



Roxanne DiPietro Hartman

Certified Zumba Gold instructor who leads low-impact dance fitness classes designed for older adults and beginners. Her fun, approachable style helps participants boost balance, flexibility, and heart health, no dance experience needed.



Dr. William Mansbach, PhD

Keynote

Founder of Mansbach Health Tools and CEO of CounterPoint Health Services, specializing in dementia care and cognitive health. He developed the BCAT® and ENRICH® systems and co-authored Brain Health as You Age.



Chef Egg

Culinary educator who empowers audiences of all ages to build confidence and independence in the kitchen. He inspires communities, classrooms and boardrooms to get cooking and have fun doing it.



Cultural Performances

The K-Youth

Korean non-profit program fostering personal growth, healthy lifestyles, community engagement, and skill building while earning service hours.

The Indian Cultural Association and Thumak Dance partnership

Promotes heritage and cultural understanding through events and community programs that celebrate diversity and connection.

The Bain 50+ Center Gospel Choir

A Spirited group of older adults who come together each month to celebrate community, faith, and the joy of music.

Kusikuy Peru

A Peruvian dance group preserving and sharing their vibrant culture while building connections with the American community.

ON THE MAIN STAGE

10 a.m.

Zumba Gold with Roxanne Hartman

10:45 a.m.

Keynote on Brain Health with Dr. Mansbach

12 p.m.

Live Cooking Demo with Chef Egg

1 p.m.

Cultural Performances

FREE HEALTH SCREENINGS

AgeWell Senior Fitness

Grip Strength Testing

BCAT®

Memory Screening and Brain Health Lifestyle Calculator

Healthy Fresh Meals

Nutrition Screening

Howard County Health Department

Medication Management Screening

Loan Closet of Howard County

Postural Assessment

Howard County Office on Aging and Independence

Dementia Screening

Howard County Office on Aging and Independence

Mental Health Screening

Johns Hopkins Howard County Medical Center

Stroke Screening and Pre-diabetes Testing

Residences at Vantage Point

Loneliness Screening

Therapy in Motion

Balance Screening

Winter Growth & Right at Home

Blood pressure Testing

ALSO CHECK OUT

- Art Against Ageism “Own Your Age” Photobooth sponsored by the Residences at Vantage Point
- Collaborative Art Project – Design your own square in our community quilt!
- 50+ Center Info Table
- Howard County Office on Aging and Independence Info Table
- OAI Art Show located on the second floor above the Showcase