



HOWARD COUNTY OFFICE
ON AGING AND INDEPENDENCE

VIRTUAL OFFERINGS

OCTOBER 2020

FREE PROGRAMS NEED THE PASSWORD Howard50+



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! 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 October class pass by searching: Virtual 50+ Exercise Classes/A02490.101 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 Wednesday September 30th by 2 pm will receive the links and passwords for October, that afternoon.

Enjoy 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 on page 25. Our collaboration with the Korean American Senior Association offers Korean line dancing class on Mondays at 1 pm and a healing class on Thursdays at 1 pm.

Announcing the **Office on Aging and Independence Showcase...A Master Aging Experience on Friday, October 23rd**. Join us from 9 am - 2 pm for virtual presentations which will include an overview of programs, services, entertainment, exercise and more! Watch your email for details.

EXPLORE YOUR OPTIONS

FITNESS - COOKING - SOCIAL ENGAGEMENT - LIFELONG LEARNING



WEEK AT A GLANCE

THURSDAY

FRIDAY

HAVE YOU JOINED
OUR EVENING
EXERCISE CLASSES?
MON/WED AT 5:45 PM



CIRCUIT CONDITIONING PART OF OUR MONTHLY FITNESS PASS

1

POWER
8:30 AM

COFFEE & CHAT
BAIN
9 AM

PILATES WITH BOB
9:30 AM

SENIORS TOGETHER
NEWS TALK
10 AM

ZUMBA GOLD
10:30 AM

SEATED STRENGTH AND
BALANCE
12 PM

NUTRITION EDUCATION
12 PM

ASK THE PHARMACIST
1 PM

SENIORS TOGETHER
BRAIN TEASERS
12:30 PM

BOOK CLUB
1 PM

YOGA WITH LISA
1:30 PM

GAME NIGHT
8 PM

2

FLOOR, CORE & MORE
8 AM

COFFEE & CHAT
NORTH LAUREL
9 AM

CARDIO & CORE
9:30 AM

POWER
10:30 AM

SENIORS TOGETHER
OPEN MIND GROUP
10 AM

STITCH & GIVE
11 AM

SENIORS TOGETHER
TRENDS
1 PM

FALL CARD MAKING
2 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>5</p> <p>WALKTOBER KICKOFF</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>FLASH FICTION FUNDAMENTALS 1 PM</p> <p>BEGINNER SOUL LINE DANCE 3 PM</p> <p>CIRCUIT CONDITIONING 5:45 PM</p>	<p>6</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>FRESH CONVERSATIONS: GO WITH YOUR GUT 2 PM</p> <p>DIY GLITTER ORNAMENTS 2 PM</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM</p>	<p>7</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>COOKING DEMO: SINGLE SERVING TREATS 1 PM</p> <p>WHICH DEVICE IS RIGHT FOR YOU 2 PM</p> <p>MAP: ASSISTED LIVING OPTIONS 3 PM</p> <p>CIRCUIT CONDITIONING 5:45 PM</p>	<p>8</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>9</p> <p>FLOOR, CORE & MORE 8 AM</p> <p>COFFEE & CHAT NORTH LAUREL 9 AM</p> <p>CARDIO & CORE 9:30 AM</p> <p>POWER 10:30 AM</p> <p>SENIORS TOGETHER OPEN MIND GROUP 10 AM</p> <p>STITCH & GIVE 11 AM</p> <p>SENIORS TOGETHER TRENDERS 1 PM</p>
--	---	---	---	--

