



HOWARD COUNTY OFFICE
ON AGING AND INDEPENDENCE

VIRTUAL OFFERINGS

JULY 13 - JULY 31, 2020

UTILIZING WEBEX

FREE PROGRAMS NEED THE PASSWORD Howard50+



OPPORTUNITIES TO ENGAGE FROM HOME

INTRODUCING THE FITNESS PASS

Thank you for participating in the 50+ Virtual Offerings. Your feedback is helping to inform this expanding work. As we evolve, so do our processes. We will be testing registration for a group exercise class option, whereby you will be able to participate in over 18 different exercise classes in a variety of formats. Beginning in August, this monthly virtual fitness class pass will have a modest monthly fee of \$50.

The two-week test period will be from July 20 -July 31, and it is free of charge. To take these designated exercise classes, you will need to enroll in order to receive a password to enter the classes. Registration begins Monday, July 13 for the trial period and ends July 17.

How to register for the free trial period:

On-line registration using your ActiveNet account:

Find the class pass by searching: Virtual 50+ Exercise Classes/A02490.800 on the ActiveNet site: <https://apm.activecommunities.com/howardcounty/>

Phone registration is available by telephone, Monday through Friday between 10 am – 2 pm on 410-313-1400 or 410-313-5440.

Registration for the trial period will close Friday, July 17 at 2 pm

We acknowledge the in-kind contributions of the dedicated instructors who have supported the 50+ virtual program efforts from its inception. The collection of fees enables us to resume compensation for their valued service.

We will maintain many free options, including three exercise classes listed on page 11, line dancing and all of the "Let's Cook", "Let's Get Social", "Let's Learn" and Seniors Together programs.

EXPLORE YOUR OPTIONS

FITNESS – COOKING – SOCIAL ENGAGEMENT – LIFELONG LEARNING



WEEK AT A GLANCE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>13</p> <p>COFFEE & CHAT ELKRIDGE 9 AM</p> <p>MINDFUL MONDAYS 9 AM</p> <p>STRENGTH TRAINING 10 AM</p> <p>PILATES WITH BOB 11 AM</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM</p> <p>COOKING DEMO PAD THAI 2 PM</p> <p>BEGINNER SOUL LINE DANCE 3 PM</p>	<p>14</p> <p>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>CLUTTER CHAT 1 PM</p> <p>WHEN WILL WE HAVE A VACCINE 2 PM</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM</p>	<p>15</p> <p>COFFEE & CHAT GLENWOOD 9 AM</p> <p>STRENGTH TRAINING 10 AM</p> <p>FURNITURE PAINTING UPHOLSTERY 11 AM</p> <p>MAT PILATES 11:15 AM</p> <p>SITTERCISE 1 PM</p>	<p>16</p> <p>COFFEE & CHAT BAIN 9AM</p> <p>PILATES WITH BOB 9:30 AM</p> <p>SENIORS TOGETHER NEWS TALK 10 AM</p> <p>TED TALK 11 AM</p> <p>ASK THE DIETICIAN 12 PM</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM</p> <p>YOGA WITH LISA 1:30 PM</p> <p>PRACTICE TO THE PEOPLE 7 PM</p> <p>GAME NIGHT 8 PM</p>	<p>17</p> <p>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 TRENTERS 1 PM</p>
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WEEK AT A GLANCE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>20</p> <p>FLOOR, CORE & MORE 8 AM</p> <p>COFFEE & CHAT ELKRIDGE 9 AM</p> <p>MINDFUL MONDAYS 9 AM</p> <p>STRENGTH TRAINING 10 AM</p> <p>ZUMBA GOLD 10:30 AM BEGINS AUGUST 3</p> <p>PILATES WITH BOB 11 AM</p> <p>SEATED STRENGTH AND BALANCE 12 PM</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM</p> <p>COOKING DEMO 2 PM</p> <p>BEGINNER SOUL LINE DANCE 3 PM</p>	<p>21</p> <p>POWER 8:30 AM</p> <p>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>SENIORS TOGETHER LOW VISION GROUP 1 PM</p> <p>POLYMER CLAY CRAFTING BASICS 2 PM</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM</p>	<p>22</p> <p>KICKBOXING 8 AM</p> <p>COFFEE & CHAT GLENWOOD 9 AM</p> <p>STRENGTH TRAINING 10 AM</p> <p>MAT PILATES 11:15 AM</p> <p>BEST RIGHT HAND IN BASEBALL IN THE 50'S 1 PM</p> <p>DIY FAIRY GARDEN HOUSE 2:30 PM</p>	<p>23</p> <p>POWER 8:30 AM</p> <p>COFFEE & CHAT BAIN 9 AM</p> <p>PILATES WITH BOB 9:30 AM</p> <p>SENIORS TOGETHER NEWS TALK 10 AM</p> <p>ZUMBA GOLD 10:30 AM BEGINS AUGUST 6</p> <p>SEATED STRENGTH AND BALANCE 12 PM</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM</p> <p>ELDERSAFE: MENTAL HEALTH AND MINDFULNESS 1PM</p> <p>YOGA WITH LISA 1:30 PM</p> <p>GAME NIGHT 8 PM</p>	<p>24</p> <p>FLOOR, CORE & MORE 8 AM</p> <p>COFFEE & CHAT NORTH LAUREL 9 AM</p> <p>CARDIO & CORE 9:30 AM</p> <p>POWER 10:30 AM</p> <p>SENIORS TOGETHER OPEN MIND GROUP 10 AM</p> <p>STITCH & GIVE 11 AM</p> <p>CHRISTMAS IN JULY CARD MAKING 12:30 PM</p> <p>SENIORS TOGETHER TRENDRERS 1 PM</p>
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 LET'S GET MOVING

