



HOWARD COUNTY OFFICE
ON AGING AND INDEPENDENCE

VIRTUAL OFFERINGS

JUNE 29 - JULY 10, 2020

UTILIZING WEBEX

ALL PROGRAMS NOW NEED THE PASSWORD Howard50+



Department of Community Resources and Services

OPPORTUNITIES TO ENGAGE FROM HOME

Thank you everyone who has provided us with feedback about our virtual offerings. Your input helps develop and shape programs for your benefit and enjoyment. It sounds like you like what we are doing! Please continue to share your thoughts with us via this link:

<https://www.surveymonkey.com/r/23BKSSG>

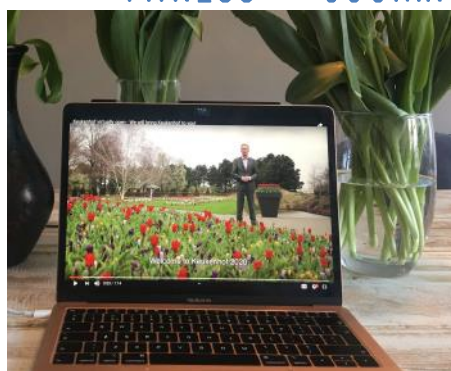
In the coming weeks, you will notice changes in our processes. We will be testing a registration module for exercise classes, only. This means that you will register for classes via Active.Net and will be provided with an access code to enter these designated classes. The trial dates will be July 13 - 31, 2020. Once this trial has concluded, we will offer a group exercise pass program whereby you can select from over 20 weekly exercise classes in various formats that you can enjoy. For the group exercise pass, a fee will apply. Our plan is to maintain many free options, including three exercise classes and all of the "Let's Cook", "Let's Get Social", "Let's Learn" and Seniors Together programs.

Please continue to "Engage at Home" with us as we shape new programming in a virtual platform.



EXPLORE YOUR OPTIONS

FITNESS - COOKING - SOCIAL ENGAGEMENT - LIFELONG LEARNING



Programs in this e-blast are offered via WebEx. WebEx can be downloaded to your computer, phone or tablet. Details are provided on the last page, and include a phone number for assistance.

A password is now required via WebEx. The password Howard50+ is valid for all programs.

OPTIONS AT A GLANCE


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29 COFFEE & CHAT ELKRIDGE 9 AM</p> <p>MINDFUL MONDAYS 9 AM</p> <p>STRENGTH TRAINING 10 AM</p> <p>SEATED STRENGTH AND BALANCE 12 PM</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM</p> <p>PILATES WITH BOB 1 PM</p> <p>BEGINNER SOUL LINE DANCE 3 PM</p> <p>OLDER ADULTS TELECONFERENCE 4 PM</p>	<p>30 COFFEE & CHAT EAST COLUMBIA 9 AM</p> <p>CARDIO & CORE 9:30 AM</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM</p> <p>YOGA WITH MARY 11 AM</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM</p> <p>BALTIMORE ORIOLES MEMORABILIA 2 PM</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM</p>	<p>1 COFFEE & CHAT GLENWOOD 9 AM</p> <p>STRENGTH TRAINING 10 AM</p> <p>PHOTOGRAPH TRIVIA WITH REB ORRELL 11 AM</p> <p>MAT PILATES 11:15 AM</p> <p>SITTERCISE 1 PM</p> <p>HISTORY OF THE HOT DOG COOKING DEMO 2 PM</p> <p>PILATES WITH BOB 6 PM</p> <p>SOUL LINE DANCE PARTY 6 PM</p>	<p>2 SENIORS TOGETHER NEWS TALK 10 AM</p> <p>TED TALK 11 AM</p> <p>SEATED STRENGTH AND BALANCE 12 PM</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM</p> <p>BOOK CLUB 1 PM</p> <p>YOGA WITH LISA 1:30 PM</p> <p>NUTRITION TALK 2 PM</p> <p>SOUL LINE DANCE 3 PM</p> <p>GAME NIGHT 8 PM</p>	<p>3</p> <p>INDEPENDENCE DAY OBSERVED</p> 
<p>6 COFFEE & CHAT ELKRIDGE 9 AM</p> <p>MINDFUL MONDAYS 9 AM</p> <p>STRENGTH TRAINING 10 AM</p> <p>SEATED STRENGTH AND BALANCE 12 PM</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM</p> <p>PILATES WITH BOB 1 PM</p> <p>WOW THEM WITH WATERMELONS 2 PM</p> <p>SOUL LINE DANCE 3 PM</p>	<p>7 COFFEE & CHAT EAST COLUMBIA 9 AM</p> <p>CARDIO & CORE 9:30 AM</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM</p> <p>YOGA WITH MARY 11 AM</p> <p>TECH TUESDAY 11 AM</p> <p>BRIDGE 1PM</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM</p> <p>EXERCISE FOR MENTAL HEALTH 2 PM</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM</p>	<p>8 COFFEE & CHAT GLENWOOD 9 AM</p> <p>STRENGTH TRAINING 10 AM</p> <p>BMI: MAKING STEEL ON THE PATAPSCO 11 AM</p> <p>MAT PILATES 11:15 AM</p> <p>SUMMER SIDES COOKING DEMO 2 PM</p> <p>PILATES WITH BOB 6 PM</p> <p>SOUL LINE DANCE PARTY 6 PM</p>	<p>9 SENIORS TOGETHER NEWS TALK 10 AM</p> <p>SEATED STRENGTH 12 PM</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM</p> <p>YOGA WITH LISA 1:30 PM</p> <p>SOUL LINE DANCE 3 PM</p> <p>GAME NIGHT 8 PM</p>	<p>10 COFFEE & CHAT NORTH LAUREL 9 AM</p> <p>CARDIO & CORE 9:30 AM</p> <p>SENIORS TOGETHER OPEN MIND GROUP 10 AM</p> <p>STITCH & GIVE 11 AM</p> <p>SENIORS TOGETHER TRENDRERS 1 PM</p> <p>TOURING IRELAND AND RIVER CRUISING 1 PM</p>

