



HOWARD COUNTY OFFICE
ON AGING AND INDEPENDENCE

VIRTUAL OFFERINGS

SEPTEMBER 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 offerings, you don't even have to live in Howard County! Actually - we want you to share this with a friend! In August we 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. Any fitness pass registration taken on or after the 15th of the month will only be charged \$30.

To register for the Fitness Pass:

On-line registration using your Active Net account:

Find the September class pass by searching: Virtual 50+ Exercise Classes/A02490.803 on the Active Net site: <https://apm.activecommunities.com/howardcounty/>

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

Those registering by Monday August 31st by 2 pm will receive the links and passwords for September, that afternoon.

We have many free options, including three exercise classes listed on page 12, line dancing and all of the Let's Cook, Let's Get Social, Let's Learn, and SeniorsTogether programs. Be sure to check out Connections Corner featuring weekly programs designed for individuals who may require additional support. These can be found on page 24.

This month we are announcing our programs in collaboration with the Korean American Senior Association. A Korean line dancing class begins on Monday September 21st at 1 pm and a healing class begins on Thursday September 24th at 1 pm. Watch for additional offerings later this fall.

EXPLORE YOUR OPTIONS

FITNESS – COOKING – SOCIAL ENGAGEMENT – LIFELONG LEARNING



WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	1	2	3	4
FLOOR, CORE & MORE 8 AM	POWER 8:30 AM	KICKBOXING 8 AM	POWER 8:30 AM	FLOOR, CORE & MORE 8 AM
COFFEE & CHAT ELKRIDGE 9 AM	COFFEE & CHAT EAST COLUMBIA 9 AM	COFFEE & CHAT GLENWOOD 9 AM	COFFEE & CHAT BAIN 9 AM	COFFEE & CHAT NORTH LAUREL 9 AM
MINDFUL MONDAYS 9 AM	CARDIO & CORE 9:30 AM	BETTER BREAKFASTS COOKING DEMO 10 AM	PILATES WITH BOB 9:30 AM	CARDIO & CORE 9:30 AM
STRENGTH TRAINING 10 AM	SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM	STRENGTH TRAINING 10 AM	SENIORS TOGETHER NEWS TALK 10 AM	SENIORS TOGETHER OPEN MIND GROUP 10 AM
ZUMBA GOLD 10 AM	YOGA WITH MARY 11 AM	BMI: THE ROARING 20'S 11 AM	ZUMBA GOLD 10:30 AM	LIVING WELL 10 AM
PILATES WITH BOB 11 AM	CONNECTIONS CORNER 11 AM	MAT PILATES 11:15 AM	SEATED STRENGTH AND BALANCE 12 PM	POWER 10:30 AM
SEATED STRENGTH AND BALANCE 12 PM	SENIORS TOGETHER LOW VISION GROUP 1 PM	MAP: INDEPENDENT HOUSING OPTIONS 12 PM	NUTRITION EDUCATION WITH CARMEN ROBERTS 12 PM	STITCH & GIVE 11 AM
SENIORS TOGETHER THINK POSITIVE GROUP 1 PM	INTERMEDIATE SOUL LINE DANCE 3 PM	SITTERCIZE 1 PM	SENIORS TOGETHER BRAIN TEASERS 12:30 PM	SENIORS TOGETHER TRENDERS 1 PM
BEGINNER SOUL LINE DANCE 3 PM		CIRCUIT CONDITIONING 5:45 PM	BOOK CLUB 1PM	
			YOGA WITH LISA 1:30 PM	
			GAME NIGHT 8 PM	