 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

12	13	14	15	16
INDIGENOUS PEOPLES' DAY	POWER 8:30 AM	KICKBOXING 8 AM	POWER 8:30 AM	FLOOR, CORE & MORE 8 AM
NO PROGRAMS	COFFEE & CHAT EAST COLUMBIA 9 AM	COFFEE & CHAT GLENWOOD 9 AM	COFFEE & CHAT BAIN 9 AM	COFFEE & CHAT NORTH LAUREL 9 AM
	CARDIO & CORE 9:30 AM	STRENGTH TRAINING 10 AM	PILATES WITH BOB 9:30 AM	CARDIO & CORE 9:30 AM
	SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM	BMI: HOW BALTIMORE BECAME AN INDUSTRIAL CITY 11 AM	SENIORS TOGETHER NEWS TALK 10 AM	POWER 10:30 AM
	YOGA WITH MARY 11 AM	MAT PILATES 11:15 AM	ZUMBA GOLD 10:30 AM	SENIORS TOGETHER OPEN MIND GROUP 10 AM
	CONNECTIONS CORNER 11 AM	SITTERCIZE 1 PM	SEATED STRENGTH AND BALANCE 12 PM	STITCH & GIVE 11 AM
	TECH TALK 11 AM	ASK THE OFFICER 1 PM	ASK THE DIETITIAN 12 NOON	SENIORS TOGETHER TRENDERS 1 PM
	SENIORS TOGETHER LOW VISION GROUP 1 PM	BASEBALL: WASHINGTON SENATORS 1 PM	SENIORS TOGETHER BRAIN TEASERS 12:30 PM	TALK TO A RANGER: ROCKY MOUNTAIN NATIONAL PARK 2 PM
	CANCER CONVERSATION 1 PM	MAP:NURSING HOME OPTIONS 3 PM	INTERPERSONAL RELATIONSHIPS IN ELDER CARE FACILITIES 1 PM	
	COOKING DEMO: HOMEMADE MARSHMALLOWS 2 PM	CIRCUIT CONDITIONING 5:45 PM	YOGA WITH LISA 1:30 PM	
	INTERMEDIATE SOUL LINE DANCE 3 PM		GAME NIGHT 8 PM	

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>19</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>RENEW REDO UPDATE 1 PM</p> <p>TASTY TIDBITS: DIABETES AND VEGETABLES NUTRITION EDUCATION 2 PM</p> <p>BEGINNER SOUL LINE DANCE 3 PM</p> <p>CIRCUIT CONDITIONING 5:45 PM</p>	<p>20</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>IRIS MUSIC PROJECT 1 PM</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM</p> <p>DIY SEWING MACHINE TO BEVERAGE CART 3 PM</p> <p>TINY BOOK CLUB 7:30 PM</p>	<p>21</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>DINING IN AMERICAN CITIES 1 PM</p> <p>MAP: OMBUDSMAN 3 PM</p> <p>CIRCUIT CONDITIONING 5:45 PM</p>	<p>22</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>COOKING DEMO: FALL CASSEROLES 1 PM</p> <p>YOGA WITH LISA 1:30 PM</p> <p>GAME NIGHT 8 PM</p>	<p>23</p> <p>FLOOR, CORE & MORE 8 AM</p> <p>COFFEE & CHAT NORTH LAUREL 9 AM</p> <p>OFFICE ON AGING AND INDEPENDENCE SHOWCASE...A MASTER AGING EXPERIENCE KICK OFF AT 9 AM</p> <p>CARDIO & CORE 9:30 AM</p> <p>POWER 10:30 AM</p> <p>SENIORS TOGETHER OPEN MIND GROUP 10 AM</p> <p>*HISTORY ALIVE 11 AM</p> <p>STITCH & GIVE 11 AM</p> <p>SENIORS TOGETHER TRENDERS 1 PM</p> <p>PURPLE FRIDAY EVENT 3 PM</p> <p>*OFFICE ON AGING AND INDEPENDENCE SHOWCASE...A MASTER AGING EXPERIENCE</p>
---	--	---	---	---

