



HOWARD COUNTY OFFICE  
ON AGING AND INDEPENDENCE

# VIRTUAL OFFERINGS

NOVEMBER 2020

FREE PROGRAMS NEED THE PASSWORD Howard50+

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

OPPORTUNITIES TO ENGAGE FROM HOME

Welcome to the 50+ Virtual Offerings! You don't have to be a member to participate in our free classes, you don't even have to live in Howard County! Actually - we want you to share this with a friend! We have introduced a virtual fitness class pass with a modest monthly fee of \$50, which allows registrants to participate in over 20 different exercise classes offered Monday through Fridays, with **new evening offerings**. To purchase a fitness pass, you need to become a member and it's as easy as calling one of the numbers listed below. Staff can complete a registration form for you over the phone, then register you for the fitness pass or provide you direction on how to register remotely. Passes purchased after the 15th of the month have a reduced fee.

**To register for the Fitness Pass:**

On-line registration using your Active Net account:

Find the November class pass by searching: Virtual 50+ Exercise Classes/A02490.102 on the Active Net site: <https://apm.activecommunities.com/howardcounty/>

Register by telephone, Monday through Friday between 10 am and 2 pm by calling 410 - 313 -1400 or 410 - 313 - 5440 (voice/relay)

Those registering by **Friday October 30th by 2 pm** will receive the links and passwords for November, later that afternoon.

We offer a variety of classes, under Let's Cook, Let's Get Social, Let's Learn, and SeniorsTogether programs. Our Connections Corner, features weekly programs designed for individuals who may require additional support (page 14). We've added a new Veteran's program, and a Music and Memories program. Our collaboration with the Korean American Senior Association includes line dancing, a healing class, computer classes and cooking classes. See details on the Office on Aging webpage. Be part of our **Grateful Lunch Event** on Tuesday, November 17. Enjoy contactless pick up of a traditional Thanksgiving meal catered by Putting on the Ritz, and take home, warm up and tune into a virtual concert together. Meal cost is by donation for individuals over 60 and \$17 for individuals 59 and younger. Preregistration is required by November 9th by calling Maryland Access Point at 410.313.1234.

# EXPLORE YOUR OPTIONS

FITNESS - COOKING - SOCIAL ENGAGEMENT - LIFELONG LEARNING



# WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|   |  |   |  |   |
|---|--|---|--|---|
| <p><b>2</b><br/> <b>FLOOR, CORE &amp; MORE</b><br/> <b>8 AM</b> <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT ELKRIDGE</b><br/> <b>9 AM</b> <a href="#">Go to Page</a></p> <p><b>MINDFUL MONDAYS</b><br/> <b>9 AM</b> <a href="#">Go to Page</a></p> <p><b>STRENGTH TRAINING</b><br/> <b>10 AM</b> <a href="#">Go to Page</a></p> <p><b>ZUMBA GOLD</b><br/> <b>10 AM</b> <a href="#">Go to Page</a></p> <p><b>PILATES WITH BOB</b><br/> <b>11 AM</b> <a href="#">Go to Page</a></p> <p><b>SEATED STRENGTH AND BALANCE</b><br/> <b>12 PM</b> <a href="#">Go to Page</a></p> <p><b>COMPLEMENTARY AND INTEGRATIVE PRACTICES EXPLAINED</b><br/> <b>1PM</b> <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER THINK POSITIVE GROUP</b><br/> <b>1 PM</b> <a href="#">Go to Page</a></p> <p><b>BEGINNER SOUL LINE DANCE</b><br/> <b>3 PM</b> <a href="#">Go to Page</a></p> <p><b>FLASH WRITING CONTEST DEADLINE</b><br/> <b>5 PM</b></p> <p><b>CIRCUIT CONDITIONING</b><br/> <b>5:45 PM</b> <a href="#">Go to Page</a></p> | <p><b>3</b><br/> <b>POWER</b><br/> <b>8:30 AM</b> <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT EAST COLUMBIA</b><br/> <b>9 AM</b> <a href="#">Go to Page</a></p> <p><b>CARDIO &amp; CORE</b><br/> <b>9:30 AM</b> <a href="#">Go to Page</a></p> <p><b>YOGA WITH MARY</b><br/> <b>11 AM</b> <a href="#">Go to Page</a></p> <p><b>CONNECTIONS CORNER</b><br/> <b>11 AM</b> <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER LOW VISION GROUP</b><br/> <b>1 PM</b> <a href="#">Go to Page</a></p> <p><b>ATTITUDE OF GRATITUDE</b><br/> <b>1 PM</b> <a href="#">Go to Page</a></p> <p><b>INTERMEDIATE SOUL LINE DANCE</b><br/> <b>3 PM</b> <a href="#">Go to Page</a></p> | <p><b>4</b><br/> <b>KICKBOXING</b><br/> <b>8 AM</b> <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT ELLICOTT CITY</b><br/> <b>9:30 AM</b> <a href="#">Go to Page</a></p> <p><b>STRENGTH TRAINING</b><br/> <b>10 AM</b> <a href="#">Go to Page</a></p> <p><b>BMI: THE WAR YEARS</b><br/> <b>11 AM</b> <a href="#">Go to Page</a></p> <p><b>MAT PILATES</b><br/> <b>11:15 AM</b> <a href="#">Go to Page</a></p> <p><b>SIX WORDS OF GRATITUDE PROJECT</b><br/> <b>1 PM</b> <a href="#">Go to Page</a></p> <p><b>SITTERCIZE</b><br/> <b>1 PM</b> <a href="#">Go to Page</a></p> <p><b>MAP IN A NUTSHELL</b><br/> <b>3 PM</b> <a href="#">Go to Page</a></p> <p><b>FIGURE OUT YOUR PHONE</b><br/> <b>3:30 PM</b> <a href="#">Go to Page</a></p> <p><b>VETERAN'S CONNECTIONS PROGRAM</b><br/> <b>4 pm</b> <a href="#">Go to Page</a></p> <p><b>CIRCUIT CONDITIONING</b><br/> <b>5:45 PM</b> <a href="#">Go to Page</a></p> | <p><b>5</b><br/> <b>POWER</b><br/> <b>8:30 AM</b> <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT BAIN</b><br/> <b>9 AM</b> <a href="#">Go to Page</a></p> <p><b>PILATES WITH BOB</b><br/> <b>9:30 AM</b> <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER NEWS TALK</b><br/> <b>10 AM</b> <a href="#">Go to Page</a></p> <p><b>ZUMBA GOLD</b><br/> <b>10:30 AM</b> <a href="#">Go to Page</a></p> <p><b>TED TALK</b><br/> <b>11 AM</b> <a href="#">Go to Page</a></p> <p><b>SEATED STRENGTH AND BALANCE</b><br/> <b>12 PM</b> <a href="#">Go to Page</a></p> <p><b>NUTRITION EDUCATION</b><br/> <b>12 PM</b> <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER BRAIN TEASERS</b><br/> <b>12:30 PM</b> <a href="#">Go to Page</a></p> <p><b>BOOK CLUB</b><br/> <b>1 PM</b> <a href="#">Go to Page</a></p> <p><b>YOGA WITH LISA</b><br/> <b>1:30 PM</b> <a href="#">Go to Page</a></p> <p><b>GAME NIGHT</b><br/> <b>8 PM</b> <a href="#">Go to Page</a></p> | <p><b>6</b><br/> <b>FLOOR, CORE &amp; MORE</b><br/> <b>8 AM</b> <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT NORTH LAUREL</b><br/> <b>9 AM</b> <a href="#">Go to Page</a></p> <p><b>CARDIO &amp; CORE</b><br/> <b>9:30 AM</b> <a href="#">Go to Page</a></p> <p><b>POWER</b><br/> <b>10:30 AM</b> <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER OPEN MIND GROUP</b><br/> <b>10 AM</b> <a href="#">Go to Page</a></p> <p><b>STITCH &amp; GIVE</b><br/> <b>11 AM</b> <a href="#">Go to Page</a></p> <p><b>SHOULD I BUY A CHROMEBOOK</b><br/> <b>11 AM</b> <a href="#">Go to Page</a></p> <p><b>WINTER HOLIDAY CARDS</b><br/> <b>12 PM</b> <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER TRENDRS</b><br/> <b>1 PM</b> <a href="#">Go to Page</a></p> <p><b>A JOURNEY THROUGH INTERNATIONAL OPERAS</b><br/> <b>2:30 PM</b> <a href="#">Go to Page</a></p> |
|---|--|---|--|---|

|   |  |  |   |
|---|--|--|---|
|  LET'S MOVE |  LET'S GET SOCIAL |  CONNECTIONS CORNER |  MUSIC |
|  LET'S COOK |  LET'S LEARN      |  FITNESS PASS       |   |

# WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|   |  |  |   |  |
|---|--|--|---|--|
| <p><b>9</b><br/><b>FLOOR, CORE &amp; MORE</b><br/>8 AM <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT</b><br/>ELKRIDGE<br/>9 AM <a href="#">Go to Page</a></p> <p><b>MINDFUL MONDAYS</b><br/>9 AM <a href="#">Go to Page</a></p> <p><b>STRENGTH TRAINING</b><br/>10 AM <a href="#">Go to Page</a></p> <p><b>ZUMBA GOLD</b><br/>10 AM <a href="#">Go to Page</a></p> <p><b>PILATES WITH BOB</b><br/>11 AM <a href="#">Go to Page</a></p> <p><b>SEATED STRENGTH AND BALANCE</b><br/>12 PM <a href="#">Go to Page</a></p> <p><b>LIFE OF ELLICOTT CITY'S LEADING SUFFRAGIST</b><br/>1 PM <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER THINK POSITIVE GROUP</b><br/>1 PM <a href="#">Go to Page</a></p> <p><b>TASTY TIDBITS: BRIGHTEN YOUR MEALS WITH CITRUS NUTRITION EDUCATION</b><br/>2 PM <a href="#">Go to Page</a></p> <p><b>BEGINNER SOUL LINE DANCE</b><br/>3 PM <a href="#">Go to Page</a></p> <p><b>CIRCUIT CONDITIONING</b><br/>5:45 PM <a href="#">Go to Page</a></p> | <p><b>10</b><br/><b>POWER</b><br/>8:30 AM <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT</b><br/>EAST COLUMBIA<br/>9 AM <a href="#">Go to Page</a></p> <p><b>CARDIO &amp; CORE</b><br/>9:30 AM <a href="#">Go to Page</a></p> <p><b>YOGA WITH MARY</b><br/>11 AM <a href="#">Go to Page</a></p> <p><b>TECH TALK</b><br/>11 AM <a href="#">Go to Page</a></p> <p><b>CONNECTIONS CORNER</b><br/>11 AM <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER LOW VISION GROUP</b><br/>1 PM <a href="#">Go to Page</a></p> <p><b>CANCER CONVERSATION</b><br/>1 PM <a href="#">Go to Page</a></p> <p><b>VETERAN'S DAY MILITARY PROGRAM: B24 PLANES</b><br/>1 PM <a href="#">Go to Page</a></p> <p><b>TRUFFLES, TOFFEE AND TEMPERING CHOCOLATES</b><br/>2 PM <a href="#">Go to Page</a></p> <p><b>INTERMEDIATE SOUL LINE DANCE</b><br/>3 PM <a href="#">Go to Page</a></p> <p><b>ELLCOTT CITY 50+CENTER ART SHOW</b><br/>6 PM <a href="#">Go to Page</a></p> | <p><b>11</b><br/><b>VETERAN'S DAY CLOSED</b></p> | <p><b>12</b><br/><b>POWER</b><br/>8:30 AM <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT</b><br/>BAIN<br/>9 AM <a href="#">Go to Page</a></p> <p><b>PILATES WITH BOB</b><br/>9:30 AM <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER NEWS TALK</b><br/>10 AM <a href="#">Go to Page</a></p> <p><b>MUSIC AND MEMORIES</b><br/>11 AM <a href="#">Go to Page</a></p> <p><b>DAR MUSEUM</b><br/>11 AM <a href="#">Go to Page</a></p> <p><b>ZUMBA GOLD</b><br/>10:30 AM <a href="#">Go to Page</a></p> <p><b>SEATED STRENGTH AND BALANCE</b><br/>12 PM <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER BRAIN TEASERS</b><br/>12:30 PM <a href="#">Go to Page</a></p> <p><b>YOGA WITH LISA</b><br/>1:30 PM <a href="#">Go to Page</a></p> <p><b>INTRODUCTION TO THE UKULELE</b><br/>2 PM <a href="#">Go to Page</a></p> <p><b>GAME NIGHT</b><br/>8 PM <a href="#">Go to Page</a></p> | <p><b>13</b><br/><b>FLOOR, CORE &amp; MORE</b><br/>8 AM <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT</b><br/>NORTH LAUREL<br/>9 AM <a href="#">Go to Page</a></p> <p><b>CARDIO &amp; CORE</b><br/>9:30 AM <a href="#">Go to Page</a></p> <p><b>POWER</b><br/>10:30 AM <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER OPEN MIND GROUP</b><br/>10 AM <a href="#">Go to Page</a></p> <p><b>STITCH &amp; GIVE</b><br/>11 AM <a href="#">Go to Page</a></p> <p><b>PURPLE FRIDAY</b><br/>11 AM <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER TRENDERS</b><br/>1 PM <a href="#">Go to Page</a></p> <p><b>TOUR THROUGH TIME</b><br/>2 PM <a href="#">Go to Page</a></p> |
|---|--|--|---|--|

|  |  |  |   |
|--|--|--|---|
|  LET'S MOVE |  LET'S GET SOCIAL |  CONNECTIONS CORNER |  MUSIC |
|  LET'S COOK |  LET'S LEARN      |  FITNESS PASS       |   |

# WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|   |   |  |  |  |
|---|---|--|--|--|
| <p><b>16</b><br/><b>FLOOR, CORE &amp; MORE</b><br/>8 AM <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT</b><br/><b>ELKRIDGE</b><br/>9 AM <a href="#">Go to Page</a></p> <p><b>MINDFUL MONDAYS</b><br/>9 AM <a href="#">Go to Page</a></p> <p><b>STRENGTH TRAINING</b><br/>10 AM <a href="#">Go to Page</a></p> <p><b>ZUMBA GOLD</b><br/>10 AM <a href="#">Go to Page</a></p> <p><b>PILATES WITH BOB</b><br/>11 AM <a href="#">Go to Page</a></p> <p><b>SEATED STRENGTH AND BALANCE</b><br/>12 PM <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER</b><br/><b>THINK POSITIVE GROUP</b><br/>1 PM <a href="#">Go to Page</a></p> <p><b>A NOVEL IDEA:</b><br/><b>LITERATURE LOVERS</b><br/><b>WANTED</b><br/>1 PM <a href="#">Go to Page</a></p> <p><b>REPURPOSE PUMPKINS</b><br/>2 PM <a href="#">Go to Page</a></p> <p><b>BEGINNER SOUL</b><br/><b>LINE DANCE</b><br/>3 PM <a href="#">Go to Page</a></p> <p><b>CIRCUIT CONDITIONING</b><br/>5:45 PM <a href="#">Go to Page</a></p> | <p><b>17</b><br/><b>POWER</b><br/>8:30 AM <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT</b><br/><b>EAST COLUMBIA</b><br/>9 AM <a href="#">Go to Page</a></p> <p><b>CARDIO &amp; CORE</b><br/>9:30 AM <a href="#">Go to Page</a></p> <p><b>GRATEFUL LUNCH PICK</b><br/><b>UP BETWEEN</b><br/>10 - 11 AM <a href="#">Go to Page</a></p> <p><b>YOGA WITH MARY</b><br/>11 AM <a href="#">Go to Page</a></p> <p><b>CONNECTIONS CORNER</b><br/>11 AM <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER</b><br/><b>LOW VISION GROUP</b><br/>1 PM <a href="#">Go to Page</a></p> <p><b>IRIS MUSIC PROJECT</b><br/><b>CANDLELIGHT</b><br/><b>CONCERT SERIES</b><br/>1 PM <a href="#">Go to Page</a></p> <p><b>FRESH CONVERSATIONS</b><br/>2 PM <a href="#">Go to Page</a></p> <p><b>INTERMEDIATE SOUL</b><br/><b>LINE DANCE</b><br/>3 PM <a href="#">Go to Page</a></p> <p><b>TINY BOOK CLUB</b><br/>7:30 PM <a href="#">Go to Page</a></p> | <p><b>18</b><br/><b>KICKBOXING</b><br/>8 AM <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT</b><br/><b>ELLCOTT CITY</b><br/>9:30 AM <a href="#">Go to Page</a></p> <p><b>STRENGTH TRAINING</b><br/>10 AM <a href="#">Go to Page</a></p> <p><b>STORY OF A WHITE</b><br/><b>HOUSE USHER</b><br/>11 AM <a href="#">Go to Page</a></p> <p><b>MAT PILATES</b><br/>11:15 AM <a href="#">Go to Page</a></p> <p><b>ASK THE OFFICER</b><br/>12 PM <a href="#">Go to Page</a></p> <p><b>SITTERCIZE</b><br/>1 PM <a href="#">Go to Page</a></p> <p><b>DIY HOLIDAY GIFT JARS</b><br/>1 PM <a href="#">Go to Page</a></p> <p><b>NAVIGATING FAMILY</b><br/><b>DYNAMICS AS FAMILIES</b><br/><b>AGE</b><br/>2 PM <a href="#">Go to Page</a></p> <p><b>MAP IN A NUTSHELL</b><br/>3 PM <a href="#">Go to Page</a></p> <p><b>CIRCUIT CONDITIONING</b><br/>5:45 PM <a href="#">Go to Page</a></p> | <p><b>19</b><br/><b>POWER</b><br/>8:30 AM <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT</b><br/><b>BAIN</b><br/>9 AM <a href="#">Go to Page</a></p> <p><b>PILATES WITH BOB</b><br/>9:30 AM <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER</b><br/><b>NEWS TALK</b><br/>10 AM <a href="#">Go to Page</a></p> <p><b>ZUMBA GOLD</b><br/>10:30 AM <a href="#">Go to Page</a></p> <p><b>TED TALK</b><br/>11 AM <a href="#">Go to Page</a></p> <p><b>SEATED STRENGTH</b><br/><b>AND BALANCE</b><br/>12 PM <a href="#">Go to Page</a></p> <p><b>ASK THE NUTRITION</b><br/><b>SPECIALIST</b><br/>12 PM <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER</b><br/><b>BRAIN TEASERS</b><br/>12:30 PM <a href="#">Go to Page</a></p> <p><b>COOKING DEMO</b><br/><b>THANKSGIVING</b><br/><b>LEFTOVERS</b><br/><b>REWORKED</b><br/>1 PM <a href="#">Go to Page</a></p> <p><b>YOGA WITH LISA</b><br/>1:30 PM <a href="#">Go to Page</a></p> <p><b>GAME NIGHT</b><br/>8 PM <a href="#">Go to Page</a></p> | <p><b>20</b><br/><b>FLOOR, CORE &amp; MORE</b><br/>8 AM <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT</b><br/><b>NORTH LAUREL</b><br/>9 AM <a href="#">Go to Page</a></p> <p><b>CARDIO &amp; CORE</b><br/>9:30 AM <a href="#">Go to Page</a></p> <p><b>POWER</b><br/>10:30 AM <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER</b><br/><b>OPEN MIND GROUP</b><br/>10 AM <a href="#">Go to Page</a></p> <p><b>STITCH &amp; GIVE</b><br/>11 AM <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER</b><br/><b>TRENDERS</b><br/>1 PM <a href="#">Go to Page</a></p> <p><b>VISIONARY ART</b><br/><b>MUSEUM MOSAIC</b><br/><b>PROJECT INTRO</b><br/>2 PM <a href="#">Go to Page</a></p> <p><b>NAME THAT TUNE</b><br/>3 PM</p> |
|---|---|--|--|--|

# WEEK AT A GLANCE

MONDAY      TUESDAY      WEDNESDAY      THUR—FRI      MONDAY

|  |  |   |  |   |
|--|--|---|--|---|
| <p><b>23</b><br/><b>FLOOR, CORE &amp; MORE</b><br/>8 AM    <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT</b><br/><b>ELKRIDGE</b><br/>9 AM    <a href="#">Go to Page</a></p> <p><b>MINDFUL MONDAYS</b><br/>9 AM    <a href="#">Go to Page</a></p> <p><b>STRENGTH TRAINING</b><br/>10 AM    <a href="#">Go to Page</a></p> <p><b>ZUMBA GOLD</b><br/>10 AM    <a href="#">Go to Page</a></p> <p><b>PILATES WITH BOB</b><br/>11 AM    <a href="#">Go to Page</a></p> <p><b>SEATED STRENGTH AND BALANCE</b><br/>12 PM    <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER THINK POSITIVE GROUP</b><br/>1 PM    <a href="#">Go to Page</a></p> <p><b>ASSISTIVE DEVICES IN THE CAR AND FOR THE HOME</b><br/>2 PM    <a href="#">Go to Page</a></p> <p><b>BEGINNER SOUL LINE DANCE</b><br/>3 PM    <a href="#">Go to Page</a></p> <p><b>CIRCUIT CONDITIONING</b><br/>5:45 PM    <a href="#">Go to Page</a></p> | <p><b>24</b><br/><b>POWER</b><br/>8:30 AM    <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT</b><br/><b>EAST COLUMBIA</b><br/>9 AM    <a href="#">Go to Page</a></p> <p><b>CARDIO &amp; CORE</b><br/>9:30 AM    <a href="#">Go to Page</a></p> <p><b>YOGA WITH MARY</b><br/>11 AM    <a href="#">Go to Page</a></p> <p><b>CONNECTIONS CORNER</b><br/>11 AM    <a href="#">Go to Page</a></p> <p><b>TECH TALK</b><br/>11 AM    <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER LOW VISION GROUP</b><br/>1 PM    <a href="#">Go to Page</a></p> <p><b>CLUTTER CHAT: SENTIMENTAL THINGS</b><br/>2 PM    <a href="#">Go to Page</a></p> <p><b>INTERMEDIATE SOUL LINE DANCE</b><br/>3 PM    <a href="#">Go to Page</a></p> | <p><b>25</b><br/><b>KICKBOXING</b><br/>8 AM    <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT</b><br/><b>ELLCIOTT CITY</b><br/>9:30 AM    <a href="#">Go to Page</a></p> <p><b>STRENGTH TRAINING</b><br/>10 AM    <a href="#">Go to Page</a></p> <p><b>MAT PILATES</b><br/>11:15 AM    <a href="#">Go to Page</a></p> <p><b>SITTECIZE</b><br/>1 PM    <a href="#">Go to Page</a></p> <p><b>CIRCUIT CONDITIONING</b><br/>5:45 PM    <a href="#">Go to Page</a></p> | <p><b>26—27</b><br/><b>THANKSGIVING HOLIDAY CLOSED</b></p> <div data-bbox="992 499 1235 695" style="text-align: center;"> </div> | <p><b>30</b><br/><b>FLOOR, CORE &amp; MORE</b><br/>8 AM    <a href="#">Go to Page</a></p> <p><b>COFFEE &amp; CHAT</b><br/><b>ELKRIDGE</b><br/>9 AM    <a href="#">Go to Page</a></p> <p><b>MINDFUL MONDAYS</b><br/>9 AM    <a href="#">Go to Page</a></p> <p><b>STRENGTH TRAINING</b><br/>10 AM    <a href="#">Go to Page</a></p> <p><b>ZUMBA GOLD</b><br/>10 AM    <a href="#">Go to Page</a></p> <p><b>PILATES WITH BOB</b><br/>11 AM    <a href="#">Go to Page</a></p> <p><b>SEATED STRENGTH AND BALANCE</b><br/>12 PM    <a href="#">Go to Page</a></p> <p><b>SENIORS TOGETHER THINK POSITIVE GROUP</b><br/>1 PM    <a href="#">Go to Page</a></p> <p><b>BEGINNER SOUL LINE DANCE</b><br/>3 PM    <a href="#">Go to Page</a></p> <p><b>CIRCUIT CONDITIONING</b><br/>5:45 PM    <a href="#">Go to Page</a></p> |
|--|--|---|--|---|