 LET'S GET SOCIAL

 FITNESS PASS OFFERING

 LET'S GET COOKING

 LET'S LEARN

WEEK AT A GLANCE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>27</p> <p>FLOOR, CORE & MORE 8 AM</p> <p>COFFEE & CHAT ELKRIDGE 9 AM</p> <p>MINDFUL MONDAYS 9 AM</p> <p>STRENGTH TRAINING 10 AM</p> <p>ZUMBA GOLD 10:30 AM BEGINS AUGUST 3</p> <p>PILATES WITH BOB 11 AM</p> <p>SEATED STRENGTH AND BALANCE 12 PM</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM</p> <p>BEGINNER SOUL LINE DANCE 3 PM</p>	<p>28</p> <p>POWER 8:30 AM</p> <p>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>POLYMER CLAY CRAFTING PROGRESSION 2 PM</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM</p>	<p>29</p> <p>KICKBOXING 8 AM</p> <p>COFFEE & CHAT GLENWOOD 9 AM</p> <p>STRENGTH TRAINING 10 AM</p> <p>MAT PILATES 11:15 AM</p> <p>SITTECRISE 1 PM</p> <p>HEARING AND COGNITION 1PM</p> <p>IRON CHEF WITH CATHY AND REGINA 2 PM</p>	<p>30</p> <p>POWER 8:30 AM</p> <p>COFFEE & CHAT BAIN 9 AM</p> <p>PILATES WITH BOB 9:30 AM</p> <p>SENIORS TOGETHER NEWS TALK 10 AM</p> <p>ZUMBA GOLD 10:30 AM BEGINS AUGUST 6</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>YOGA WITH LISA 1:30 PM</p> <p>GAME NIGHT 8 PM</p>	<p>31</p> <p>FLOOR, CORE & MORE 8 AM</p> <p>COFFEE & CHAT NORTH LAUREL 9 AM</p> <p>CARDIO & CORE 9:30 AM</p> <p>SENIORS TOGETHER OPEN MIND GROUP 10 AM</p> <p>POWER 10:30 AM</p> <p>STITCH & GIVE 11 AM</p> <p>SENIORS TOGETHER TRENDRERS 1 PM</p>
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 LET'S GET MOVING

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 FITNESS PASS OFFERING

 LET'S GET COOKING

 LET'S LEARN

FITNESS PASS CLASSES

LET'S GET MOVING



Floor, Core and More

Mondays 8 am

This class targets challenging areas of the body: thighs, abs and backside. Help tighten, tone and strengthen those core areas. Class predominantly done on the floor.