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

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>7</p> <p>LABOR DAY CLOSED</p>	<p>8</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>CONNECTIONS CORNER 11 AM</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM</p>	<p>9</p> <p>KICKBOXING 8 AM</p> <p>COFFEE & CHAT GLENWOOD 9 AM</p> <p>STRENGTH TRAINING 10 AM</p> <p>DIY CONCRETE BOWLS 11 AM</p> <p>MAT PILATES 11:15 AM</p> <p>MAP: CALL PROGRAMS TO KEEP YOU CONNECTED 12 PM</p> <p>ASK THE OFFICER 1 PM</p> <p>SITTERCIZE 1 PM</p> <p>DAIRY DILEMMA 2 PM</p> <p>CIRCUIT CONDITIONING 5:45 PM</p>	<p>10</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</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>11</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>LIVING WELL 10 AM</p> <p>POWER 10:30 AM</p> <p>STITCH & GIVE 11 AM</p> <p>CIVIL WAR LECTURE: LEE'S TARNISHED LIEUTENANT 12:30 PM</p> <p>SENIORS TOGETHER TRENDRS 1 PM</p> <p>DIY POP UP CARDS 2 PM</p>
<p> ■ LET'S MOVE ■ LET'S GET SOCIAL ■ CONNECTIONS CORNER ■ LET'S COOK ■ LET'S LEARN ■ FITNESS PASS </p>				

WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>14</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 AM</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>TASTY TIDBITS: ONE POT MEALS NUTRITION EDUCATION 2 PM</p> <p>BEGINNER SOUL LINE DANCE 3 PM</p> <p>CIRCUIT CONDITIONING 5:45 PM</p>	<p>15</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>CONNECTIONS CORNER 11 AM</p> <p>TECH TUESDAY 11 AM</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM</p> <p>BRAIDED BREADS COOKING DEMO 2 PM</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM</p> <p>TINY BOOK CLUB 7:30 PM</p>	<p>16</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>SPEAKEASY HOWARD COUNTY 11:30 AM</p> <p>MAP: GETTING YOU WHERE YOU NEED TO BE 12 PM</p> <p>SITTERCIZE 1 PM</p> <p>DIY: THE WORLD IS YOUR OYSTER 2 PM</p> <p>CIRCUIT CONDITIONING 5:45 PM</p>	<p>17</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</p> <p>SEATED STRENGTH AND BALANCE 12 PM</p> <p>POLICY & POLITICS DURING THE CIVIL WAR 12 PM</p> <p>ASK THE DIETITIAN 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>18</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>LIVING WELL 10 AM</p> <p>POWER 10:30 AM</p> <p>STITCH & GIVE 11 AM</p> <p>SENIORS TOGETHER TRENDS 1 PM</p> <p>NO BAKE TREATS COOKING DEMO 1 PM</p>

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

21	22	23	24	25
FLOOR, CORE & MORE 8 AM	POWER 8:30 AM	KICKBOXING 8 AM	POWER 8:30 AM	FLOOR, CORE & MORE 8 AM
COFFEE & CHAT ELKRIDGE 9 AM	COFFEE & CHAT EAST COLUMBIA 9 AM	COFFEE & CHAT GLENWOOD 9 AM	COFFEE & CHAT BAIN 9 AM	COFFEE & CHAT NORTH LAUREL 9 AM
MINDFUL MONDAYS 9 AM	CARDIO & CORE 9:30 AM	STRENGTH TRAINING 10 AM	PILATES WITH BOB 9:30 AM	CARDIO & CORE 9:30 AM
STRENGTH TRAINING 10 AM	SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM	FALL PREVENTION GEAR AND GADGETS 11 AM	SENIORS TOGETHER NEWS TALK 10 AM	SENIORS TOGETHER OPEN MIND GROUP 10 AM
ZUMBA GOLD 10 AM	YOGA WITH MARY 11 AM	MAT PILATES 11:15 AM	ZUMBA GOLD 10:30 AM	LIVING WELL 10 AM
PILATES WITH BOB 11 AM	CONNECTIONS CORNER 11 AM	MAP: ENERGY ASSISTANCE PROGRAMS 12 PM	TED TALK 11 AM	POWER 10:30 AM
SEATED STRENGTH AND BALANCE 12 PM	SENIORS TOGETHER LOW VISION GROUP 1 PM	HEARING & COGNITION 1 PM	SEATED STRENGTH AND BALANCE 12 PM	STITCH & GIVE 11 AM
SENIORS TOGETHER THINK POSITIVE GROUP 1 PM	POSTURE POINTS 2 PM	SITTERCIZE 1 PM	SENIORS TOGETHER BRAIN TEASERS 12:30 PM	NATIONAL PARK RANGER TALK: GRAND CANYON 12:30 PM
STAYING SAFE AND ACTIVE AT HOME 1 PM	INTERMEDIATE SOUL LINE DANCE 3 PM	CIRCUIT CONDITIONING 5:45 PM	KOREAN HEALING CLASS 1 PM	SENIORS TOGETHER TRENDERS 1 PM
KOREAN LINE DANCE 1 PM			YOGA WITH LISA 1:30 PM	
DIY PAPER MACHE 2 PM			GAME NIGHT 8 PM	
BEGINNER SOUL LINE DANCE 3 PM				
CIRCUIT CONDITIONING 5:45 PM				