|  |  |  |   |
|--|--|--|---|
| <span style="display: inline-block; width: 15px; height: 15px; background-color: black; margin-right: 5px;"></span> LET'S MOVE   | <span style="display: inline-block; width: 15px; height: 15px; background-color: #1a3d54; margin-right: 5px;"></span> LET'S GET SOCIAL | <span style="display: inline-block; width: 15px; height: 15px; background-color: #f4a460; margin-right: 5px;"></span> CONNECTIONS CORNER | <span style="display: inline-block; width: 15px; height: 15px; background-color: #808080; margin-right: 5px;"></span> MUSIC |
| <span style="display: inline-block; width: 15px; height: 15px; background-color: #800080; margin-right: 5px;"></span> LET'S COOK | <span style="display: inline-block; width: 15px; height: 15px; background-color: #70ad47; margin-right: 5px;"></span> LET'S LEARN      | <span style="display: inline-block; width: 15px; height: 15px; background-color: #f4a460; margin-right: 5px;"></span> FITNESS PASS       |   |

## \$ FITNESS PASS CLASSES



### **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**



### **Mindful Mondays**

**Mondays 9 am**

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 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**

### **Pilates with Bob**

**Mondays 11 am**

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 those who can get up and down from the floor safely. A Yoga or Pilates mat is recommended.

**Taught by Bob McDowell**

### **Seated Strength and Balance**

**Mondays 12 noon**

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

**Taught by Michelle Rosenfeld**

### **Circuit Conditioning**

**Mondays 5:45 pm**

This class combines the best of both worlds: strength and cardio. Raise your heart rate during cardio so your muscles can receive the most benefit when followed by strength training routines. Strength exercises will help to increase lean muscle mass, while cardio helps improve cardiovascular function. Have dumbbells or household equivalent available for strength training. Modifications available for all exercises.

**Taught by Michelle Rosenfeld**

**TO RECEIVE LINKS  
FOR THESE  
PAID CLASSES,  
ENROLL BY CALLING  
410.313.1400 OR  
410.313.5440**

# \$ FITNESS PASS CLASSES



## **Power**

**Tuesdays 8:30 am**

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

**Taught by Michelle Rosenfeld**



## **Cardio and Core Class**

**Tuesdays 9:30 am**

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

**Taught by Pam Beck**



## **Yoga with Mary**

**Tuesdays 11 am**

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**

## **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 increases strength and cardio-vascular fitness. Class done at low-impact level.

**Taught by Michelle Rosenfeld**

## **Mat Pilates**

**Wednesdays 11:15 am**

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 those who can get up and down from the floor safely. Yoga or Pilates mat highly recommended.

**Taught by Maggie Lockhart**

## **Circuit Conditioning**

**Wednesdays 5:45 pm**

This class combines the best of both worlds: strength and cardio. Raise your heart rate during cardio so your muscles can receive the most benefit when followed by strength training routines. Strength exercises will help to increase lean muscle mass, while cardio helps improve cardiovascular function. Have dumbbells or household equivalent available for strength training.

Modifications available for all exercises.

**Taught by Michelle Rosenfeld**

**TO RECEIVE LINKS  
FOR THESE  
PAID CLASSES,  
ENROLL BY CALLING  
410.313.1400 OR  
410.313.5440**

# \$ FITNESS PASS CLASSES



## **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 and utilizes hand weights to improve your body composition & increase lean muscle mass.

**Taught by Michelle Rosenfeld**



## **Pilates with Bob**

**Thursdays 9:30 am**

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**



## **Zumba Gold**

**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**

**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**

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**

**TO RECEIVE LINKS  
FOR THESE PAID CLASSES,  
ENROLL BY CALLING  
410.313.1400 OR  
410.313.5440**

## \$ FITNESS PASS CLASSES



### Floor, Core and More

**Fridays 8 am**

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

**Taught by Michelle Rosenfeld**



### Cardio and Core Class

**Fridays 9:30 am**

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 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 and utilizes hand held weights to improve your body composition & increase lean muscle mass.

**Taught by Michelle Rosenfeld**

**TO RECEIVE LINKS  
FOR THESE PAID CLASSES,  
ENROLL BY CALLING  
410.313.1400 OR  
410.313.5440**

## 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.



## Strength Training

**Mondays 10 - 10:30 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m886577511ec322f3bf9ae50bacfcc9e1>

Meeting Access Code: 172 775 1761

A workout that uses body weight and light hand 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=m15432f734c26c895dc0a0acd9a4d01e0>

Meeting Access Code: 172 063 6640

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 Jessie Barnes**



## Intermediate Soul Line Dance

**Tuesdays 3 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc00dfb823d513cf498c343c1b1ec1eac>

Meeting access Code: 172 120 0371

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=m05bb818e63dbd8b9cd5020335714c5bd>

Meeting Access Code: 172 078 8693

A 45-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**

## Strength Training

**Wednesdays 10 - 10:30 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m886577511ec322f3bf9ae50bacfcc9e1>

Meeting Access Code: 172 775 1761

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

**Taught by Leah Daniels**

# LET'S COOK



## Truffles, Toffee and Tempering Chocolate

**Tuesday, November 10, 2 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m21766d1b7d34c3388fa39316396891f2>

Meeting Access Code: 172 398 8463 / Call in Option: 1 650 - 479 – 3207

Learn to make delicious confections worthy of gift-giving from your own kitchen. Chocolate treats are always welcome, but many people are afraid to make these confections. Watch how simple it is to make rich, decadent truffles and golden, buttery, almond topped toffee. Great as gifts - if they last long enough to get out of the house!

**Presented by Rachel McCracken**



## Thanksgiving Leftovers Reworked

**Thursday, November 19, 1 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf1ad6bff49cc623a077a66760e4486c3>

Meeting Access Code: 172 535 1980 / Call in Option: 1 650 - 479 – 3207

Tired of turkey sandwiches day after day? Join Cathy and learn before Thanksgiving about new and creative ways to use the traditional foods we have from this special day.

**Presented by Cathy Burkett**

# LET'S GET SOCIAL

## Sit, Stitch & Give

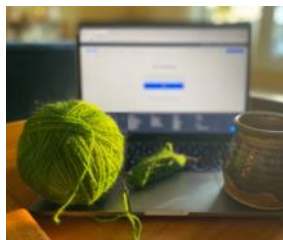
**Fridays, 11 am**

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.



## The Tiny Book Club

**Second Tuesday of each month, November 17, 7:30 pm**

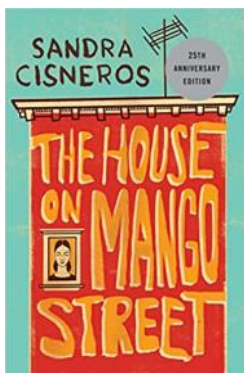
Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0c5dc6c04bd640c8a983b7448994e9ce>

Meeting Access Code: 160 644 6740 / Call in Option 1-650-479-3207

Have you wanted to join a book club, but don't want to read a ton then this is the club for you! We'll focus on both fiction and non-fiction books, that are only about 150 pages long. November selection is House on Mango Street by Sandra Cisneros. January book is The Uncommon Reader by Alan Bennett . No meeting in December.