Taught by Michelle Rosenfeld

Begins week of July 20

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



Zumba Gold

Mondays 10:30 am

Turns exciting Latin & international rhythms into a fun, safe, & effective format for the active older adult. It's an easy-to-follow program that lets you move to the beat at your own pace.

Taught by Courtney Bracey

Begins week of August 3



Pilates with Bob

Mondays 11 am new time

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

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FITNESS PASS CLASSES

LET'S GET MOVING



Seated Strength and Balance

Begins week of July 20

Mondays 12 noon

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



Power

Begins week of July 20

Tuesdays 8:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up along with use of hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld



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

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FITNESS PASS CLASSES

LET'S GET MOVING



Kickboxing

Wednesdays 8 am

Start kickin' it with this intro cardio kickboxing class. Learn basic punches and kicks and put them into easy to follow combinations. This total body workout will increase strength and cardio-vascular fitness. Class done at low-impact level.

Taught by Michelle Rosenfeld

Begins week of July 20

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



Power

Thursdays 8:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up along with use of hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld

Begins week of July 20



Pilates with Bob **new day**

Thursdays 9:30 am

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. For individuals who can get up and down from the floor safely. A mat is highly recommended.

Taught by Bob McDowell

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FITNESS PASS CLASSES

LET'S GET MOVING



Zumba Gold

Begins week of August 3

Thursdays 10:30 am

Turns exciting Latin & international rhythms into a fun, safe, & effective format for the active older adult. It's an easy-to-follow program that lets you move to the beat at your own pace.

Taught by Jackie Jones

Seated Strength and Balance

Begins week of July 20

Thursdays 12 noon

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

Thursdays 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. July 16: Chair Dance, July 23: Gentle, July 30: Chair.

Taught by Lisa Rados



Floor, Core and More

Begins week of July 20

Fridays 8 am

This class targets challenging areas of the body: thighs, abs and backside. Help tighten, tone and strengthen those core areas. Class predominantly done on the floor.

Taught by Michelle Rosenfeld

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FITNESS PASS CLASSES

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



Power

Fridays 10:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up along with use of hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld

Begins week of July 20

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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 GET MOVING



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



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



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

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 22)

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

LET'S COOK



Talk about Thai Cooking Demo

Monday July 13, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfcc45826570a17c01c4654211e6624fc>

Meeting Access Code: 160 612 3888

Join Cathy in her kitchen for a demonstration on this Thai staple. Pad Thai is easy and delicious.

Presented by Cathy Burkett



Basics of an Air Fryer

Monday July 20, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m88b8ec18684fa00dbf4e1f0be34d2f57>

Meeting Access Code: 160 157 9267

Do you have one? Are you thinking about one? Join Cathy for a lesson in using this popular new method for yummy foods.

Presented by Cathy Burkett



Iron Chef Cooking Duo

Wednesday July 29, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8cc8cd5d22b4f8c30c356d4c3f697e87>

Meeting Access Code: 160 512 7168

Join Cathy and Regina for our own fun adapted version of Iron Chef. We will each have the main ingredient and then it's up to us to create a dish. You will visit each of us busy at work in our own kitchens.

Presented by Cathy Burkett and Regina Jenkins

**NEED ASSISTANCE?
CALL MARYLAND ACCESS POINT 410.313.1234**

LET'S GET SOCIAL



Coffee and Conversation

Mondays with Elkridge @ 9 am
Tuesdays with East Columbia @ 9 am
Wednesdays with Glenwood @ 9 am
Thursdays with Bain @ 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.



Game Night

Thursdays July 16, 23, 30, 8 pm

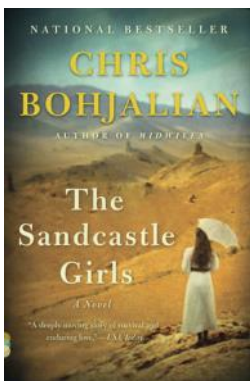
Join WebEx Meeting

<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



Book Club

Thursday August 6, 1pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc6bd645794ce752a332e44e6a595af1c>

Meeting Access Code: 160 212 3184

Join in the fun and share your love of reading with us! Enjoy lively book discussions across different genres each month. The August book title might sound like a beach read, but it promises to be much more. August 6th book is *The Sandcastle Girls* by Chris Bohjalian. September 3rd book is *The Goldfinch* by Donna Tartt.

