HOWARD COUNTY OFFICE ON AGING AND INDEPENDENCE

VIRTUAL OFFERINGS

JUNE 15 - 26, 2020

UTILIZING WEBEX

ALL PROGRAMS NOW NEED THE PASSWORD Howard50+

Howard County Office on Aging and Independence

Department of Community Resources and Services

OPPORTUNITIES TO ENGAGE FROM HOME

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

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

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

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

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

EXPLORE YOUR OPTIONS
FITNESS - COOKING - SOCIAL ENGAGEMENT - LIFELONG LEARNING

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

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

Howard County Office on
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Department of Community Resources and Services

OPTIONS AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 COFFEE & CHAT ELKRIDGE 9 AM **MINDFUL MONDAYS** 9 AM **STRENGTH TRAINING** 10 AM **SEATED STRENGTH AND BALANCE** 12 PM **PILATES WITH BOB** 1 PM **BEGINNER SOUL LINE DANCE** 3 PM	**16** COFFEE & CHAT EAST COLUMBIA 9 AM **CARDIO & CORE** 9:30 AM **YOGA WITH MARY** 11 AM CLUTTER CHAT TO BEGIN YOUR JOURNEY 1 PM **INTERMEDIATE SOUL LINE DANCE** 3 PM	**17** COFFEE & CHAT GLENWOOD 9 AM **STRENGTH TRAINING** 10 AM **SITTERCISE** 1 PM TURMERIC PASTA AND CHICKEN 12 PM GOT YOUR DUCKS IN A ROW 1 PM **PILATES WITH BOB** 6 PM **SOUL LINE DANCE PARTY** 6 PM	**18** TED TALK 11 AM **SEATED STRENGTH AND BALANCE** 12 PM **YOGA WITH LISA** 1:30 PM **SOUL LINE DANCE** 3 PM GAME NIGHT 6 PM	**19** COFFEE & CHAT NORTH LAUREL 9 AM **CARDIO & CORE** 9:30 AM STITCH & GIVE 11 AM **MAT PILATES** 12:30 PM JUNETEENTH 1PM AMERICA'S GOLDEN AGE OF RESTAURANT CHINA 1 PM
22 COFFEE & CHAT ELKRIDGE 9 AM **MINDFUL MONDAYS** 9 AM **STRENGTH TRAINING** 10 AM **SEATED STRENGTH AND BALANCE** 12 PM **PILATES WITH BOB** 1 PM ORPHAN CARS 2 PM **SOUL LINE DANCE** 3 PM	**23** COFFEE & CHAT EAST COLUMBIA 9 AM **CARDIO & CORE** 9:30 AM **YOGA WITH MARY** 11 AM MAKING FACE MASKS 2 PM **INTERMEDIATE SOUL LINE DANCE** 3 PM	**24** COFFEE & CHAT GLENWOOD 9 AM **STRENGTH TRAINING** 10 AM AMERICA'S WORLDS FAIRS 11 AM **SITTERCISE** 1 PM **PILATES WITH BOB** 6 PM **SOUL LINE DANCE PARTY** 6 PM	**25** **SEATED STRENGTH** 12 PM ELDER SAFE 1 PM **YOGA WITH LISA** 1:30 PM **SOUL LINE DANCE** 3 PM SOUTH OF THE BORDER COOKING DEMO 3 PM GAME NIGHT 6 PM	**26** COFFEE & CHAT NORTH LAUREL 9 AM **CARDIO & CORE** 9:30 AM STITCH & GIVE 11 AM **MAT PILATES** 12:30 PM

CALENDAR KEY

■ **LET'S GET MOVING**   ■ **LET'S GET SOCIAL**

■ **LET'S COOK**   ■ **LET'S LEARN**

PASSWORD: Howard50+

Mindful Mondays
Mondays 9 am
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf0e44c671728d6ec77f9daf12ec19b8f
Meeting Access Code: 160 420 3428
A fusion class that combines gentle, guided meditation with light yoga stretches. A great way to incorporate mindfulness into your daily life.
Taught by Connie Bowman