**Facilitated by Lucky Sohi and Jodi Bargamian**





## Coffee and Conversation

**Mondays with Elkridge @ 9 am**

**Tuesdays with East Columbia @ 9 am**

**Wednesdays with Ellicott City @ 9:30 am**

**Thursdays with Bain @ 9 am**

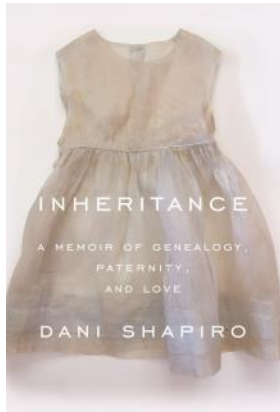
**Fridays with North Laurel @ 9 am**

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

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

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

Grab a cup of coffee or tea and join staff from various 50+Centers for conversation and connection. Select the day/center you wish. Stay up to date on what is happening virtually and share your thoughts and ideas on upcoming programs.



## Book Club

**Thursday, November 5, 1 pm**

Join WebEx Meeting

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

Meeting Access Code: 160 212 3184 / Call in Option: 1 650 - 479 – 3207

Lose yourself in another world and then share your experience with us. Enjoy an hour of conversation and connection over a good book. November 5th we will discuss *Inheritance* by Dani Shapiro, January book is *Ask Again, Yes* by Mary Beth Keane.

**Facilitated by Jeannie DeCray**



## Game Night

**Thursdays, November 5, 12, 19, 8 pm**

Join WebEx Meeting

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

Meeting Access Code: 160 515 5027 / Call in Option: 1 650 - 479 – 3207

Grab a pen and paper, and join us for a fun night of virtual games. Join us on November 19th for a fun game of Pictionary led by our inter-generational volunteer.

**Presented by Lucky Sohi, Regina Joffe**



## Connections Corner

**Tuesdays, 11 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3dc0e7020ba11ce230e68b84a9639e1a>

Meeting Access Code: 160 616 7573 / Call in Option: 1 650 - 479 - 3207

Join the Social Day Program Staff for a fun and engaging, 45-minute, virtual program. While open to all, it is designed for persons who may need additional support due to cognitive or physical impairments. This weekly program will consist of trivia games, exercise, music, bingo, and more, designed specifically for this population. The program will be offered in an engaging and supportive environment, so the participants feel comfortable and successful. Depending on the individual's abilities, a caregiver may need to be available to provide computer assistance. Questions? Contact 410-313-5442 (voice/relay).

**New:**

## Connections Music and Memories

Thursday, November 12, 11 am

Details on page 19

## Connections Veteran's Program

Wednesday, November 4, 4 pm

Details on page 16

**PASSWORD: Howard50+**

**WOULD YOU LIKE TO RECEIVE OUR VIRTUAL NEWSLETTER  
EACH MONTH? CLICK LINK BELOW TO SIGN UP.**

[https://visitor.r20.constantcontact.com/manage/optin?v=001\\_BS31v9uBHpl2tMLUbdwGVlv7eYKcnSrl04XkPw6FipDpjD1ypeclR3ULydzUv94jSMSkmjNl2P-2H7jaBbgRr\\_ppPVM-pPinwMkoITwZ0%3D](https://visitor.r20.constantcontact.com/manage/optin?v=001_BS31v9uBHpl2tMLUbdwGVlv7eYKcnSrl04XkPw6FipDpjD1ypeclR3ULydzUv94jSMSkmjNl2P-2H7jaBbgRr_ppPVM-pPinwMkoITwZ0%3D)



## Complementary Health Practices Explained

Monday, November 2, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mde551132e577df263cde8c82c51bad9e>

Meeting Access Code: 172 920 7087 / Call in Option: 1 650 - 479 – 3207

Curious about complementary health practices? Join Carla Johnston for an introduction to acupuncture, nutrition, yoga therapy, herbal and naturopathic medicine. Learn how these types of practices may support your health goals, whether you have a chronic illness or just looking to enhance your well-being.

**Presented by Carla Johnston, DCN; MA; MS; CNS; LDN**



## Attitude of Gratitude

Tuesday, November 3, 1pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m709b6febbfbc7a375df2f32f1c27e0f>

Meeting Access Code: 172 541 8731 / Call in Option: 1 650 - 479 – 3207

Explore gratitude, what it is and how it benefits our well-being. Hear the science behind the benefits of expressing gratitude and then try some simple gratitude practices that you can do on you own.

**Presented by Jeannie DeCray, MA**



## BMI: The War Years: A City and its Citizens on the Homefront

Wednesday November 4, 11am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me36607c5cc9fa5f3942319aa6ae5dc84>

Meeting Access Code: 172 373 4571 / Call in Option: 1 650 - 479 – 3207

During WWII just three manufacturing forces: steel, ships and aircraft, employed over 100,000 people, won countless production awards and shifted forever the opinions of who could be employed to do jobs. Every citizen felt the need to make as great a contribution as his or her abilities made possible.

**Presented by Jack Burket and Mike Kuethe**



## Six Words of Gratitude

Wednesday, November 4, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m82532fa486a22dc6aeddac8ba7fbd209>

Meeting Access Code: 172 393 3257 / Call in Option: 1 650 - 479 – 3207

In a year of extraordinary living, has gratitude eluded us or held us together? In this season of Thanksgiving, we'll take Larry Smith's concept from the Six Words Memoirs project to express gratitude in just six words. Join the Office on Aging and Independence for a look at gratitude in a pandemic and how we can use just six words for a seasonal expression. Words from this workshop will be shared on November 17th during the Grateful Lunch Event prior to the Candlelight Concert Society presentation.

**Presented by Karen Hull**



## MAP In a Nutshell

MAP In a Nutshell is a weekly series offered by Maryland Access Point of Howard County that will highlight programs and services to assist with aging needs. Each "nut" will provide a brief 30-minute summary on aging issue or resource.

**Wednesday, November 4, 3 pm**

### 10 Things You Should Know About Aging

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc013c3c9a577a2e1a2d827b9a855a031>

Meeting Access Code: 172 345 6208 / Call in option: 1 650 - 479 – 3207

November is long-term care awareness month.

**Presented by Emily Leclercq**



## Figure Out Your Phone

**Wednesday, November 4, 3:30 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8a75e356720f7fc648c1123123ffdb09>

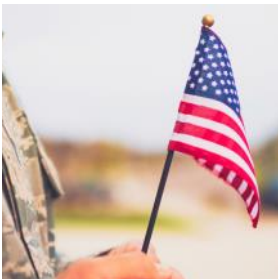
Meeting Access Code: 172 687 3132 / Call in Option: 1 650 - 479 – 3207

Join students and learn one on one how to figure out your iPhone or android.

Learn what your phone can do and how to do it. These students have a volunteer organization dedicated to assisting older adults with technology.

Tune in and get the help you need and want!

**Presented by Ramsey Sheibani, Robert Finegar and Keon Parsa**



## The Veterans Connections Program

**Wednesday November 4, 4 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mbad153e10f73054846697222076d04f2>

Meeting Access Code: 172 619 7835 / Call in Option: 1 650 - 479 – 3207

Join the other 50+ Veterans virtually for a fun and engaging program. This monthly program will consist of conversations, county resources, art, trivia, games and other interesting activities designed specifically for Veterans. The program will be offered in an engaging and supportive environment.

Contact 410-313-1425 (voice/relay). Meets the first Wednesday of every month.



## TED Talk

**Thursdays, November 5, 19, 11 am**

Join WebEx Meeting

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

Meeting Access Code: 160 086 0373 / Call in Option: 1 650 - 479 – 3207

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

**Facilitated by Lucky Sohi**



## **Nutrition Education with Carmen Roberts, R.D.**

**Thursday, November 5, 12 noon**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me689a81c89dbc83761c4d7e0d45fc1bc>

Meeting Access Code 172 047 6794 / Call in Option: 1 650 - 479 – 3207

Navigating both grocery shopping and cooking can be overwhelming when you or a loved one is living with diabetes. Join Registered Dietitian Carmen Roberts in this interactive seminar on how to simplify meal planning while also controlling your blood sugar.

**Presenter: Carmen Roberts, R.D.**



## **Should I Purchase a Chromebook?**

**Friday, November 6, 11am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf48e32ce364f533627974bdf50362f8>

Meeting Access Code: 172 728 4577 / Call in Option: 1 650 - 479 – 3207

Chromebooks are becoming very popular. Join us to learn more about this tech device option. What are some of the special features of a Chromebook? What apps can be used? How much does it cost? Is it right for you?