Facilitated by Jeannie DeCray

LET'S LEARN



Clutter Chat: Mail

Tuesday July 14, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m36f56e1fc8ed91b552f132c13524cafd>

Meeting Access Code: 160 936 0924

Join Meridy for a 30-minute discussion on managing the various aspects of mail clutter. Now that it has a home, what do you do with it?

Presented by Meridy McCague



When Will We Have a Vaccine?

Tuesday July 14, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma384b3a969934fd530fbb04a7ae4b942>

Meeting Access Code: 160 377 6914

Join us as we view the video "When Will We Have a Vaccine?" By Randy Wykoff, MD, MPH & TM Dean, ETSU College of Public Health Director, Center of Rural Health Research. Following the video we will have a discussion led by Ralph Lillie a Retired Epidemiologist.

Presented by Ralph Lilly



Furniture Painting - Upholstery!

Wednesday July 15, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m857d7d44aa8da41f56ca305cc40a44a6>

Meeting Access Code: 160 816 0708

See what you can do with a little paint! See how tired dining room chairs get a face lift, an old upholstered chair turned Restoration Hardware look and see the technique in action.

Presented by Regina Jenkins

TED Talk

Thursdays July 16, 30, 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



Ask the Dietitian

Thursday July 16, 12 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md1fd968409bf7e2743a765e37ffb65b7>

Meeting Access Code: 160 504 2570

Confused about what you read or hear on TV about nutrition and your health? Log in to our monthly webinar led by our Registered Dietitian, Carmen Roberts, to have your nutrition questions answered. Carmen will help guide you through reputable resources so that you can achieve optimal nutritional health.

Presented by Carmen Roberts



Practice to the People

Thursday July 16, 7 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m05ea51a8b75db30336d1eb220b53fec8>

Meeting Access Code: 160 595 8192

Webex Practice Session - Join us for a practice session where we try to answer your questions about Webex and virtual (online) meetings. Please email Lucky your questions ***ahead of time*** so that we can have a productive session.

Lucky's email is lsohi@howardcountymd.gov

Presented by Lucky Sohi



Tech Tuesday

Tuesday July 21, 11 am

Join WebEx Meeting

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

Meeting Access Code: 160 146 4968

Learn how to protect your privacy online.

Presented by Lucky Sohi



Polymer Clay Crafting Basics

Tuesday July 21, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0c701827dec373a45091244cf5fbbc42>

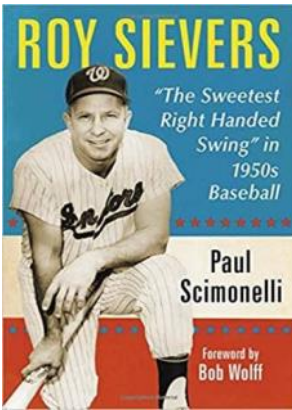
Meeting Access Code: 160 030 2820

This class will include a demonstration of basic techniques for creating beautiful beads, magnets, buttons, and zipper pulls. We will begin with the basics and progress to more advanced techniques in subsequent classes. We will discuss safety considerations, the properties of various clays, and how to condition clay.

Supply list: Materials needed are polymer clay (available at Michaels or JoAnn), craft paper, or foil, kabob sticks, rolling pin, or dedicated pasta roller, single-edged razor or other cutting tools, and jewelry findings for finishing pieces.