Strength Training
Mondays 10 am
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m93698d3659768bdcf17167fcc6d1a83c
Meeting Access Code: 160 716 9816
A thirty-minute workout that uses body weight and light weights in low impact movements to strengthen the major muscles in the body.
Taught by Leah Daniels

Seated Strength and Balance
Mondays 12 noon
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m151f6b7a91cfdcd6a1f3a6d50ea90926
Meeting Access Code: 160 837 4762
This class is for those who prefer a seated workout with the option for standing/ balancing exercises. Class will use dumbbells (or any household item as a substitute) to improve strength and overall mobility as we move to fun music.
Taught by Michelle Rosenfeld

Mat Pilates
Mondays 1 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7c543e977f4d67bcf371811d13e25589
Meeting Access Code: 160 553 0679
Using the abdominal exercises of fitness pioneer Joseph Pilates, we re-awaken core muscles and breathe life back into the spine, and return balance, stability, and flexibility to our bodies. Suitable for clients who can get up and down from the floor safely. A Yoga or Pilates mat is highly recommended.
Taught by Bob McDowell

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Beginner Soul Line Dance
Mondays 3 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb64412a06a34fb48ace39d5d59e48881
Meeting Access Code: 160 753 3156
This beginner soul line dance class involves step-by-step instruction for choreography, and concludes with dances performed to pop and rhythm and blues music. Multiple dances will be performed within the hour.
Taught by Karen Stewart

Cardio and Core Class
Tuesdays 9:30 am
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m76a5630968c273cf72ee0db7fe96ea62
Meeting Access Code: 160 733 3322
Exercises to get your body moving in your home. Designed for those who are looking for a low-impact cardio class to get your heart pumping while also strengthening your core.
Taught by Pam Beck

Yoga with Mary
Tuesdays 11 am
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m488ae772390494839ceb6a47290d872b
Meeting Access Code: 160 445 0883
Join Mary for a series of weekly yoga classes; topics will vary. You will need a mat, and a strap or bathrobe tie. We'll practice together at a safe distance. We will mostly be standing up in this flowing class.
Taught by Mary Garratt

Intermediate Soul Line Dance
Tuesdays 3 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mba4f9b0547a65e329f510a28bcf0b3e3
Meeting access Code: 160 652 5513
For this Intermediate Soul Line Dance class, you should have line dance experience, and know all the basic line dance steps. Intermediate uses a wide selection of music, including pop, soul and/or gospel music.
Taught by Karen Stewart

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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

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

Pilates with Bob
Wednesdays 6 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m1522f8fb9c7ccae1ceeee166f4966468
Meeting Access Code: 160 539 6069
Using the abdominal exercises of fitness pioneer Joseph Pilates, we re-awaken core muscles and breathe life back into the spine, and return balance, stability, and flexibility to our bodies. Suitable for clients who can get up and down from the floor safely. A Yoga or Pilates mat is highly recommended.
Taught by Bob McDowell

Soul Line Dance Party
Wednesdays 6 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9bb1e4c154b2a88399881322897a0c7f
Meeting Access Code: 160 384 6404
The Soul Line Dance Party is a line dance party. No instruction, just 30 minutes of non-stop easy dances and 30 minutes of intermediate and advanced dances. Please email dance requests to Jessie Barnes at Jsldancer@gmail.com
Taught by Jessie Barnes

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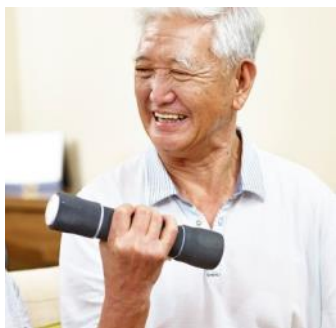ppppp

Seated Strength and Balance
Thursdays 12 noon
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m844d65670b77db5ea991f93b1953a13a
Meeting Access Code: 160 674 9962
This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells (or any household item as substitute) to improve strength and overall mobility as we move to fun music.
Taught by Michelle Rosenfeld