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28</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 AM</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>GENEALOGY PROGRAM 1 PM</p> <p>KOREAN LINE DANCE 1 PM</p> <p>CONVERSATION & CRAFT 2 PM</p> <p>BEG. SOUL LINE DANCE 3 PM</p> <p>CIRCUIT CONDITIONING 5:45 PM</p>	<p>29</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>CONNECTIONS CORNER 11 AM</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM</p> <p>CLUTTER CHAT: CLOTHES & CLOSETS 2 PM</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM</p>	<p>30</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>SITTERCIZE 1 PM</p> <p>INTRODUCTION TO AGE FRIENDLY COMMUNITIES 1:30 PM</p> <p>KITCHEN CONFIDENCE ADAPTIVE DEVICES IN THE KITCHEN 2:30 PM</p> <p>CIRCUIT CONDITIONING 5:45 PM</p>	<p>1</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</p> <p>SEATED STRENGTH AND BALANCE 12 PM</p> <p>DIY GLITTER ORNAMENTS TBD</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>2</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>LIVING WELL 10 AM</p> <p>POWER 10:30 AM</p> <p>STITCH & GIVE 11 AM</p> <p>SENIORS TOGETHER TRENDERS 1 PM</p>
<p> LET'S MOVE LET'S GET SOCIAL CONNECTIONS CORNER </p> <p> LET'S COOK LET'S LEARN FITNESS PASS </p>				

\$ 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

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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

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\$ 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

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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.



Strength Training

Mondays 10 - 10:30 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3c2631d63d308e4bd5848925cc8e0843>

Meeting Access Code: 160 221 8182

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=m8ca652dd70dc98ff683b41be9c97b7d8>

Meeting Access Code: 160 842 3350

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=m87c099a962d78582fb01761bb388b8c7>

Meeting access Code: 160 627 3739

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=mdcd641329cf2de69a33a9f2286fab1ec>

Meeting Access Code: 160 886 0818

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

Strength Training

Wednesdays 10 - 10:30 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3c2631d63d308e4bd5848925cc8e0843>

Meeting Access Code: 160 221 8182

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



Better Breakfasts: Cooking Demo

Wednesday September 2, 10 am

Join WebEx Meeting:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9a727344e18814eb2a225c9512cd3df3>

Meeting Access Code 160 881 4099

Join us for a demonstration of a variety of breakfast options including overnight French toast.

Presented by Cathy Burkett



Braided Breads: Cooking Demo

Tuesday September 15, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m665a8296c73052a0d99a7d5c795ab977>

Meeting Access Code:157 812 6544

Learn to form and bake delicious braided Challah bread. It's easier than you might think! Learn some surprising tips to make your dough and secrets to creating gorgeous loaves that look almost too good to eat! Challah is traditionally part of the Rosh Hashana holiday which falls on September 18th.

Presented by Rachel McCracken



No-Bake Treats: Cooking Demo

Friday September 18, 1 pm

Join WebEx Meeting:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m390a14abd39d1d7cba6b626f6df29e14>

Meeting Access Code 160 052 6140

Connections Program Assistant Jill Rose will explore some tasty and simple no-bake treats like peanut butter pie that are certain to satisfy any sweet tooth.