Presented by Rachel McCracken

LET'S LEARN



Book Talk: Roy Sievers; The Sweetest Right Handed Swing in 1950's Baseball

Wednesday July 22, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m1f4044d9c2adb6a26dafa6ac85226fa7>

Meeting Access Code: 160 604 6341

Few players in the history of baseball suffered as many professional setbacks as Roy Sievers. After an award winning rookie season in 1949, he endured a year and a half-long slump, a nearly career-ending injury and a major position change - all from 1950 through 1953. Traded in 1954, he prevailed and became one of the most feared hitters of the decade, the Washington Senators' home run leader and the biggest gate attraction since Walter Johnson. Drawing on original interviews with Sievers and teammates, this first full-length biography covers the life and career of a first baseman who overcame adversity to restore a dispirited franchise. Presented by Dr. Paul Scimonelli



DIY Fairy Garden

Wednesday July 22, 2:30 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9d8acdf3d09267e47563a51c00d83118>

Meeting Access Code: 160 217 9937

Join along as we make a Fairy Garden House for your planter or flower bed. Using a recycled plastic bottle, pebbles and some creativity this whimsical house will make an adorable addition to your space.

Presented by Regina Jenkins



Elder Safe: Mental Health & Mindfulness

Thursday July 23, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7744177a09b438f4deae50f1725a45f9>

Meeting Access Code: 160 860 1591

Learn the importance of Mental Health & Mindfulness during the COVID-19 pandemic. Discussion to include the importance of being mindful and practicing self-care. Sydney will go through different grounding exercises that can help bring down stress and include tips to manage it.

Presented by: Sydney Palinkas



Christmas in July Card Making

Friday July 24, 12:30 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf61d30a6069916b669afef2eb6e52495>

Meeting Access Code: 160 757 1304

Celebrating Christmas in July. Let's get started by making your very own Christmas cards . We will make a tri-fold card, using a decorative paper pack.

Presented by Regina Joffe



Polymer Clay Crafting Progression

Tuesday July 28, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0c701827dec373a45091244cf5fbbc42>

Meeting Access Code: 160 030 2820

This class will build on skills from the July 21 class and extend techniques to create intricate designs using cane work similar to Millefiori glass. The class will cover ways to incorporate cane work into jewelry and decorative items.

Supply list: Materials needed are polymer clay (available at Michaels or JoAnn), craft paper, or foil, kabob sticks, rolling pin, or dedicated pasta roller, single-edged razor or other cutting tools, and jewelry findings for finishing pieces.

Presented by Rachel McCracken



Hearing and Cognition Presentation

Wednesday July 29, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mea4645baa3e572bdde9bfe8a8767fb7a>

Meeting Access Code: 160 271 6127

Join audiologist Dr. Mary Carson to discuss the two-way connection between Hearing and Cognition - and how to take charge of your cognitive health through the proactive management of modifiable risk factors. In addition, Dr. Carson will also discuss how COVID-19 has uniquely impacted the hearing impaired population.

Presented by Dr. Mary Carson

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

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



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.

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).

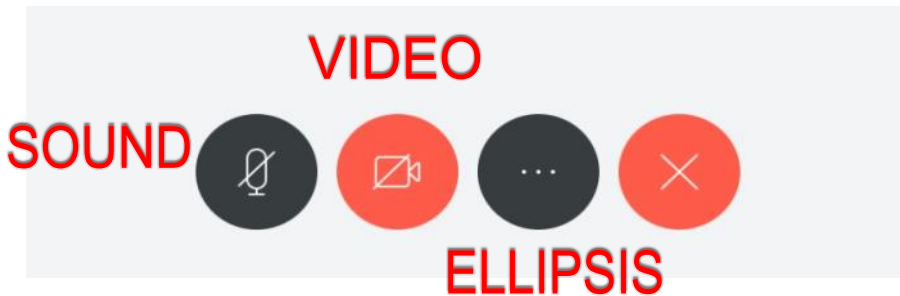


Cisco Webex

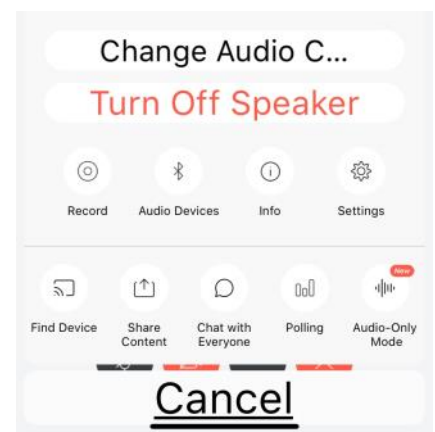
WEBEX GUIDE

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>