LET'S GET MOVING



Mindful Mondays

Mondays 9 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf0e44c671728d6ec77f9daf12ec19b8f>

Meeting Access Code: 160 420 3428

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

Taught by Connie Bowman

Strength Training

Mondays 10 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m93698d3659768bdcf17167fcc6d1a83c>

Meeting Access Code: 160 716 9816

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

Taught by Leah Daniels



Seated Strength and Balance

Mondays 12 noon

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m151f6b7a91cfdcd6a1f3a6d50ea90926>

Meeting Access Code: 160 837 4762

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 a substitute) to improve strength and overall mobility as we move to fun music.

Taught by Michelle Rosenfeld



Mat Pilates

Mondays 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7c543e977f4d67bcf371811d13e25589>

Meeting Access Code: 160 553 0679

Using the abdominal exercises of fitness pioneer Joseph Pilates, we re-awaken core muscles and breathe 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. A Yoga or Pilates mat is highly recommended.

Taught by Bob McDowell

LET'S GET MOVING



Beginner Soul Line Dance

Mondays 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb64412a06a34fb48ace39d5d59e48881>

Meeting Access Code: 160 753 3156

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

Taught by Karen Stewart



Cardio and Core Class

Tuesdays 9:30 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m76a5630968c273cf72ee0db7fe96ea62>

Meeting Access Code: 160 733 3322

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.

Taught by Pam Beck



Yoga with Mary

Tuesdays 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m488ae772390494839ceb6a47290d872b>

Meeting Access Code: 160 445 0883

Join Mary for a series of weekly yoga classes; topics will vary. You will need a mat, and a strap or bathrobe tie. We'll practice together at a safe distance. We will mostly be standing up in this flowing class.

Taught by Mary Garratt

Intermediate Soul Line Dance

Tuesdays 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mba4f9b0547a65e329f510a28bcf0b3e3>

Meeting access Code: 160 652 5513

For this Intermediate Soul Line Dance class, you should have line dance experience, and know all the basic line dance steps. Intermediate uses a wide selection of music, including pop, soul and/or gospel music.

Taught by Karen Stewart

LET'S GET MOVING



Strength Training

Wednesdays 10 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc8e2a3c203f966a7ffcef9902cd3d5eb>

Meeting Access Code: 160 662 2981

A 30-minute workout that uses body weight and light weights in low impact movements to strengthen the major muscles in the body.