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>26</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>CRAFT AND CONVERSATION 2 PM</p> <p>BEGINNER SOUL LINE DANCE 3 PM</p> <p>CIRCUIT CONDITIONING 5:45 PM</p>	<p>27</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 TALK 11 AM</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM</p> <p>DIY ALCOHOL INKS 2 PM</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM</p>	<p>28</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>FRESH CONVERSATIONS: ANCIENT GRAINS 1 PM</p> <p>CIRCUIT CONDITIONING 5:45 PM</p>	<p>29</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>SENIORS TOGETHER BRAIN TEASERS 12:30 PM</p> <p>YOGA WITH LISA 1:30 PM</p> <p>GAME NIGHT 8 PM</p>	<p>30</p> <p>FLOOR, CORE & MORE 8 AM</p> <p>COFFEE & CHAT NORTH LAUREL 9 AM</p> <p>CARDIO & CORE 9:30 AM</p> <p>POWER 10:30 AM</p> <p>SENIORS TOGETHER OPEN MIND GROUP 10 AM</p> <p>STITCH & GIVE 11 AM</p> <p>SENIORS TOGETHER TRENDERS 1 PM</p>
---	--	---	---	---

 LET'S MOVE	 LET'S GET SOCIAL	 CONNECTIONS CORNER
 LET'S COOK	 LET'S LEARN	 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.

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=mf08d964c30ca6287ea92eb0de356cdeb>

Meeting Access Code: 172 588 6674

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=mdc890addbbe6f7630a47afbbf6290ad9>

Meeting Access Code: 172 880 7387

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=m3c46c22878ceb33438a84e8b1197db6b>

Meeting access Code: 172 300 6326

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=mc613d3b4a22983dfdcc543ebabc61bee>

Meeting Access Code: 172 585 5027

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=mf08d964c30ca6287ea92eb0de356cdeb>

Meeting Access Code: 172 588 6674

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



Single Serving Treats

Wednesday, October 7, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma3e02fb0e3075fa62d9af9366addc86b>

Meeting Access Code: 172 556 1088

Has the craving for a fudgy brownie or a warm apple crisp ever hit you, but you didn't want to commit to making a full pan? Join us as we demonstrate some quick single-serving microwavable desserts that are sure to please when the sweet tooth strikes. There will be trivia and fun facts that accompany each recipe.

Presented by Felicia Stein and Brandy Leno



Homemade Marshmallows

Tuesday, October 13, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md731696e74e7f5fde50bc65e7b243e91>

Meeting Access Code: 172 241 8041

Flavored with almond, peppermint, vanilla, or even cocoa and cayenne. Homemade marshmallows are a world away from the flavorless jet puffed bagged marshmallows most of us know. Make your own and you will never go back. Top them with chocolate and they are beautiful and gift-worthy. Pack them up with graham crackers and chocolate bars and friends will be begging for s'more!

Presented by Rachel McCracken



Food Fun - Crazy for Casseroles

Thursday, October 22, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m38bdecdd725e1d3fded5ae20847db8ab>

Meeting Access Code: 172 769 6786

Casseroles are the perfect comfort food for fall! Join Jill, casserole enthusiast, as she explores the history of this one-dish wonder and shares easy recipes for both a sweet and savory casserole.

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, October 1, 1 pm

Join WebEx Meeting

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

Meeting Access Code: 160 212 3184

Lose yourself in another world and then share your experience with us. Enjoy an hour of conversation and connection over a good book. Our October 1st book is *The Care and Feeding of Ravenously Hungry Girls* by Anissa Gray. On November 5th we will discuss *Inheritance* by Dani Shapiro.

Facilitated by Jeannie DeCray



Game Night

Thursdays, October 1, 8, 15, 22, 29, 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. Join us on October 15th for a fun game of Pictionary led by our inter-generational volunteer.