Yoga with Lisa
Thursday 1:30 pm
Join WebEx Meeting
 https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfc8d96e77dcc5d3182d80b5a2389005e
Meeting Access Code: 160 551 4585
In this gentle class, yoga poses are done seated or standing using a chair as a prop for support. Yoga benefits include increased energy, greater flexibility, relieved tension, and an overall sense of well-being. Equipment: a chair and/or yoga mat.
Taught by Lisa Rados

Soul Line Dance
Thursdays 3 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m20b414c01772729ea3b306b9d5221b35
Meeting Access Code: 160 388 9345
In this Soul Line Dance class, line dances are taught step-by-step and then danced to pop, soul and/or gospel music.
Taught by Jessie Barnes

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

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Mat Pilates
Fridays 12:30 pm
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

FITNESS & EXERCISE DISCLAIMER
THE DISCLAIMER IS POSTED AND READ PRIOR TO EVERY FITNESS CLASS

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

LET'S COOK

Turmeric Pasta
Wednesday June 17, 12 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb3f577c4edaeee55d211465779811555
Meeting Access Code: 160 404 7667
Learn how to make this yummy dish of turmeric pasta with a lite sauce, chicken and vegetables.
Presented by Stephanie Rigsby and Cheryl Campbell

South of the Border
Thursday June 25, 3 pm
Join WebEx
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5b85398b12230ab426c38a8e24618296
Meeting Access Code: 160 558 8726
Learn how to make a delicious Carne Asada, Grilled Shrimp Tacos with an Avocado Salsa. Grab some chips and salsa and watch!
Presented by Regina Jenkins

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Game Night

Thursdays June 18, June 25, 6 pm

Join WebEx Meeting

https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3e8e62a560831261d9c061acdb64eae4

Meeting Access Code: 160 539 6569

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

Presented by Lucky Sohi, Regina Joffee, Tammy Wiggins

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.

Coffee and Conversation

Mondays with Elkridge

Tuesdays with East Columbia

Wednesdays with Glenwood

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.

Clutter Chat to Begin Your Journey

Tuesday June 16, 1 pm

Join WebEx Meeting

https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2315bc75b3e489ddbb04f701ebb9767c

Meeting Access Code: 160 445 8697

Let's talk about clutter. East Columbia has had a Clutter Buster program which has been meeting monthly for 8 years! Meridy will share a few tips on how to get motivated toward a simpler life with less obstacles.

Presented by Meridy McCague

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Got Your Ducks in a Row?

Wednesday June 17, 1 pm

Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m31fc6ec291e6b47b164c9fe14b307e91
Meeting Access Code: 160 002 6219
When it comes to long-term care planning, do you have all your "Ducks in a Row" as you age? This webinar will offer a practical overview of available community resources and helpful suggestions for what you can do to plan for long-term care needs.
Presented by Emily Leclercq and Jill Kamenetz

TED Talk

Thursday June 18, 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

Juneteenth
Friday June 19, 1 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5732f2e30fa695d72e405d76b8f2a268
Meeting Access Code: 160 210 4781
"Juneteenth: Freedom's Reflections," a virtual celebration and discussion of freedom in historical and current cultural contexts. On June 19, 1865, two years after the signing of the Emancipation Proclamation, enslaved Texans were finally informed that they were free at last.
Presented by Trent Day Hall and Marla Moore, Office of Human Rights

America's Golden Age of Restaurant China
Friday June 19, 1 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m30c7e167e9e13b6000692c6097829de2
Meeting Access Code: 160 483 0374
Enjoy a colorful illustrated talk about the American pottery companies that produced decorated dining china pieces for the trade. Learn about the manufacturing process and people who made these eye-catching items throughout the 20th century, and the story of their decline.
Presented by Phil Lord

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Orphan Cars: Misfits of the Car Industry
Monday June 22, 2 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8afa085484b48f52d48fdb536d1fb350
Meeting Access Code: 160 639 6531
Edsel, Corvair, Hudson, Studebaker and more - many of these cars had unusual design and engineering features. Created by people willing to go out on a limb; unfortunately the limb broke. Join us for a video and discussion.
Presented by Joyce Nagel