Taught by Leah Daniels

Mat Pilates

Wednesdays 11:15 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m4eb6018434c08ef3f2adb06e86db9a92>

Meeting Access Code: 160 129 2900

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.

Taught by Maggie Lockhart



Sittercise Plus

Wednesdays 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m64cf9ffefc615d76850dbdf62385750b>

Meeting Access Code: 160 546 9218

A 30-minute class for those who prefer a seated workout as well as those who want 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.

Taught by Marianne Larkin (No Class on July 8)



Pilates with Bob

Wednesdays 6 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m1522f8fb9c7ccae1ceeee166f4966468>

Meeting Access Code: 160 539 6069

Using the abdominal exercises of fitness pioneer Joseph Pilates, we re-awaken core muscles and breathe 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. A Yoga or Pilates mat is highly recommended.

Taught by Bob McDowell

LET'S GET MOVING



Soul Line Dance Party

Wednesdays 6 pm

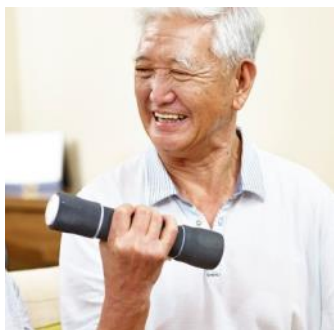
Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9bb1e4c154b2a88399881322897a0c7f>

Meeting Access Code: 160 384 6404

The Soul Line Dance Party is a line dance party. No instruction, just 30 minutes of non-stop easy dances and 30 minutes of intermediate and advanced dances. Please email dance requests to Jessie Barnes at Jsldancer@gmail.com

Taught by Jessie Barnes



Seated Strength and Balance

Thursdays 12 noon

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m844d65670b77db5ea991f93b1953a13a>

Meeting Access Code: 160 674 9962

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.

Taught by Michelle Rosenfeld



Yoga with Lisa

Thursday 1:30 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfc8d96e77dcc5d3182d80b5a2389005e>

Meeting Access Code: 160 551 4585

In this gentle class, yoga poses are done seated or standing using a chair as a prop for support. Yoga benefits include increased energy, greater flexibility, relieved tension, and an overall sense of well-being. Equipment: a chair and/or yoga mat.

Taught by Lisa Rados

Soul Line Dance

Thursdays 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m20b414c01772729ea3b306b9d5221b35>

Meeting Access Code: 160 388 9345

In this Soul Line Dance class, line dances are taught step-by-step and then danced to pop, soul and/or gospel music.

Taught by Jessie Barnes

LET'S GET MOVING



Cardio and Core Class

Fridays 9:30 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me37b11387157d67a650e40ee2bdf9eb6>

Meeting Access Code: 160 271 2017

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.

Taught by Pam Beck

FITNESS & EXERCISE DISCLAIMER

THE DISCLAIMER IS POSTED AND READ PRIOR TO EVERY FITNESS CLASS

IT IS IMPORTANT TO UNDERSTAND THAT THIS EXERCISE VIDEO MAY PRESENT CERTAIN 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.

LET'S COOK



History of Hot Dogs

Wednesday July 1, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md6cce1e671056215f3ec0d1d3f1d5f4e>

Meeting Access Code: 160 839 0473

Learn the history of this popular food and see a variety of ways you can dress it up. Learn how to make the Coney Island hot dog, Chicago dogs and more!

Presented by Cathy Burkett



Wow Them With Watermelon

Monday July 6, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5b2a1a8699e471fe949eaea0f64a4d24>

Meeting Access Code: 160 377 2610

Enjoy a favorite of summer. Learn to make an easy watermelon sorbet, a blackberry feta appetizer, watermelon caprese salad and watermelon mint lemonade. Recipes are provided.

Presented by Regina Jenkins

LET'S COOK



Summer Sides Part 2

Wednesday July 8, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mdec4387490a3026efac9e4348b66e67a>

Meeting Access Code: 160 070 8466

Join Cathy for part 2 of Summer Sides. Learn several new dishes to add to your meal rotation. Recipes will be provided.

Presented by Cathy Burkett

LET'S GET SOCIAL

Photograph Trivia

Wednesday July 1, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8b2409ec8a83912141ac21dc2867df99>

Meeting Access Code 160 782 1561

Let's take a walk down memory lane identifying local locations from photographs. Our trivia isn't the standard type, it's trivia on steroids. Each session will be different as you laugh, learn a ton of useless information, and "Work That Brain".