Presented by Lucky Sohi, Regina Joffe



Sit, Stitch & Give

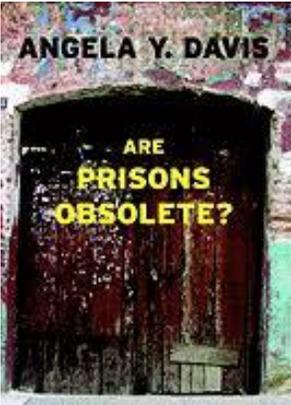
Fridays, 11 am

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, October 20, 7:30 pm

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

Meeting Access Code: 160 644 6740

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. October selection is *Are Prisons Obsolete?* by Angela Davis . November selection is *House on Mango Street* by Sandra Cisneros. Any questions, please email sohi@howardcountymd.gov.

Facilitated by Lucky Sohi & Jodi Bargamian



Conversation and Craft

Monday, October 26, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me3b2e88c3db922546a8fd61ba9727e3e>

Meeting Access Code: 172 014 8047

Meet new people and enjoy a creative outlet. Come with your own crafts, knitting, scrapbooking, art journaling projects, and let's talk. If you need ideas to start something creative Joyce has ideas to share!

Presented by Joyce Nagel



Nutrition Talk: Best Foods for Bowel Health

Thursday, October 1, 12 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m348fc15e0219e9a5920346a5d6d563e1>

Meeting Access Code: 172 524 5896

Chronic constipation is more likely to affect older adults due to poor nutritional habits, medications, and lack of physical activity. What you eat is a huge part of treating (and preventing) constipation. Registered Dietitian Carmen Roberts will speak on how food choices can effect bowel health.

Presented by Carmen Roberts, R.D.

LET'S LEARN



Ask a Pharmacist

Thursday, October 1, 1:30 pm

Join us for a free Q & A session with a trusted local pharmacist. Bring your questions or submit a question for the queue ahead of time by sending an email with your question and name to mburgess@howardcountymd.gov.

Registration required to attend. Registration link:

<https://howardcountymd.webex.com/howardcountymd/onstage/g.php?MTID=eda62d6df2fda32af26ea6f936e14a9e1>



DIY Fall Card Making

Friday, October 2, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=maf00bfbabe91fe4f9e6c8c9815a5aee7>

Meeting Access Code: 172 021 5296

Join Regina Joffe on another DIY card adventure. This time we will use more advanced pop up techniques to make a Halloween card and use special folding to make a bridge card. You can make these cards with a few simple supplies.

Presented by Regina Joffe



Walktober – Step Up Your Health

Kicks off Monday, Oct. 5th

With Walk Maryland Day scheduled for Oct 7th & Walktober being a nationwide movement to get people moving, let's challenge ourselves to move. This month-long event will provide you with weekly fitness challenges direct to your email. Our fitness team will provide you with ideas, classes, resources, videos and more to keep your feet moving at least 3 times a week. Those who finish the challenge and achieve 12 days of activity will receive a FREE t-shirt provided by AARP. Registration required (open until Oct 4th): http://apm.activecommunities.com/howardcounty/Activity_Search/100404



Flash Fiction Fundamentals

Monday, October 5, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m67257d604ad804866ecb452b75f1b1db>

Meeting Access Code: 172 055 4424

Flash fiction is short fiction, less than 1,000 words, that encompasses all the usual story elements; it's a great way to get your feet wet if you have a story to tell but aren't ready to commit to a full-length novel. Learn what makes a good flash fiction story, get some writing tips and great examples of the genre. Ready to write? November is National Novel Writing Month, and to help celebrate it, we are holding a flash fiction contest and looking for your entries! Details on p.32.

Presented by Jill Rose



Fresh Conversations: Go With Your Gut

Tuesday, October 6, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9a4770ce572e368be52a18b68d30d85e>

Meeting Access Code: 172 917 8842

Did you know your gut has 4 pounds of bacteria? Join Karen Basinger, from the UMD Extension Program and learn the latest scientific information about gut health. Are probiotics a good thing? Discuss foods that promote healthy gut bacteria.

