



HOWARD COUNTY OFFICE  
ON AGING AND INDEPENDENCE

# VIRTUAL OFFERINGS

MAY 4 - 15, 2020  
UTILIZING WEBEX

 Howard County Office on  
**Aging and Independence**  
Department of Community Resources and Services

OPPORTUNITIES TO ENGAGE FROM HOME

April 29, 2020



As we each take steps to maintain our optimal health and wellness during the coronavirus pandemic, please know that the staff at Howard County Office on Aging and Independence continues to serve our community.

While our Patuxent Woods office, 50+ centers and the Loan Closet of Howard County are closed to the public, many of our employees are teleworking, and we are committed to providing excellent service and an optimal customer experience. This e-blast represents one example of how we are continuing to live into our mission. This e-blast will be updated and sent bi-weekly.

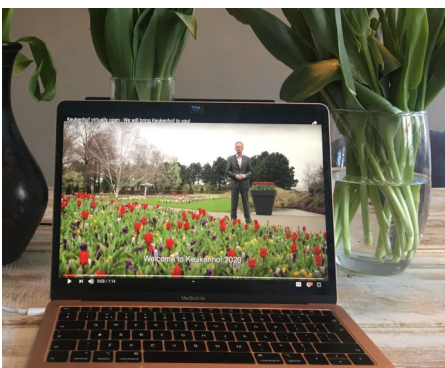
For our residents and program registrants, we are offering virtual programs to engage, inspire and motivate. This includes exercise classes in various formats and levels as well as lifelong learning and creative opportunities. Please join us for one, or for all of our offerings. We will be continuing to develop additional offerings and we welcome your suggestions.

Your continued health and well-being is our primary concern during these uncertain times. I thank you for your patience and support as we pivot and adapt to the ever-changing landscape.

Sincerely,  
Jenna L. Crawley, Administrator  
Howard County Office on Aging and Independence



# EXPLORE YOUR OPTIONS



# VIRTUAL OFFERINGS



## **Mindful Mondays**

**Mondays 9 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md4a192c8e3db6fa48ec63d6de8802489>

Meeting Access Code: 478 820 929

A fusion class that combines gentle, guided meditation with light yoga stretches. A great way to incorporate mindfulness into your daily life.

**Class taught by Connie Bowman**



## **Strength Training**

**Mondays 10 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2aead5016d14a9efa49d75269d390ee6>

Meeting Access Code: 470 938 355

A thirty-minute workout that uses body weight and light weights in low impact movements to strengthen the major muscles in the body.

**Class taught by Leah Daniels**



## **Seated Strength and Balance**

**Mondays 12 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m90fa149dea8592bf667625786a947550>

Meeting Access Code: 479 451 216

This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells (or any household item as substitute) to improve strength and overall mobility as we move to fun music.

**Class taught by Michelle Rosenfeld**

## **Beginner Soul Line Dance**

**Mondays 3 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma6080802c3b5d0ace4469b57368a5450>

Meeting Access Code: 474 114 392

The beginner soul line dance class, which involves step-by-step instruction for choreography, concluding with performing dances to pop and rhythm and blues music. Multiple dances will be performed within the hour.

**Class taught by Karen Stewart**



# VIRTUAL OFFERINGS

## Cardio and Core Class

**Tuesdays 9:30 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb1a955fb36ef3fe0fbca08c4ece0f68a>

Meeting Access Code: 474 430 212

Exercises to get your body moving in your home. Designed for those who are looking for a low-impact cardio class to get your heart pumping while also strengthening your core.

**Class taught by Pam Beck**



## Wall Yoga

**Tuesday May 5, 11 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8b1c0b634321b81dc6fc3f34bec9aa98>

Meeting Access Code: 477 887 116

Join us for a yoga class using the walls of our house to support our yoga poses. Since we are all acquainted with these walls now, let's use them for something fun! No mat necessary.

**Class taught by Mary Garratt**



## Soul Line Dance

**Tuesdays 3 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m62ff4ab23e0449fff1aa4354dc179a60>

Meeting access Code: 474 910 524

Soul line dance class where line dances are taught step by step and then danced to pop, soul and/or gospel music.

**Class taught by Jessie Barnes**

## Strength Training

**Wednesdays 10 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6d474b29072e1da0f0131b7b0a2428ac>

Meeting Access Code: 471 512 054

A thirty-minute workout that uses body weight and light weights in low impact movements to strengthen the major muscles in the body.

**Class taught by Leah Daniels**

# VIRTUAL OFFERINGS



## **Seated Strength and Balance**

**Wednesdays 12 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m99e33a884ec41d831408ce90fd200959>

Meeting Access Code: 479 864 248

This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells (or any household item as substitute) to improve strength and overall mobility as we move to fun music.

**Class taught by Michelle Rosenfeld**



## **Sittercise Plus**

**Wednesdays 1 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m99e33a884ec41d831408ce90fd200959>

Meeting Access Code: 471 007 611

A 30-minute class for those who prefer a seated workout as well as those wanting some moderate standing exercise. Easy-to-follow moves will help you maintain and improve your strength and mobility while exercising to fun and upbeat music. Light hand weights, soup cans or water bottles are optional.