Presented by Reb Orrell



Book Club

Thursday July 2, 1 pm

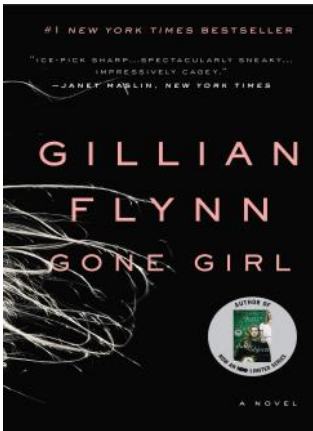
Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma99ef6842b06cc8694b4a5ee68820c36>

Meeting Access Code: 160 123 3777

Enjoy a lively discussion with fellow book lovers. The group is open to a variety of genres and book selection is shared by all members. Get lost in a good book with us! July 2nd book is *Gone Girl* by Gillian Flynn. August 6th book is *Educated* by Tara Westover.

Facilitated by Jeannie DeCray



Game Night

July 2, 9, 8 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m935b8b65142068d9af9e2e52d34975c0>

Meeting Access Code: 160 515 5027

Grab a pen and paper, and join us for a fun night of virtual games.

Presented by Lucky Sohi, Regina Joffe, Tammy Wiggins

LET'S GET SOCIAL



Coffee and Conversation

Mondays with Elkrige @ 9 am

Tuesdays with East Columbia @ 9 am

Wednesdays with Glenwood @ 9 am

Fridays with North Laurel @ 9 am

Join WebEx Meeting - Link below is valid for each day.

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5bf1fc03cd66f33240223571c474d7b6>

Call in Option **1 650-479-3207** Meeting Access Code: 160 848 1352

Grab a cup of coffee or tea and join staff from various 50+Centers for conversation and connection. Select the day/center you wish.



Sit, Stitch & Give

Fridays, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m458521cd74b982193acf4454bb73a0ce>

Meeting Access Code: 160 851 8178 Call in Option: 1 650 - 479 -3207

Originally held at North Laurel, this group is now open to others who crochet, knit or do other needle crafts. Join us for a crafting and sharing time.

LET'S LEARN

Baltimore Orioles Memorabilia

Tuesday June 30, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m64488506559a3da81f6c442528925e5f>

Meeting Access Code: 160 395 7554

Elkrige 50+ center staff member Nicholas Keplinger will stroll down memory lane as he shares his personal collection of Orioles memorabilia. Including items from the 40's, 50's and 60's, Nick will provide historical context and stories that highlight the growth and development of the Orioles franchise.

Presented by Nicholas Keplinger



TED Talk

Thursday July 2, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md63f4d365168522e84b86792de6ef16b>

Meeting Access Code: 160 086 0373

Join us to view one or two TED Talks, followed by a facilitated conversation.

Facilitated by Lucky Sohi



Nutrition Education

Thursday July 2, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mcbc0fca7b8c4260aee8db142bdcd6b78>

Meeting Access Code: 160 631 0008

Understanding Routine Bloodwork: What does it mean about your nutritional health? Our nutritionist will explain the reference ranges for your physician-ordered routine lab work and how proper nutrition can impact these values.

Presented by Carmen Roberts



Tech Tuesday

Tuesday July 7, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb35a69e1e1635eb0278c0883aa3af60a>

Meeting Access Code: 160 146 4968

Googling Google - What **is** Google anyway? Why is it everywhere and how can it help me?

Presented by Lucky Sohi



Bridge

Tuesday July 7, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m47494d63c11c9c944eb36bb3e3e5fb17>

Meeting Access Code: 160 406 1597

The class is designed for people with some experience playing bridge, but who would like to improve their bidding and playing skills. We will cover modern bidding and defensive techniques.

Presented by Paul Elstein

Exercise for Mental Health

Tuesday July 7, 2 pm

Register to attend

<https://howardcountymd.webex.com/howardcountymd/onstage/g.php?MTID=e838704bb4d055152df5fcd3e73fd2dbb>

Exercise has a number of benefits physically, but also physiologically. Join Exercise Specialist Malarie Burgess to discuss how exercise can be used and harnessed to help combat many mental health symptoms.