Presented by Karen Basinger, MS, LDN, CFCS



DIY Glitter Ornaments

Tuesday, October 6, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m4389781937e4cc77d5f51fe3e11e0b24>

Meeting Access Code: 172 584 9559

The holidays are just around the corner. Using glass or plastic ornament balls, floor wax and glitter learn to create a one of a kind beautiful decoration.

Presented by Cathy Burkett



Which Device is Right for You

Wednesday, October 7, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m791ed0eda601c12749439e26a75c5b10>

Meeting Access Code: 172 413 4077

Learn about the many options available and consider the pros and cons of numerous tech options from tablets to laptops to PC's and phones. Gain some understanding of what might work best for your needs. Get informed before you make a purchase!

Presented by Walter Seymour



MAP: Assisted Living Options

Wednesday, October 7, 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m81f084b52a6d4d2c92c29459dd780deb>

Meeting Access Code: 172 201 1779

Learn more about the types of assisted living facilities, costs, services and things to think about when deciding on this type of care.

Presented by Emily Leclercq



TED Talk

Thursdays, October 8, 22, 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



Tech Tuesday

Tuesdays, October 13, 27, 11 am

Join WebEx Meeting

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

Meeting Access Code: 160 146 4968

Oct 13: How to set up a Zoom meeting to socialize virtually with your family and friends. Oct 27: Holiday Prep, ordering food online - groceries, meal delivery and safety tips.

Presented by Lucky Sohi



Cancer Conversation

Tuesday, October 13, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me8b0ca43e31a8b7e821c15b7d1c903e3>

Meeting Access Code: 172 828 6950

Cancer not only effects the person diagnosed, but also, the people who surround her/him (parent, spouse, child, relative, friend, caregiver). 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 will be one in a series of monthly offerings.

Presented by Michelle Rosenfeld



ASK AN OFFICER



BMI: Baltimore Enters the Industrial Age

Wednesday, October 14, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m786f111f9f36e088fd7f90808ca90883>

Meeting Access Code: 172 181 4946

Baltimore Enters the Industrial Age. When the 19th century opened, a few villages destined to become Baltimore were modest centers of trade. At first dependent on Europe for both trade and financing, these villages left behind their agrarian roots as immigrants flowed in, village centers merged and Baltimore became an important business and industry center. Ores, coal, wheat, cotton and of course, in the midst of it all, the humble oyster became king. In this presentation BMI staff will look at Baltimore's development into an industrial city.

Presented by Jack Burket and facilitated by Mike Kuethe

Ask the Officer

Wednesday, October 14, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m36a6e8cc255cdd43333b84f993175836>

Meeting Access Code: 172 998 0181

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

Baseball: The Washington Senators

Wednesday, October 14, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf8362f9648c04b0ca34fd22f2be7b528>

Meeting Access Code: 172 420 0678

Join local author to discuss his forthcoming book about Joe Cambria, the controversial "super scout" of the Washington Senators. Overlooked because he did not swing a hot bat, throw a heavy curve or broadcast great games, Joe Cambria was without doubt one of the seminal figures in baseball and American history. His contributions to baseball in general, the Washington Senators in particular, and to racial integration in the United States cannot be overlooked. Through voluminous scouting, signings and trades, he was able to keep the cash-strapped Washington Senators competitive for decades, mining the island of Cuba for gold nuggets, many of whom went on to have significant and, in some cases, Hall of Fame careers in Major League baseball.

Presented by Paul Scimonelli



MAP: Nursing Home Options

Wednesday, October 14, 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mca6800578af03bfe95e870c75432d721>

Meeting Access Code: 172 931 2805

Learn more nursing home options in Howard County, what Medicare covers when it comes to a nursing home stay and tips on choosing a nursing home.

Presented by Emily Leclercq



Ask the Dietitian & More: Antioxidants

Thursday, October 15, 12 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0db1428739071a90727d4815f729bd07>

Meeting Access Code: 172 067 2746

Antioxidants: Eating for Cancer Prevention. Our nutrition experts will answer your nutrition questions and guide you through reputable resources so that you can achieve optimal nutritional health.