**Class taught by Marianne Larkin**



## **Soul Line Dance**

**Wednesdays 7 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8f552447717b75513ccec39e80521bf0>

Meeting Access Code: 471 232 875

Soul line dance class where line dances are taught step by step and then danced to pop, soul and/or gospel music.

**Class taught by Jessie Barnes**

## **Chair Yoga Dance**

**Thursday April 30, 1:30 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m002a2928560e1549a91028acb3c8837e>

Meeting Access Code: 473 569 964

Join us for this fusion class, with a mix of chair dance with yoga mixed in.

**Class taught by Lisa Rados**

# VIRTUAL OFFERINGS



## Gentle Yoga

Thursday May 7, 1:30 pm

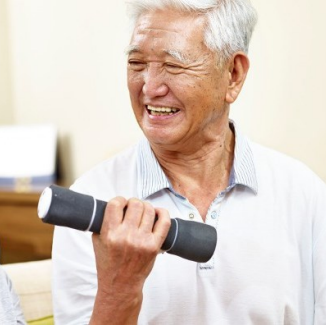
Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m06ba52e31412da67f8280dc50f9303c5>

Meeting Access Code: 475 156 430

Learn basic yoga poses and proper posture to pose with breath work and relaxation techniques. Class benefits include greater flexibility, and improved strength, energy, concentration, and overall health. Will need a mat for this class.

**Class taught by Lisa Rados**



## Soul Line Dance

Thursdays 3pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma608f8371652d2bf6ed26c013ab4afa3>

Meeting Access Code: 475 479 998

Soul line dance class where line dances are taught step by step and then danced to pop, soul and/or gospel music.

**Class taught by Jessie Barnes**



## Cardio and Core Class

Fridays 9:30 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5775cbd6f5e1efa34e2fd1cd882206ba>

Meeting Access Code: 470 043 385

Mix cardio work combined with core exercises to get your body moving in your home. Designed for those who are looking for a low-impact cardio class to get your heart pumping while also strengthening your core.

**Class taught by Pam Beck**

## Mat Pilates

Fridays 12:30 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfff6a96d67c9438173146bfaa6330209>

Meeting Access Code: 472 602 210

Using the abdominal exercises of fitness pioneer Joseph Pilates we re-awaken core muscles and breath life back into the spine, and return balance, stability, and flexibility to our bodies. Suitable for clients who can get up and down from the floor safely. Yoga or Pilates mat highly recommended.

**Class taught by Maggie Lockhart**



# VIRTUAL OFFERINGS

## **Soul Line Dance**

**Fridays 1 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m97a2c4ae599306cb3c26e8f26320747b>

Meeting Access Code: 474 385 564

Soul line dance class where line dances are taught step by step and then danced to pop, soul, and/or gospel music.

**Class taught by Jessie Barnes**



## **Tibetan 5**

**Tuesday May 12, 11 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6125f9ce9788800e5f5c584dd2a1fcda>

Meeting Access Code: 479 684 018

The Five Tibetans is a series that can be modified for chair or floor. Once learned, it makes a nice home practice.

**Class taught by Mary Garratt**

## FITNESS & EXERCISE DISCLAIMER

IT IS IMPORTANT TO UNDERSTAND THAT THIS EXERCISE VIDEO MAY PRESENT CERTAIN INHERENT RISKS. YOU ARE ENCOURAGED TO CONSULT YOUR PHYSICIAN CONCERNING YOUR FITNESS BEFORE PARTICIPATING. BY PARTICIPATING IN THE PHYSICAL EXERCISES OR TRAINING ACTIVITY DEMONSTRATED IN THIS VIDEO, YOU UNDERSTAND THAT YOU DO SO ENTIRELY AT YOUR OWN RISK AND ASSUME ALL RISKS OF INJURY, ILLNESS, OR DEATH. THROUGH PARTICIPATION, YOU WAIVE ALL CLAIMS AND RELEASE THE COUNTY, THE OFFICE, AND THEIR RESPECTIVE OFFICIALS, EMPLOYEES, AGENTS, AND VOLUNTEERS FROM ALL LIABILITY FOR DAMAGE OR INJURY OF ANY KIND THAT MAY ARISE, DIRECTLY OR INDIRECTLY.



# VIRTUAL OFFERINGS

## Cooking with Cathy

Tuesday May 5, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m988d4a2d6a6aaf1fb14457cc265c13da>

Meeting Access Code: 473 227 742

Celebrate Cinco De Mayo with a fun cooking demonstration. Learn to make sheet pan fajita tacos, and chunky guacamole. Recipes will be available for attendees.

**Class taught by Cathy Burkett**



## TED Talk

Thursday May 7, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md6dc88c18e6229ed8b029ce035623410>

Meeting Access Code: 471 485 527

Join us and view 1 or 2 TED Talks and then enjoy a facilitated conversation at the end.