**Presented by Walter Seymour**



## **Winter Holiday Cards**

**Friday, November 6, 12 pm**

Join WebEx Meeting:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me96886a6feb9c7e02141dd0779c976d7>

Meeting Access Code: 172 994 6874 / Call in Option: 1 650 - 479 – 3207

Join Regina Joffe on a continuing journey to use basic everyday items to make greeting cards for all occasions. This month we will focus on the winter holidays. Please turn in to see if a shaker card (all the rage these days) can be made without any special tools!

**Presented by Regina Joffe**



## **A Journey Through International Operas**

**Friday, November 6, 2:30pm**

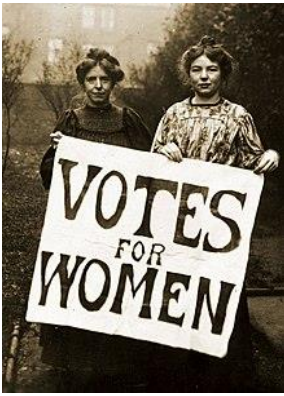
Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m251fa058b428455638749fabaa70d3eb>

Meeting Access Code: 172 281 8111 / Call in Option: 1 650 - 479 – 3207

Join us as we take a brief opera tour through Europe. Sample iconic operas from Italy, France, Germany, Russia and the Czech Republic. Treat yourself to musical inspiration and enjoy discussion of this beautiful art form.

**Presented by Sam Stern**



## Howard County Historical Society

Presents the history of local suffragette Laura Byrne

**Monday, November 9, 1pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me1f4006074eaa449d416e49be259256e>

Meeting Access Code: 172 156 6868 / Call in Option: 1 650 - 479 – 3207

Howard County Historical Society Deputy Director, Paulette Lutz will explore the life of Laura Byrnes, one of Howard Counties first suffragettes. As the President of the Howard County Just Government League, Laura Byrne worked tirelessly to inform and educate all women of Howard County regardless of race, religion, or political persuasion.

**Presented by Paulette Lutz**



## Tasty Tidbits: Brighten Up your Meals with Citrus

**Monday, November 9, 2 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m843bdb96869d812ca01e6dbc5518ae3b>

Meeting Access Code: 172 178 3437 / Call in Option: 1 650 - 479 – 3207

Citrus fruits not only have plenty of health benefits, but they're delicious too! And as we head towards winter, they just get juicier and sweeter! This month's Tasty Tidbits presentation demonstrates how to use citrus in every stage of cooking to brighten up your meals.

**Presented by Brandy Leno**



## Tech Tuesday

**Tuesday, November 10, 11 am**

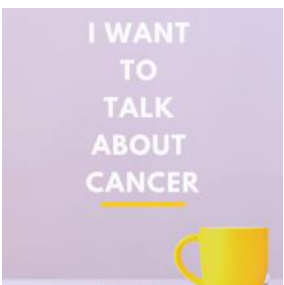
Join WebEx Meeting

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

Meeting Access Code: 160 146 4968 / Call in Option: 1 650 - 479 – 3207

Selfie Seminar. Don't you love seeing a good picture of yourself? We all do! Let's talk about tips and tricks on how to look your best in pictures.

**Presented by Lucky Sohi**



## Cancer Conversation

**Tuesday, November 10, 1 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2c802cf9d1ea590f0dc7f8a722cbe863>

Meeting Access Code: 172 177 2963 / Call in Option: 1 650 - 479 – 3207

Cancer not only effects the person diagnosed, but also, the people who surround her/him. It can have communicative, emotional, and physical impacts on individuals and those closest to them. Join us for an informational session including nutrition, exercise, and resources available to support individuals & their loved ones along their journey. This is a monthly series.

**Presented by Michelle Rosenfeld, guest speaker Carmen Roberts, R.D**



## Veterans Day Presentation: The B-24 Liberator

**Tuesday, November 10, 1 PM**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me974204fa53efdac70c8a49bcf86321c>

Meeting Access Code: 172 020 9438 / Call in Option: 1 650 - 479 – 3207

The Consolidated B-24 Liberator, an American World War II heavy bomber, may not be as familiar as the Boeing B-17 Flying Fortress, but it played a significant role in both the US Army Air Forces and Britain's Royal Air Force. In this talk, you will learn about the Liberator's unique design, and how they served in multiple roles in the Allied air war against the Axis powers.

**Presented by Phil Lord**



## Virtual Art Show

**Tuesday, November 10, 6 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m207ae0fa37f7a83ff28e68fa2e548d0b>

Meeting Access Code: 172 546 3642

Art has the power to transform, to illuminate, to educate, inspire and motivate. This show allows you to explore the works of a talented group of local artists who are a part of the 50+ Center community. Learn about each contributor and get a glimpse of the insight behind several of their creations. Enjoy an evening of the arts!

**Presented by Cindy Saathoff and Vicki Stahly**



## DAR Museum: American Women's Fashions 1760 - 1920

**Thursday, November 12, 11 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md3a0b7c2640ec246aef90a1b54ebf7a1>

Meeting Access Code: 172 732 1968 / Call in Option: 1 650 - 479 – 3207

Join Ann Corbett Docent for the Daughters of the American Revolution museum in Washington, DC for a presentation on American Women's Fashions from 1760 to the 1920s. Trace the history of American women's fashion through some highlights of the DAR Museum's collection. Pictures courtesy of DAR museum.

**Presented by Ann Corbett**



## Music and Memories

**Thursday, November 12, 11am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfe6237aa2f73bc3b19dca4aea62de0ee>

Meeting Access Code: 172 621 2516 / Call in Option: 1 650 - 479 – 3207

Listening to music can benefit your overall well-being, help regulate emotions, and create happiness and relaxation in everyday life. Join us for a fun and engaging live music program featuring a different local artist each month.



## Highlights of the Ukulele

**Thursday, November 12, 2pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8c145123727910f65cb484d3058b2973>

Meeting Access Code: 172 306 3457 / Call in Option: 1 650 - 479 – 3207

Learn about the ukulele and its journey to popularity throughout the years. Hear traditional Hawaiian melodies and Great American Songbook tunes performed.

**Presented by Ray Forton**



## Purple Friday

**Friday, November 13, 11 am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb46ce627b21eb361022421a21795b9ab>

Meeting Access Code: 172 421 9488 / Call in Option: 1 650 - 479 – 3207

Join us for a virtual version of Purple Friday to support our Baltimore Ravens!

Wear your purple and get set for some fun! Enjoy Raven's trivia, Raven's historic highlight reels, and general talk about the Ravens we love before they take on the Patriots. This is an event you won't want to miss! Hear the CAW!

**Presented by Nicholas Keplinger and Ro Hayes**



## A Tour Through Time

**Friday, November 13, 2 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7f847ee9c1e39d07fdb45886cbb15ae0>

Meeting Access Code: 172 211 2611 / Call in Option: 1 650 - 479 – 3207

Join the National Park Service for a tour of artifacts in their care at the Midwest Archeological Center. See things that aren't always visible to the public.

**Presented by National Park Service staff**



## A Novel Idea: Literature Lovers Wanted

**Monday, November 16, 1 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m59e411039d1c1bb1d6f4873440749335>

Meeting Access Code: 172 471 7470 / Call in Option: 1 650 - 479 – 3207

Come celebrate National Novel Writing Month with Jill and local author Eric D. Goodman. Jill and participants ponder the question, "What is the great American novel?" and test their novel knowledge with some fun trivia. Eric, author of several novels, will talk about his latest book and share some of his writing wisdom. Listen to readings from the winning entries from the 50+ Flash Fiction Contest.

**Presented by Jill Rose and Eric Goodman**



## Repurpose Pumpkins

**Monday, November 16, 2 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mcbede6aa60e6901e8bd6df626de293a2>

Meeting Access Code: 172 079 2912 / Call in Option: 1 650 - 479 – 3207

Join Joyce as she shows you how to take Halloween pumpkins and repurpose them for your Thanksgiving décor.