Presented by Malarie Burgess



Making Steel on the Patapsco

Wednesday July 8, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m637a78d931c0a2e8b57aa5ce93856ebd>

Meeting Access Code: 160 710 5977

The Rise, Operation and Decline of the Sparrows Point Steel Mill – Today the Bethlehem Steel Sparrows Point Steel Mill is but a memory, remembered by many with a degree of fondness. There is a history of a place long known as “The Point”, its people, its community, the company that employed them, and the impacts that all of this had over time. This program is a survey of the great, the good, the not so good; the happy and the sad; the successes and failures of a business that dominated a region and many thousands of lives for over a hundred years.

Presented by Jack Burkert, Baltimore Museum of Industry



Touring Ireland and River Cruising

Friday July 10, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m970739acc736c9b83567be3574b027dd>

Meeting Access Code: 160 663 1593

Touring Ireland by Ship or Bus - Are you interested in learning ways to tour Ireland? Do you like to travel with known groups? Debbie will compare touring by ship, bus, private driver, and on your own. We'll then look at two Ireland itineraries, one by ship and one by bus, which Debbie is hosting, coordinating groups for in 2021. River Cruising in the US will be one of the first travel types to reopen. Andy will discuss advantages and opportunities for seeing the US up close and personal.

Presented by Debbie Richmond and Andy Lunt, Howard County residents and independent travel advisors affiliated with Travel Experts Inc.



Please take a minute and click the link below to let us know what you think

<https://www.surveymonkey.com/r/23BKSSG>

NEED ASSISTANCE?

CALL MARYLAND ACCESS POINT 410.313.1234



LET'S GET SOCIAL

Seniors Together groups that met at our 50+ Centers are now meeting virtually! The groups are free and facilitated by older adult peers. Groups meet weekly unless otherwise noted.

For additional information or to join contact:

Karen Hull: 410-313-7466 (voice/relay); email: khull@howardcountymd.gov

Elaine Widom: 410-313-7353 (voice/relay); email: ewidom@howardcountymd.gov

Mondays

Think Positive Group

1:00 – 2:00 pm

Learn and discuss ways to make positive thinking a daily practice and support each other on the journey. Met at Elkridge 50+Center.

Caregiver Support Group (conference call only)

7:00 – 8:30 pm, 3rd Monday of the Month

For adult caregivers caring for another adult. Focuses on practical needs, resources, social networking, emotional support, and downtime. Met at Elkridge 50+Center.

Tuesdays

Men's Roundtable

10:00 am – 12:00 pm

Gather with other men for civil discussion on politics, government, finance, health and other topics of interest to seniors. Occasional guest speakers join the group. Met at Glenwood 50+Center.

Low Vision Support Group

1:00 - 2:15 pm (conference call only)

Ongoing support for those with low vision; explore options, share ideas, and learn ways to maintain independence. Met at Bain 50+Center.

Thursdays

NewsTalk

10:00 – 11:30 am

Lively discussion group focusing on current news locally, nationally and globally. Met at North Laurel 50+Center.

BrainTeasers

12:30 pm

Challenge your mind and strengthen memory using games, puzzles and other activities. Met at Bain 50+Center.

Fridays

Open Mind Group

10:00am– 12:00 pm

In-depth, civil discussion on a wide range of topics to promote greater understanding of the values and experiences that inform us. Met at Elkridge 50+Center.

Trenders

1:00 – 2:30 pm

A lively, open-minded discussion group with a loosely structured agenda. Met at Bain 50+Center.



COUNTY EXECUTIVE CALVIN BALL
PRESENTS

OLDER ADULTS TELECONFERENCE

June 29 | 4:00 p.m.

