starting point for beginners. You'll learn the foundations of mobility through methodical, deliberate, joint-targeted exercises that can be adjusted to your individual ability. No previous experience is needed, and modifications are available to meet you where you are.

After completing the introductory class, participants may continue into Level 1 Chair Kinstretch®, where the same mobility principles are applied in a progression-based format. This class is ideal for those who want to continue improving their mobility while benefiting from the stability of a chair. Participants who complete Level 1 and are comfortable getting up and down from the floor are encouraged to progress into Level 2 Floor Kinstretch® to build the strength and control to move more comfortably through floor-based positions.

Whether your goal is to improve daily function, support your favorite activities or simply continue moving well as you age, Kinstretch® provides a safe and structured approach to lifelong joint health. Pat Forester, a certified Kinstretch® Instructor, will help you build healthier joints—one controlled movement at a time. Fees vary and space is limited. Find the schedule of upcoming classes and register on ActiveNet at bit.ly/OAI-Kinstretch®.

From the desk of Calvin Ball, Howard County Executive



Strokes are the leading cause of long-term disability, and one in six people will experience one in their lifetime. That's why knowing the signs of a stroke can mean the difference between life or death.

Last year, I was proud to join the Johns Hopkins Howard County Medical Center's Cardiac Rehab and Stroke Smart America to raise awareness and teach people to recognize stroke warning signs. Stroke Smart's mission is to improve stroke-related outcomes globally by educating individuals, advocating for stroke initiatives and supporting stroke research initiatives.

Know the signs: face drooping, arm weakness and speech difficulty could all be signs that someone is having a stroke. Time is of the essence, so call for medical help immediately.

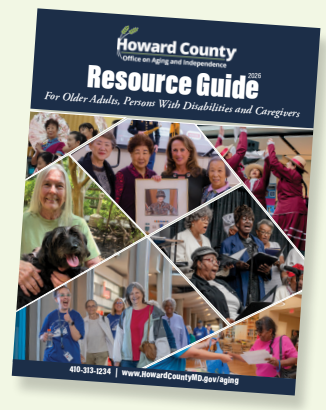
If you or a loved one has suffered a stroke and needs medical equipment to use at home, our Department of Community Resources and Services Office of Disability Services operates the Loan Closet at 7125 Riverwood Drive, Suite D1, Columbia. County residents and their caregivers can borrow durable medical equipment for short-term medical needs. They offer a wide array of equipment such as wheelchairs, rollators, bedside assistive equipment, and so much more. You can check their inventory online.

Donating is easy, too. You can drop off your equipment at the Columbia location or at Alpha Ridge Landfill. No appointment is necessary at either location.

Our strength is our community. Suffering a stroke can be a life-changing event, but one you don't have to face alone.

EMPOWER YOUR BRAND IN 2027!

Be a part of this dynamic, full-color guide for older adults, persons with disabilities, and caregivers.



This annual publication features valuable articles checklists, caregiving tips, information on 55+ housing, 50+ Centers, consumer resources, elder law, and more.

Be the solution they're searching for in Howard County.

To submit or update a current listing go to
https://bizmonthly.com/hcresource/

For questions, contact Peters Omoregie at pomoregie@howardcountymd.gov.

October Events at Howard County 50+ Centers



Intergenerational Walktober Walk

North Laurel 50+ Center | October 8, 10 – 10:30 a.m. • #A06433.101

Get moving and celebrate Active Aging Week by teaming up with our adorable preschoolers for a fun and energizing Walktober stroll!

Walk at Western Regional Park

Glenwood 50+ Center | October 21, 9 – 10 a.m. • #A03410.101

Each October the 50+ Centers join AARP to focus on the benefits of walking. Join Glenwood 50+ staff for a mid-level walk in nearby Western Regional Park.

Halloween Ghost Lantern

Elkridge 50+ Center
October 8, 1 – 2 p.m. • #A05554.101

Get into the Halloween spirit with a festive DIY craft! Create your own "ghost" using a mason jar with simple materials and your creativity. Cost: $10. Register online or call 410-313-5192.

Paws & Paint: A Creative Afternoon with a Four-Legged Friend

Bain 50+ Center
October 8, 1 – 2:30 p.m. • #A01511.100

Join our furry guests from Pets on Wheels to paint a pet-inspired masterpiece using beginner-friendly templates or your own design. Cost: $15; space is limited.

Cars, Coffee and Cookies Tailgate

North Laurel 50+ Center
October 9, 9:30 – 11 a.m. • #A06751.101

Whether you're a proud car owner or simply admire classic vehicles and socializing with friends, this event is for you! Coffee & cookies will be provided in the parking lot (weather permitting). Interested in showcasing your car? Let the front desk know!

Ask the Physical Therapist

East Columbia 50+ Center
October 9, 11 a.m. – noon • #A04100.100

Have questions about joint pain, balance, arthritis, or staying active as you age? Join Dr. Renuka Jain to get practical tips on mobility, injury prevention and when to seek professional care.

History of the American Fire Service

Glenwood 50+ Center
October 15, 1 – 2 p.m. • #A03920.100

A Fire Museum of Baltimore docent will share pieces of its collection from the past 200 years of the American Fire Service.

Party in Pink: Zumba® Gold

Bain 50+ Center
October 16, 9:45 – 10:45 a.m. • #A01494.100

This collaboration of hope, unity and determination supports the Claudia Mayer/Tina Broccolino Cancer Resource Center in Columbia. A $5 donation is requested. For details, contact Michelle Rosenfeld at 410-313-7394.

Lighthouse Mysteries and Hauntings

Elkridge 50+ Center
October 21, 1 – 2 p.m. • #A05613.100

Explore the world of lighthouses and uncover the legends, strange happenings and ghostly tales that surround these historic beacons. Register online or call 410-313-5192.

A Grand Day Out: Magical Memories with Turner Dean of Magic

Ellicott City 50+ Center
October 28, 10 – 11 a.m. • #A02744.100

Join us for a magical intergenerational Grand Day Out program featuring magician Dean Turner. Children (ages 4-11) and their grandparents will be amazed by this interactive magic show! Cost: $5/person.

Halloween Music Bingo

East Columbia 50+ Center
October 30, 3 – 5:30 p.m. • #A04714.100

Join us for a game of Bingo with a Halloween twist! Instead of numbers, listen to Halloween-themed songs to mark your cards ($5 one card; extras are $1.)

Friday Flick & Discussion: Sinners Uncovered

Bain 50+ Center
October 30, 12:30 p.m. • #A01781.100

Join us for a screening of Sinners Uncovered, followed by a discussion hosted by Carolyn Hairston-Diggs to explore the film's powerful themes and connect through meaningful conversation. Refreshments provided.

Halloween Fitness Dance Party

Ellicott City 50+ Fitness Center
October 30, 1 – 2:30 p.m. • # A02401.101

Put on your favorite costume and join us for an afternoon of music, dancing and spooky fun! Come ready to dance, laugh and celebrate with friends. Cost: Free.

Howard County
Office on Aging and Independence

9830 Patuxent Woods Drive, Columbia, MD 21046
410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging
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