Presented by Carmen Roberts, R.D. and Nutrition Specialist Brandy Leno



Interpersonal Relationships in Eldercare Facilities

Thursday, October 15, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m99daf22a135c9778be6f9de3481ccf7b>

Meeting Access Code: 172 953 4440

Conflict is part of the human condition; pull back the curtain on conflict in senior living facilities and provide some down-to-earth perspectives to help navigate interpersonal conflict between residents or residents and staff. Conflict may be uncomfortable and even scary at times but ignoring it and hoping it goes away usually doesn't work. Join Barb for some insights and options leading to greater command of conflict in your life.

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



Talk to a Ranger: Rocky Mountain National Park

Friday, October 16, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5e9c09376be6e0ac0adfc65cf9c1b815>

Meeting Access Code: 160 451 6560

Join us for "Rocky Through Time" a presentation that focuses on the changes of the park through the years, decline in elk population, fires, visitation. Presented by a park ranger.



DIY Renew...Revamp...Update

Monday, October 19, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3a8d3db28b290d4649395039e4feceec>

Meeting Access Code: 172 059 8311

Restyle, update and make over your jeans or jean jacket. Check out trends, get ideas and redesign what you have in your closet or a thrift store find. Supplies needed: A jean jacket or pants. Acrylic paint, pencil, glue gun, stencils, some paint brushes, tassels, lace, or fabric.

Presented by Joyce Nagel



Tasty Tidbits: Diabetes/Low Carb Meal Plans

Monday, October 19, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf5bfa5eaa4b4a36e78de52a1a03abd45>

Meeting Access Code: 172 673 7761

Wondering how to remove starches from your diet? Did you know there are good and bad veggies when it comes to diabetes? Join Marcus to learn more about low-carb meal planning and see what low carb recipe you can make yourself!

Presented by Marcus Hockaday, Nutrition Specialist



Iris Music Project: Chamber Music in Unexpected Places

Tuesday, October 20, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0672bd4b2257b50ac2908da270942cbf>

Meeting Access Code: 172 844 4903

Sponsored by [Candlelight Concert Society](#), please join us for 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).

Join them for a discussion/performance on the intersections of chamber music and community engagement. The ensemble will present their visionary work and its potential impact on residential communities across the country. Additionally, they will discuss the many ways that musicians incorporate this type of work into their professional lives, building unique and artistically rewarding paths. November, 17 1 pm Part 2: The Life and Music of Antonin Dvorak. December 15, 1 pm Part 3: Concert Event with Iris Music Project.



DIY Sewing Cabinet to Beverage Cart

Tuesday, October 20, 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc2f19bfbcf69d181a9e1e87c4e8f47a>

Meeting Access Code: 160 509 5840

Come along as we take an old sewing cabinet and upcycle it into a beverage cart fit for any get together. Using paint, sanding, knobs and more.

Presented by Regina Jenkins

Dining in American Cities (1900-1970)

Wednesday, October 21, 1 pm

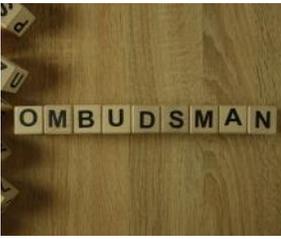
Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m711245019f5e0cce336271f42cc24122>

Meeting Access Code: 172 735 1398

Enjoy an informal survey of the changing urban dining experience through advertising materials and china. See examples from early fast food establishments, restaurant chains, and finer establishments, and bring your questions.

Presented by Phil Lord



MAP: Ombudsman Program

Wednesday, October 21, 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0ecdb67254edd4de5f2b529a9bcce3c2>

Meeting Access Code: 172 394 7831

Learn more about the Maryland Long-Term Care Ombudsman Program and how they can assist you in their role as advocates for quality of care and life for individuals living in nursing homes and assisted living facilities.