**Presented by Joyce Nagel**



## Iris Music Project: Chamber Music in Unexpected Places

**Tuesday, November 17, 1 pm**

Join WebEx Meeting

<http://howardcountymd.webex.com/howardcountymd/j.php?MTID=m970f88c222bc3f039bbb390b6b5fef00>

Meeting Access Code: 172 148 7874 / Call in Option: 1 650 - 479 – 3207

Iris Music Project Fall Series at the Howard County 50 + Centers! **Sponsored by Candlelight Concert Society**, please join us for the second of a three part, digital series featuring the musicians of the Iris Music Project. Iris Music Project is a Maryland based professional chamber ensemble and non-profit dedicated to reimagining residential and healthcare communities as spaces of creativity, music and dialogue ([www.irismusicproject.com](http://www.irismusicproject.com)).

### **November 17, 1:00 pm: Lecture/Demonstration**

#### **The life and music of Antonin Dvorak**

Dive into the life and music of Czech composer, Antonin Dvorak with Iris Music Project! This program will feature excerpts from his works, including his Piano Trio No. 4 in E minor (Dumky).

### **December 15, 1:00 pm: Concert Event with Iris Music Project**

Iris Music Project performs classical and popular music, including a full performance of Dvorak's Piano Trio No. 4 in E minor, nicknamed the Dumky Trio. Link will be in December newsletter.



#### **Our Mission**

**Iris Music Project, a 501(c)(3) non-profit, reimagines residential and healthcare communities as spaces of creative exchange. Through collaboratively designed programming, Iris Music Project provides opportunities for connection and purpose for residents, caregivers, and musicians.**



**FRESH**  
CONVERSATIONS



**ASK AN**  
  
**OFFICER**



## **Fresh Conversations: Heart Healthy Fat Facts**

**Tuesday, November 17, 2PM**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma713aa29c4e44633c98cda0491809b88>

Meeting Access Code: 172 981 0453 / Call in Option: 1 650 - 479 - 3207

Why are some fats considered “good” and others “bad”? Join Karen Basinger, from the UMD Extension Program, to learn more about the effect different fats have on your heart and your health.

**Presented by Karen Basinger, MS, LDN, CFCS**

## **"White House Usher: Stories from the Inside"**

**Wednesday November 18, 11am**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma5a3635f12a7b86ac97df2549d6f478a>

Meeting Access Code: 172 329 8795 / Call in Option: 1 650 - 479 - 3207

From January 1986 until March 1994, Chris Emery was part of one of the most unique positions in the U.S. government—an usher in the White House. The Ushers Office manages the White House Executive Residence where the nation's first family lives. Emery was only the 18th White House usher since 1891, and he had the honor and privilege to serve presidential families for three years during the Reagan administration, four years for President H. W. Bush, and 14 months under President Clinton. Emery's stories recreate intimate White House happenings from an insider's perspective. The audience will learn what it is like inside the White House having daily interaction with the President and First Lady.

**Presented by Chris Emery**

## **Ask the Officer**

**Wednesday, November 18, 12 noon**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m74776ecb8fef9e5b2ce7c1243d3a2fb4>

Meeting Access Code: 172 105 0261 / Call in Option: 1 650 - 479 - 3207

Howard County police officer William Kreitzer will discuss current safety tips, scams and fraud prevention. Join us with your questions and concerns.

**Presented by Officer William Kreitzer**

## **Mason Jar Gifts**

**Wednesday, November 18, 1pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mcbba8ad86820889a88931fc443fa20e9>

Meeting Access Code: 172 902 3106 / Call in Option: 1 650 - 479 - 3207

Mason jars aren't just for canning anymore! Jill will show you some great ways to fill these classic kitchen essentials with homemade mixtures, from soup recipes to body scrubs. A fun, easy way to bring some DIY to your holiday gift giving.

**Presented by Jill Rose**



## **Navigating Family Dynamics as Families Age**

**Wednesday, November 18, 2 pm**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m100e4606f9c382991ac86dc18e0bf1d1>

Meeting Access Code: 172 022 0603 / Call in Option: 1 650 - 479 – 3207

Pull back the curtain on conflict that arises as families encounter changing roles and needs associated with aging. Loss of independence, increased safety concerns, changes to physical, mental and cognitive health are often difficult topics for families to address. Gain insights and tips to navigate vital, yet often challenging conversations among loved ones.

**Presented by Barb Soscia, Director of MCRC, Howard County's Mediation & Conflict Resolution Center**

## **MAP In a Nutshell**

MAP In a Nutshell is a weekly series offered by Maryland Access Point of Howard County that will highlight programs and services to assist with aging needs. Each "nut" will provide a brief 30-minute summary on a community resource or aging issues.

**Wednesday, November 18, 3 pm**

**10 Conversations to Plan for Aging**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m4b85ff9b6955ad7409c37ca8bb1a3452>

Meeting Access Code: 172 988 5830 / Call in Option: 1 650 - 479 – 3207

Join Emily as she continues this month's focus on long-term care issues. Learn 10 key areas for conversations that can help you begin planning for the future as you age.

**Presented by Emily Leclercq**

## **Ask the Dietitian & More: Low Carb Cooking Techniques**

**Thursday, November 19, 12 noon**

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2629054a9eb5f6887bf6ef0c0523e8d5>

Meeting Access Code: 172 723 7680 / Call in Option: 1 650 - 479 – 3207

Confused about what you read or hear on TV about nutrition and your health? Log in to this monthly webinar lead by Registered Dietitian, Carmen Roberts, and nutrition specialist, Ann Moise as they cover the topic of low carb cooking techniques for diabetes prevention. Come ready with your questions. The ladies will be happy to address all your nutrition and cooking concerns.

**Presented by Carmen Roberts, R.D. and nutrition specialist  
Ann-Margaret Moise**



## American Visionary Art Museum Mosaic Project

Friday, November 20, 2 pm

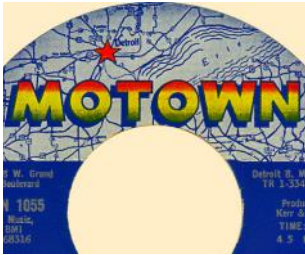
Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5d79c5858fadba9f5403de60ba21a31>

Meeting Access Code: 172 023 2118 / Call in Option: 1 650 - 479 – 3207

Learn basic techniques of mosaic making and create a piece plus a larger piece to be included as an element in a large scale installation. Dates are December 4, 11, 18 at 10 am. Must preregister. Details covered in this introductory session.

**Presented by Joe Wall and Beka Plum**



## Name that Tune: Motown

Friday, November 20, 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m55bd78308e0e014cfad7f60a361006ec>

Meeting Access Code: 172 737 2401 / Call in Option: 1 650 - 479 – 3207

The Music of Motown. Test your musical knowledge playing this guessing game while learning a little history about the song.

**Presented by Ellen Brown**



## Assistive Devices in the Car and for the Home

Monday, November 23, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m34fc1ac9f352f82cf8c0f1dc7aba3a2c>

Meeting Access Code: 172 579 8113 / Call in Option: 1 650 - 479 – 3207

Do you have trouble getting in and out of the car or putting on your seat belt? Join Andrea Bryant, COTA/L, for another informative Assistive Technology program. In this program, Andrea will demonstrate assistive devices and accessories for the car and some not-so-thought-about assistive devices for around the house.

**Presented by Andrea Bryant**



## Clutter Chat: Sentimental Things

Tuesday, November 24, 2pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb1cbc34784cec1999a007624202fb170>

Meeting Access Code: 172 683 2205 / Call in Option: 1 650 - 479 – 3207

Let's talk about how to manage those sentimental objects such as gifts, inherited items and mementos. Don't let them weigh you down.

**Presented by Meridy McCague**

**PASSWORD: Howard50+**



# NEW! VIRTUAL GROUP SCHEDULE

Weekly sessions, unless otherwise noted.