Sewing Face Masks
Tuesday June 23, 2 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb0c5d7ac919ceaef11fa1d07bdc212f7
Meeting Access Code: 160 669 9716
Learn to sew two styles of face masks with this hybrid class incorporating pre-recorded and live presentation of the process. You will need a straight stitch sewing machine, cotton fabric, elastic, scissors and an iron. Patterns will be available.
Presented by Rachel McCracken

Baltimore Museum of Industry: America's World's Fairs
Wednesday June 24, 11 am
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m00f4918b6106dc23e879b992974f84df
Meeting Access Code: 160 767 7330
World's Fairs once offered Americans an opportunity to learn about new tools and technology, encounter different cultures, and be informed of the very nature of their world. Attending a World's Fair event was informative as well as entertaining. We will take a look at the where, when, what, and why of the Fairs, along with some accompanying events that made them stand out in history. We look at tragedy and triumph, novelty and nuisance, as well as the cultures that were part of them and the communities that found it beneficial to host a fair.
Presented by Jack Burkert

Elder Safe
Thursday June 25, 1 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8be88f17145336588d64c5edf9ddbd4d
Meeting Access Code: 160 200 9197
Keeping You, Your Community, and Your Money Safe: An interactive discussion on healthy vs. unhealthy relationships, elder abuse, financial fraud, and community resources. Attendees will learn how to recognize the signs of abuse and how to help a friend in need.
Presented by Sydney Plinkas

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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

Monday's
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.

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. Special guest speaker on Monday, June 15th.

Tuesday's
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.

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.

Thursday's
NewsTalk
10:00 – 11:30 am
Lively discussion group focusing on current news locally, nationally and globally.

BrainTeasers
12:30 pm
Challenge your mind and strengthen memory using games, puzzles and other activities.

Friday's
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.

Trenders
1:00 – 2:30 pm
A lively, open-minded discussion group with a loosely structured agenda.

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

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

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NEED ASSISTANCE?
CALL MARYLAND ACCESS POINT 410.313.1234

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."

SOUND **VIDEO** **ELLIPSIS**
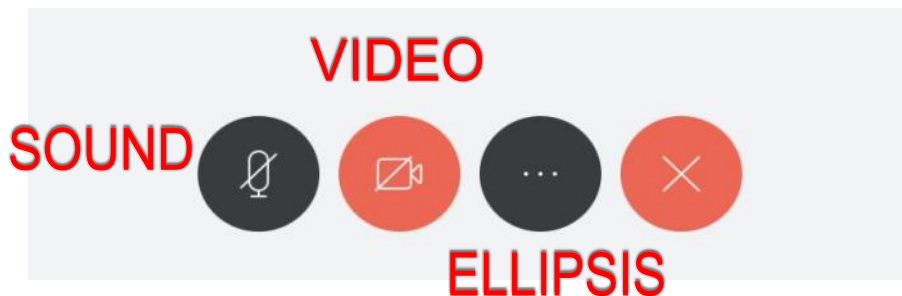
VIEW AFTER ELLIPSIS BUTTON PUSHED
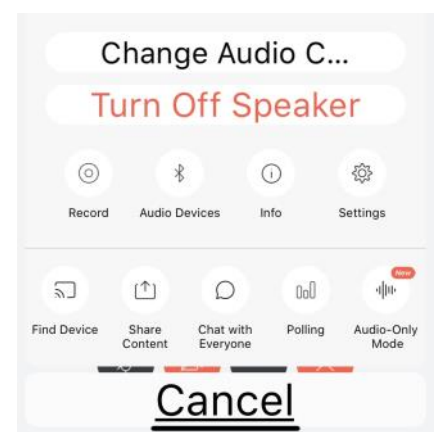
If you have a specific question regarding WebEx, please reach out to Lucky Sohi, 410.313.4832 or lsohi@howardcountymd.gov. Thanks for joining us in our virtual world!

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

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