Presented by Jill Rose



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. Stay up to date on what is happening virtually and share your thoughts and ideas on upcoming programs.



Book Club

Thursday September 3, 1 pm

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. September 3rd book is *The Goldfinch* by Donna Tartt. The October book is *The Care and Feeding of Ravenously Hungry Girls*, by Anissa Gray.

Facilitated by Jeannie DeCray

Game Night

Thursdays, September 3, 10, 17, 24, 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



Sit, Stitch & Give

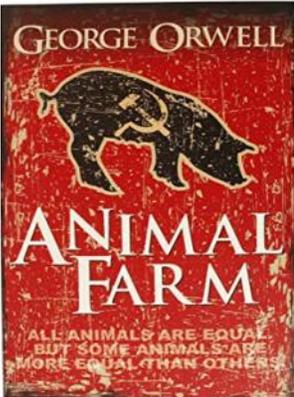
Fridays, 11 am

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

3rd Tuesday of every month

Tuesday September, 15, 7:30 pm

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

Meeting Access Code: 160 644 6740

If you've always 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. September selection is *Animal Farm* by George Orwell. October selection is *Are Prisons Obsolete?* by Angela Davis. Any questions, please email lsohi@howardcountymd.gov.

Facilitated by Lucky Sohi & Jodi Bargamian



Conversation and Craft

Monday September 28, 2 pm

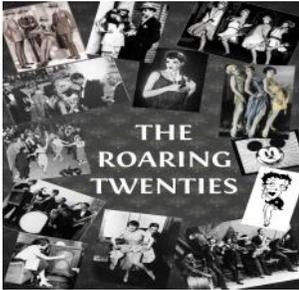
Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m21e4afb1b8983659d040192f34ce3c18>

Meeting Access Code: 160 103 6880

Join us for a crafty afternoon! Bring some snacks and any project you are working on, and join us for some crafty fun!

Presented by Joyce Nagel



Living Well with Chronic Pain

Fridays September 4 - October 9, 10 am - 12:30 pm

Discover strategies and skills in this interactive six-week workshop to help you gain confidence in managing your pain. Open to anyone 18 years and older. Course materials provided at no cost.

This program explores: Managing pain symptoms and challenges, exercising for strength and flexibility; balancing activity and rest and achieving goals.

Click to register: <https://events.hcgh.hopkinsmedicine.org/event/living-well/living-well-with-chronic-pain>

BMI Presents: The Roaring 20's

Wednesday September 2, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc1fd76d8eff551c1922a7ec0e6691eda>

Meeting Access Code: 160 348 6646

Few cities in the 1920's changed more than Baltimore. While the population enjoyed the amenities of a post-world war life, businesses were finding a perfect climate to locate operations in Baltimore. People were tuning into radios, driving their new automobiles, visiting vaudeville and motion picture theaters and watching air operations at Colgate Field from the Riverside Electric Park. Join us for a presentation on Baltimore in this dynamic decade.

Presented by Jack Burket and Mike Kuethe

MAP: Independent Housing Options

Wednesday September 2, 12 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mcf6841963792dd00b78e32e4de26af88>

Meeting Access Code: 160 550 4552

Gain an overview of the different Independent housing options in Howard County. We will review senior apartments, retirement communities, continuing care retirement communities (CCRC), and 55+ Communities.

Presented by Emily Leclercq



Nutrition Talk with Carmen Roberts, R.D.

Thursday September 3, 12 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb533260576e423d5c6e1f3d770dd93cc>

Meeting Access Code 160 975 9529

How Your Nutritional Needs Change with Active Aging.

Our nutritionist, Carmen Roberts, R.D. will review how proper nutrition is a vital part of the aging process, and how it can impact chronic disease.

Presented by Carmen Roberts, R.D.



DIY Fall Wreath

Tuesday September 8, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9d1afb839c804f3f9da8c1a6026279bb>

Meeting Access Code: 160 968 8966

Make a wreath for your front door to celebrate Fall. Using a Wreath form, Deco Mesh, ribbons and fall picks we will make a beautiful wreath for your door.