**The SeniorsTogether groups below will meet VIRTUALLY until further notice.**

The 50+ Center name designated next to each time slot is a **reference point only** to the original meeting place. Participation is free and all groups are facilitated by older adult peers.

## MONDAYS

### THINK POSITIVE GROUP

**1:00 to 2:00 p.m.** (Met at Elkridge 50+ Center)

Learn and discuss ways to make positive thinking a daily practice and support each other on the journey.

### CAREGIVER SUPPORT GROUP

**7:00 to 8:30 p.m.** (Met at East Columbia 50+)

(3<sup>rd</sup> Monday of the month)

For adult caregivers caring for another adult. Focuses on practical needs, resources, social networking, emotional support and downtime.

## TUESDAYS

### LOW VISION SUPPORT GROUP

**1:00 to 2:15 p.m. (Conference Call Only)**

Ongoing support for those with low vision; explore options, share ideas and learn new ways to maintain independence.

## THURSDAYS

### NEWSTALK

**10:00 to 11:30 a.m.** (Met at North Laurel 50+)

Lively discussion group focusing on current news locally, nationally and globally.

### BRAINTEASERS

**12:30 to 1:30 p.m.** (Met at Bain 50+)

Challenge your mind, strengthen memory using games, puzzles and other activities.

## FRIDAYS

### OPEN MIND GROUP

**10:00 a.m. to noon** (Met at Elkridge 50+)

In-depth, civil discussions on a wide range of topics to promote greater understanding of the values and experiences that inform us.

### TRENDERS

**1:00 to 2:30 p.m.** (Met at Bain 50+)

A lively, open-minded discussion group with a loosely structured agenda.



[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

**TO REGISTER OR FOR ADDITIONAL INFORMATION, CONTACT**

Karen Hull

TELE 410-313-7466 (VOICE/RELAY)

EMAIL [khull@howardcountymd.gov](mailto:khull@howardcountymd.gov)

Elaine Widom

TELE 410-313-7353 (VOICE/RELAY)

EMAIL [ewidom@howardcountymd.gov](mailto:ewidom@howardcountymd.gov)



**WE WANT YOUR FEEDBACK**

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

<https://www.surveymonkey.com/r/50WebExSep>

**We hear you!**

It would be impossible to respond to all of your comments and questions here, but we want you to know we are listening.



Don't miss this **VIRTUAL WELLNESS WEBINAR**  
as we strive to stay home and stay connected!

# THE EMPTY CHAIR AT THE HOLIDAYS

Choose to virtually participate in **ONE OF TWO** Wednesday program dates:

**November 18 • December 2**  
**11:00 to 11:50 pm**

Presented by **Edward R. Kaplan**, SPHR, a certified grief workshop moderator and program facilitator with the Howard County SeniorsTogether program.

Plan to join us for an interactive discussion on the challenge of grief and loss during the holidays. Learn coping strategies and ways to celebrate the memory a loved one.

Don't miss this helpful, virtual presentation! Contact: **KAREN HULL**

khull@howardcountymd.gov  
410-313-7466 (VOICE/RELAY)

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

A PROGRAM  
PRESENTATION  
COURTESY OF

**Seniors  
Together**  
CONNECT • LEARN • GROW

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

**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](mailto: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](http://www.howardcountymd.gov/aging)  
[Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)



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

THE 2020

# MOSAIC PROJECT

## A Virtual Workshop Series

Learn basic techniques of mosaic-making and complete a personal piece, **plus an individual element to be combined into a large-scale installation.** Participants must be a Howard County 50+ Center member to participate.

Space is limited • \$15 Supply Fee • Register Today!

A virtual informational session will be held Friday, Nov. 20, at 2:00 PM  
Contactless supply pick-up dates: Nov. 30 and Dec. 1, from 10 AM to NOON

### North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel 20723

### VIRTUAL ART SESSIONS

**Fridays • December 4, 11 and 18 • 10:00 AM**

For MORE INFORMATION, contact Rachel McCracken at [rmccracken@howardcountymd.gov](mailto:rmccracken@howardcountymd.gov)  
To REGISTER for this program, call 410-313-0380 (VOICE/RELAY)



[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

If you need this information in an alternate format or need accommodations to participate, call Maryland Access Point at 410-313-1234 (voice/relay) at least one week in advance.

Presented by Howard County Office on Aging and Independence

# A Grateful Lunch Event

## Tuesday, November 17

Set up in a socially-distant and safe manner, you are invited to pick up your traditional Thanksgiving lunch, created and catered by Putting on the Ritz.

Once you get home and warm up your meal, virtually join us for the sharing of the **Six Words of Gratitude** and **The Iris Project** presented by the **Candlelight Concert Series**.

**Program Begins at 12:45 PM • Pre-Registration is Required to Participate!**

To register and secure your reservation pick up, call Maryland Access Point (MAP) of Howard County at 410-313-1234 (voice/relay) between 8:00 AM and 5:00 PM Monday, Nov. 2 through Friday, Nov. 6, and no later than Monday, Nov. 9.



**Distribution/Pick Up Sites FROM 10:00 TO 11:00 AM**

» **East Columbia 50+ Center**

6600 Cradlerock Way, Columbia 21044

» **Elkridge 50+ Center**

6540 Washington Boulevard, Elkridge 21075

\* Individuals 60 and over are encouraged to make the suggested donation. Those 59 and under pay the cost of the meal, which is \$17 per person. Anonymous donation envelopes will be provided on-site.

If you need this information in an alternate format, or need accommodations to participate, contact Maryland Access Point of Howard County at 410-313-1234.

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



**ADA30**

30<sup>th</sup> Anniversary Celebrating  
Accessibility and Inclusion for All!



# AN ART CONTEST

ADA30 • DISABILITY • EQUITY • INCLUSION • ONE COUNTY • ACCESSIBLE TO ALL

## Show off your creativity and support for the ADA!

2020 marks the **30<sup>th</sup> Anniversary of the signing of the Americans with Disabilities Act (ADA)**, a civil rights law prohibiting discrimination on the basis of disability.

Submit an original piece of artwork to commemorate the ADA30 theme:

**ADA30 • Disability • Equity  
Inclusion • One County • Accessible To All**

FREE to all Howard County residents. Deadline: November 30, 2020.

Digital entries only. Email to [cod@howardcountymd.gov](mailto:cod@howardcountymd.gov) with ART CONTEST in the subject line of your email.

Download your CONTEST ENTRY PACKET at  
[www.howardcountymd.gov/ADA](http://www.howardcountymd.gov/ADA)



**Calvin Ball  
Howard County  
Executive**



If you need accommodations or have questions, contact [cod@howardcountymd.gov](mailto:cod@howardcountymd.gov) and type ART CONTEST in your subject line.

# Howard County LHIC

Local Health Improvement Coalition

## HCHD Opioid Overdose Response Training

(Registration is required)

**Description:** At this webinar, you will learn about the following: What are opioids?, Signs of an overdose, How to respond to an opioid overdose?, How to administer Naloxone?, How to provide care to victims after an overdose?, How to receive Naloxone after attending this training?

**Tuesday, November 10, 2020; 3:00 pm – 4:00 pm**

**Tuesday, December 1, 2020; 3:00 pm – 4:00 pm**

**Thursday, December 17, 2020; 3:00 pm – 4:00 pm**

**Link:** <https://www.howardcountymd.gov/Departments/Health/Behavioral-Health/Opioid-Overdose-Response-Program>

## Living Well with Diabetes Class

(Registration is required)

**Description:** Managing diabetes does not have to be overwhelming or faced alone. In a supportive environment, learn more about diabetes, how to reduce its effects, and steps you can take to manage the condition. Learn self-management skills including: Goal setting and stress management strategies; Glucose monitoring; Skin and foot care; Techniques to cope with frustration, fatigue, pain and isolation; Appropriate exercise and nutrition for diabetes.

**Tuesday, November 2 - December 7 , 2020; 6:00 pm – 8 :30 pm**

**Link:** <https://events.hcgh.hopkinsmedicine.org/event/special-events/living-well-with-diabetes-a-virtual-class>