**LEARN MORE ABOUT OUR COVID-19 UPDATES,
50+ CENTERS UPDATES, AGE-FRIENDLY
INITIATIVE, AND MORE**

Pre-register: <https://bit.ly/3hdgi5h>

Accessible link: <https://bit.ly/3fjHGx5>

Call-in at 1 (650) 479-3207 Event #160-619-5044

Email questions to TownHall@HowardCountyMD.gov

If prompted for a password, please enter "password"

Featuring:

Jacqueline R. Scott, Director, Community Resources and Services

Maura Rossman, Health Officer, Howard County Health Department

Holly Sun, Budget Administrator, Howard County Budget Office

Jenna Crawley, Administrator, Office on Aging and Independence (OAI)

Brandee Ganz, Director, Technology and Communication Services

Stephanie Adibe, Deputy Director, Community Resources and Services



FOR OLDER ADULTS IN NEED DURING THE COVID-19 PANDEMIC
(lack of transportation, mobility issues, illness, have a disability or quarantined)

Grab&Go

A Meal Distribution Service for Older Adults



Each seven-pack box includes seven different individual entrées, seven cartons of milk, and a variety of fruit cups, apple sauce and bread products.

PICK-UP LOCATION —

Ellicott City 50+ Center
9401 Frederick Road, Ellicott City, MD 21042
Every Thursday • 11:00 a.m. to 12:30 p.m.

REGISTER TODAY
**LIMITED
AVAILABILITY!**

PRE-REGISTRATION IS REQUIRED —

To register, contact Maryland Access Point of Howard County
410-313-1234 (voice/relay) • map@howardcountymd.gov

Order must be received by 12:00 noon on Monday to receive a meal kit for the following week. Eligible individuals must be 60 years and older; spouses of any age are welcome to participate. Program funding made possible through the Senior Nutrition Program of the Older Americans Act of 1965.

SUGGESTED DONATION —

\$47.32 PER SEVEN-PACK MEAL KIT (\$6.76/MEAL)

Donations ensure the continued viability of the program; a donation envelope is provided with each kit.

PRESENTED IN PARTNERSHIP WITH —

**Howard County Office on
Aging and Independence**
Department of Community Resources and Services
www.howardcountymd.gov/aging
[Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)



**Neighbor Ride**
Volunteers Drive - Seniors Thrive

If you need this information in an alternate format, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).

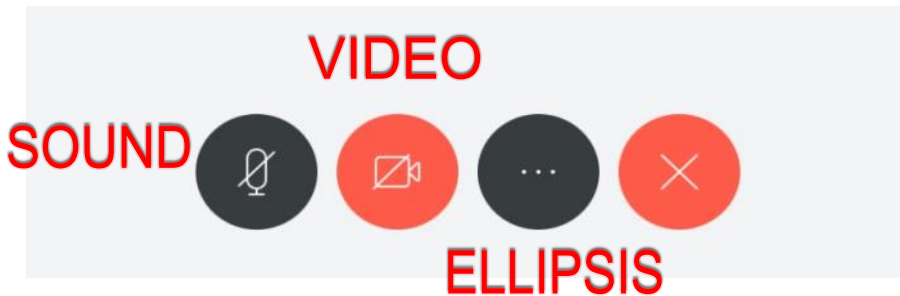


Cisco Webex

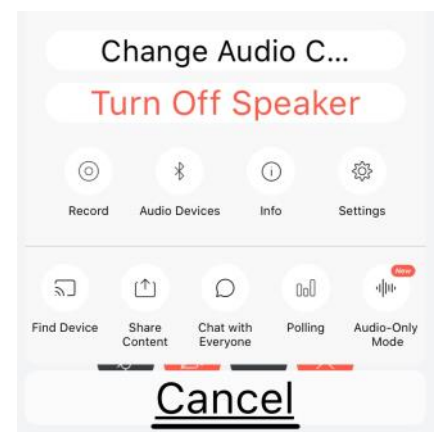
WEBEX GUIDE

The exercise and class offerings in this e-blast are accessible through WebEx. Click on the link provided, enter the meeting access code and participate. Use password Howard50+. While in a class, please place your speaker 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."
- It will ask for a password which is Howard50+.
- Now you have entered the meeting.
- Anytime your buttons are black (microphone and video icons) you can be heard and seen.
- It is best to leave these in off mode (the buttons will be red) most of the time to minimize disruption to class. You will still be able to see and hear the instructor.
- If you click the ellipsis button, various options pop up and from there you can click the "Chat with Everyone" button, or "Turn Speaker On/Off."



VIEW AFTER ELLIPSIS BUTTON PUSHED



If you have a specific question regarding WebEx, please reach out to Lucky Sohi, 410.313.4832 or lsuhi@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>