Presented by Cathy Burkett



DIY Concrete Bowls

Wednesday September 9, 11 am

Join WebEx Meeting:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9c1a859c2f8e17b03fd25f85f31bae53>

Meeting Access Code 160 541 9162

Let's get messy! Learn how to create beautiful concrete bowls to use as décor or turn into a candle or planter. Step by step instructions and materials list will be available.

Presented by: Regina Jenkins



MAP: Call Programs to Keep You Connected

Wednesday September 9, 12 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mcf6841963792dd00b78e32e4de26af88>

Meeting Access Code: 160 550 4552

Learn more about two call programs: Friendly Connections, a social call program offered through the Office on Aging Independence and Senior Call Check, a daily check in program offered through the state of Maryland.

Presented by Emily LeClerq and Jill Kamenetz

ASK AN OFFICER



Ask the Officer

Wednesday September 9, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m896a08f563a145b294537b5d030d1400>

Meeting Access Code: 160 945 2961

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 Kreitzer

Fresh Conversations: Dairy Dilemma

Wednesday September 9, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m4b73f529140b7edb4ecbef3c5aa9c7c2>

Meeting Access Code: 160 159 0903

Join Karen Basinger, from the UMD Extension Program for a conversation about dairy and dairy alternatives. Should plant-based beverages made from soy, almond or coconut be labeled milk? Compare the nutritional value of plant-based beverages to milk from cows. Be informed to make the best choice for your health.

Presented by Karen Basinger

TED Talk

Thursdays September 10, 24, 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



Civil War Lecture: Lee's Tarnished Lieutenant

Friday September 11, 12:30 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m381a7dcae7916ef69c77b75d616f921d>

Meeting Access Code: 160 688 1999

William Garrett Piston taught courses on American military history and the Civil War for the Department of History at Missouri State University from 1988 to 2017. A native of Tennessee, he received his B.A. and M.A. from Vanderbilt University and his Ph.D. from the University of South Carolina. His first book, *Lee's Tarnished Lieutenant: James Longstreet and His Place in Southern History*, was published in 1987. In *Longstreet, Lee, and the Lost Cause Myth*, he explores how white Southerners in the postwar period reconciled their defeat by adopting a memory of the war that deified Robert E. Lee and blamed others, particularly Longstreet, for the South's failure to win independence.

Presented by Bill Piston



Pop-Up Cards

Friday September 11, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m32de30baf492c51fd7c0f0e0564b61e0>

Meeting Access Code: 160 426 3321

Have you been following along with the card making series? Want to make some cards with cool features like pop ups and Z folds? Just a little measuring and creativity will add interest and whimsy to your friendly mail. Grab some pretty paper and meet Regina for another adventure in card making.

Presented by Regina Joffe



Tasty Tidbits: One-Pot Meals - Nutrition Education

Monday September 14, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma97143dac929b9fdb15d264da08bd3a8>

Meeting Access Code: 160 702 0739

One-pot meals are a great cooking option and can be a real timesaver during clean up! Consider the numerous benefits and learn about the many one-pot cooking methods available. Join Cheryl as she stirs up a sure-to-please recipe!

Presented by Cheryl Campbell, Nutrition Specialist



Tech Tuesday

Tuesdays September 15, 29, 11 am

Join WebEx Meeting

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

Meeting Access Code: 160 146 4968

9/15: Learn about YouTube, the second most popular website in the world!

9/29: Reviewing Reviews: Learn how to use online reviews to help you choose local services and products, and how to provide your own feedback.

Presented by Lucky Sohi



“That” Conversation Made Easier

Wednesday September 16, 11:30 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8bb8ba9a3ed27ab5cbdb14ad148036a0>

Meeting Access Code: 160 964 8238 Advance care planning is important. But may be difficult to talk about a time when you are no longer able to decide your own health care. Join this session to learn how to start this important conversation, appoint the person you trust to make medical decisions if you can't, and ensure your voice - no matter where things stand - is heard.