**Facilitated by Lucky Sohi**



## Coffee with Staff

**Mondays, Wednesdays, Fridays 9am**

Join WebEx Meeting - **Call In Options Below**

**Mondays** <https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6be518e6b2e5883d37a29a16a928f4ff>

**By Phone: 1.650.479.3207** Meeting Access code: 472 068 961

**Wednesdays** <https://howardcountymd.webex.com/howardcountymd/j.php?MTID=med399e5a50cfc7c0e3fb64d0d0ca117d>

**By Phone: 1.650.479.3207** Meeting Access code: 470 287 465

**Fridays** <https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m94e687b13fa730ed0ca27e34197b4c5b>

**By Phone: 1.650.479.3207** Meeting Access Code 473 355 756

Grab a cup of coffee or tea and join various staff from the 50+Centers for conversation and connection.



# VIRTUAL TOURS

## **Longwood Gardens: How to Start a Cut Flower Garden**

<https://longwoodgardens.org/blog/2020-03-31/how-start-cut-flower-garden-home>

## **The Louvre Virtual Museum Tour -Exhibition: The Advent of the Artist**

<https://petitegalerie.louvre.fr/visite-virtuelle/saison5/>

## **National Museum of Anthropology in Mexico City**

<https://artsandculture.google.com/asset/the-national-museum-of-anthropology-mexico-city-ziko-van-dijk-wikimedia-commons/bAGSHRdlzSRcdQ?hl=en>

## **High Museum of Art, Atlanta**

<https://artsandculture.google.com/exhibit/civil-rights-photography/9wlSPkiyouv-Lw?hl=en>

## **The Vatican Museum**

<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

## **Museum of Modern Art (MOMA)**

<https://artsandculture.google.com/exhibit/sophie-taeuber-arp/swKioHNhYqZoLw?hl=en>

## **Sea World Orlando**

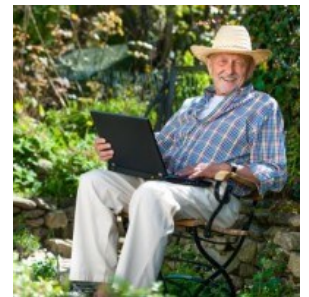
<https://www.visitorlando.com/en/things-to-do/virtual-tours/seaworld-orlando>

## **Monterey Bay Aquarium**

<https://www.montereybayaquarium.org/animals/live-cams>

## **Cincinnati Zoo**

<https://www.facebook.com/cincinnati-zoo/>



**CLICK THE LINK BELOW AND  
TELL US WHAT YOU THINK**

<https://www.surveymonkey.com/r/virtualhoco>

The Local Health Improvement Coalition in the Howard County Health Department and the Office on Aging and Independence in the Howard County Department of Community Resources and Services present:

# COVID-19 and Staying Safe at Home: Falls Prevention Tips

Tuesday, May 5, 2020

1:30 p.m. - 2:30 p.m.

Virtual Presentation

**Free Event!**

Join us for a discussion about how to prevent falls while staying home. We will discuss home hazards, physical activity, action planning, socialization and resources for support.

## Presenters:

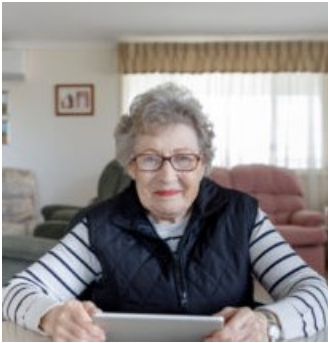
- Malarie Burgess, Exercise Specialist
- Nina Evangelista, PT, CMTPT, CEEAA, AIB-VR
- Margaret A. Fries, COTA/L
- Carly Shilling, OTR/L
- Felicia Stein, COTA/L

Register for the Webex: <https://bit.ly/3eLCt1h>



# WEBEX GUIDE

The exercise and class offerings in this e-blast are accessible through WebEx. You can click on the link provided, enter the meeting access code and participate. While in a class, please place yourselves on mute to reduce the feedback for the instructor and class. Below is general information on WebEx.



- WebEx is free to use as a class participant.
- You do not need a WebEx account.
- You will need a regular email address to sign in.
- Make sure your battery is fully charged on your device or plugged in.
- Make sure you have a good internet or cell connection.
- Find a table, desk or counter to set up your device so you can see properly.
- Go to your App Store and search Cisco WebEx Meetings.
- Choose the app and start the download.
- Find the newly downloaded app and click on it.
- Click "Join Meeting."
- To join it will ask you for the meeting number which you can find next to the class name.
- Then click "Join" or "Enter."
- Now you have entered the meeting.



Cisco Webex

If you have a specific question regarding WebEx, please reach out to Lucky Sohi, 410.313.4832 or Isohi@howardcountymd.gov. Thanks for joining us in our virtual world!

**For more detail on how to use WebEx, please click on the link below.**

<https://help.webex.com/en-us/nrbgeodb/Join-a-Webex-Meeting>



## MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

410.313.1234