Presented by Tiffany Callender and Rashel Taylor, Horizon Foundation



MAP: Getting You to Where You Need to Be

Wednesday September 16, 12 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mcf6841963792dd00b78e32e4de26af88>

Meeting Access Code: 160 550 4552

Learn more about what transportation options are available in Howard County and how to get connected.

Presented by Emily LeClerq



DIY: The World is Your Oyster

Wednesday September 16, 2 pm

Join WebEx Meeting:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf4dfd04c15a792a1e0e1cce999ff00af>

Meeting Access Code 160 984 3022

Make use of shells you've collected on your vacation getaway. Learn how to create napkin rings and other home accessories using beads, paint and oyster shells.

Presented by Jodi Bargamian

POLICY



Civil War Lecture: Policy and Politics during the Civil War

Thursday September 17, 12 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8de817ee5490826745cd3c06793a0570>

Meeting Access Code: 160 171 9506

We will cover the meaning of the West for Lincoln; Lincoln's experiences with the Confederacy and the Indian Territory; the Colorado War of 1864; and the Minnesota uprising of the Dakota Sioux in 1862; culminating and Lincoln's pardons of Dakota and hanging of 38, and why.

Presented by Roger Swartz

Ask the Dietitian & More

Thursday September 17, 12 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3b1738f66a14e3f6922fe2fd27054187>

Meeting Access Code 160 971 2002

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

Presented by Carmen Roberts, R.D. and Cheryl Campbell

Staying Safe and Active at Home

Monday September 21, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mdcbbd09f851b810733d78a852f7ff139>

Meeting Access Code:160 999 9321

Join Carly Shilling, OTR/L, and occupational therapy students, Gretchen Seifried & Kathy Spanogle, to learn simple strategies and tips to help you enhance your safety and independence during life activities. These strategies can be implemented into your daily routine and will help you remain safe and active at home.

Presented by Gretchen Seifried, OTS and Kathy Spanogle, OTAS and Carly Shilling OTR/L



DIY Paper Mâché

Monday September 21, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mff3b81d4a1599675a81a9235b2fea009>

Meeting Access Code: 160 434 5389

Join Joyce for a fun introduction to paper mâché, using things found around the house to create your own fun. Supplies needed: 2-3 sheets of computer paper, and tissue paper, a balloon or small cereal bowl, paintbrush, and a cup of flour.

Presented by Joyce Nagel



Posture Points

Tuesday September 22, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf94ad3ba9456fb530f79fd8718a8a5>

Meeting Access Code: 160 708 2820

Bring awareness to some common postural problems from the ground up. Consider how you stand and position your feet to understand how this impacts your spine and movement and what subtle corrections you can make for your overall health.

Presented by Jeannie DeCray



Fall Prevention: Gear and Gadgets

Wednesday September 23, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7bd5583381a60a711c9f234aef7797d3>

Meeting Access Code: 160 470 7885

Exercise Specialist Malarie Burgess shares her expertise during fall prevention week. Learn how useful gear and gadgets can be in preventing falls.

Presented by Malarie Burgess



MAP: Energy Assistance Programs

Wednesday September 23, 12 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mcf6841963792dd00b78e32e4de26af88>

Meeting Access Code: 160 550 4552

Learn more about the Maryland Office of Home Energy Programs that provide assistance to low-income households to make energy cost more affordable.

Presented by Emily LeClerq



Hearing and Cognition

Wednesday September 23, 1 pm

Join WebEx Meeting:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m666633aeeb972c9e9b2da20c8fd9e9e7>

Meeting Access Code 160 545 0334

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 proactive management of modifiable risk factors. Dr. Carson will discuss how COVID-19 has impacted the hearing-impaired population.

Presented by Dr. Mary Carson



National Parks: The Grand Canyon Condor's Flight

Friday September 25, 12:30 pm

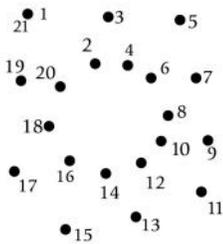
Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb8e788f905ad070a57a95088d9eeb0e0>

Meeting Access Code: 160 396 7252

A National Park Service ranger provides a virtual tour of the Grand Canyon and a talk about the Condor, the largest bird in North America.

Presented by National Park Service



Genealogy: Connecting the Dots

Monday September 28, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m96e21ee2c9f9b808bd947850c9015d1c>

Meeting Access Code: 160 686 1160

Join Bill Amos as he discusses a variety of paths that can be taken to explore your genealogy. Learn how to connect the dots of these paths and see how your family profile can emerge.

Presented by Bill Amos



Clutter Chat: Clothes and Closets

Tuesday September 29, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m61345419bd0c38f4810ea6ca406f6775>

Meeting Access Code: 160 641 5930

Join Meridy for a 30-minute discussion on how to manage the clutter in your closets and the clothing hanging there. Time to weed out what you won't wear!

Presented by Meridy McCague



KITCHEN CONFIDENCE

Introduction to Age-Friendly Howard County

Wednesday September 30, 1:30 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m876351d797e8b518da4aa93968661f8d>

Meeting Access Code: 160 564 5778

Join Terri Hansen for an overview and introduction to Age-Friendly Howard County. What is an age-friendly Community? What does it mean for you? There will be time for questions.

Presented by: Terri Hansen

Kitchen Confidence: Assistive Devices

Wednesday September 30, 2:30 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m14378887080800191d771ab5efe35fdc>

Meeting Access Code: 160 328 1450

Do you have difficulty functioning in your kitchen, due to arthritis, an injury, or decreased strength? Join Andrea Bryant from OAI's Connections program as she explores the world of kitchen gadgets and assistive technology that makes you more functional in your kitchen and home environment.

Presented by Andrea Bryant, COTA/L

LET'S CONNECT



Connections Corner

Tuesdays, 11 am

Join WebEx Meeting

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

Meeting Access Code: 160 616 7573

Join the Social Day Program Staff for a fun and engaging, 30 – 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, music, bingo, etc., 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! 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+)

(3rd Monday of the month)

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

TUESDAYS

MEN'S ROUNDTABLE

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

Join other men for civil discussions on politics, government, finance, health and other topics of interest to seniors. Occasional guest speakers.

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.

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

www.howardcountymd.gov/aging

TO REGISTER OR FOR ADDITIONAL INFORMATION, CONTACT

Karen Hull TELE 410-313-7466 (VOICE/RELAY)
EMAIL khull@howardcountymd.gov

Elaine Widom TELE 410-313-7353 (VOICE/RELAY)
EMAIL ewidom@howardcountymd.gov

If you need this in an alternate format, or accommodations to participate, contact MAP at 410-313-1234 one week prior to a scheduled event.



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.

- **Evening exercise offerings**
- **New history programs**
- **New clutter class**
- **Extended length cooking demos**
- **Share your email address privately during class**
- **More DIY**

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)



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

for Maryland
Residents 65 +

FREE



Senior Call Check

Call 1-866-50-CHECK
or Register Online
aging.maryland.gov

*A daily call to verify your well-being, at a
time scheduled at your convenience.
Register today or tell a loved one about
this program!*



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+ for all free classes. There is a separate password sent out at the end of the month to individuals who purchase Fitness Pass. 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.
- If the link you are using says there is an error, go to Webex.com, on their page in the top right corner is "join", click join. WebEx will ask you for meeting information, and you type in the 10 digit meeting code for your class. It will ask you for your password, enter. FYI - It may ask for your password 2-3 times.
- Make sure you have a good internet or cell connection. It is recommended that you use **Chrome** as your browser.
- 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+ unless you are doing a Fitness Pass Class.
- 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."

If you have a specific question regarding WebEx, please reach out to Lucky Sohi, 410-313-4832 or lsuhi@howardcountymd.gov or Cathy Burkett at cburkett@howardcountymd.gov