Presented by Emily Leclercq and Chris Hobbs



*History Alive: Elizabeth Cady Stanton

Friday, October 23, 11 am

[WATCH FOR DETAILS ON HOW TO JOIN.](#)

2020 marks the 100th anniversary of Women's Suffrage so if you don't know who Stanton is, you should! This 19th - century Seneca Falls pioneer and champion of Woman's Rights stood out because she had several things other suffragists lacked: a husband, seven children, tremendous writing ability, and a wicked sense of humor. She was also Susan B. Anthony's best friend and Anthony would not have become famous without her. Learn about her amazing fight to improve women's education, clothes, and legal rights, and why she has largely been forgotten.

Presented by Mary Ann Jung

[*Part of the Office on Aging and Independence Showcase...A Master Aging Experience](#)



Purple Friday

Friday, October 23, 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m36927aaa16ec8da4794534b17262e9d0>

Meeting Access Code: 172 192 7777

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 Steelers. This is an event you won't want to miss! Hear the CAW!

Presented by Nicholas Keplinger and Ro Hayes



DIY Alcohol Inks

Tuesday, October 27, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma048bd1dfb1e1218ead1840e91ce63f9>

Meeting Access Code: 172 746 2215

Learn to use alcohol inks on a variety of surfaces to make beautiful and unique art. Alcohol inks can make stand-alone works of art or can serve as the background for other crafted projects. The class will demo several projects and offer a list of resources for continued learning. The class will cover beginner techniques, materials and demo several projects including greeting cards and ceramic tiles. Materials Required: Alcohol inks, Inkjet photo paper, vinyl gloves, straw. Optional supply list will be supplied during the presentation.

Presented by Rachel McCracken



Seasonal Gardening with Carrie Engel

Wednesday, October 28, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf7ed89b83aa188b91cc12981e1d58262>

Meeting Access Code: 172 879 9063

Join Carrie Engel of Valley View Farms for advice on fall gardening and moving garden projects indoors.

Presented by Carrie Engel



Fresh Conversations: Ancient Grains Make a Comeback

Wednesday, October 28, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m379aa7a93b1840b11245b639bb912013>

Meeting Access Code: 172 773 1548

What is the difference between whole grains and refined grains? What are some good sources of whole grains and how much should you include in your daily diet? Learn how whole grains can help prevent constipation and other common health problems.

Presented by Karen Basinger, MS, LDN, CFCS



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, 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).

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_BS31v9uBHpl2tMLUbdwGVlv7eYKcnSrI04XkPw6FipDpjD1ypeclR3ULydzUv94jSMSkmjNI2P-2H7jaBbgRr_ppPVM-pPinwMkol0TwZ0%3D



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.



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

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

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).



Handmade with LOVE

A Howard County Initiative of Operation Gratitude in Support of All Who Serve

KNIT AND/OR CROCHET for VETERANS!

The Howard County Office of Veterans and Military Families is collecting homemade **SCARVES AND HATS** for military members. Drop off your handmade items no later than **Friday, November 6**, at one of the locations listed below.

**PIN A NOTE TO EACH SCARF OR HAT WITH THE YARN FIBER CONTENTS LISTED.
FEEL FREE TO INCLUDE A PERSONAL NOTE FOR A MILITARY MEMBER.**

Our soldiers are deeply touched by the care and effort when they receive gifts, especially handmade items from supportive fellow Americans at home in the states.

- ★ Scarves should be 4" to 6" wide x 48" to 50" long (no fringe).
- ★ Hats should fit an adult-size head.
- ★ Colors should be subtle shades or earth tones: blues, browns, olive, grays, maroon, and black. Red/white/blue combinations are also acceptable.
- ★ Materials can be wool, acrylic or non-flammable fleece.



DROP OFF LOCATIONS

- ★ HoCo DCRS..... 9830 Patuxent Woods Drive, Columbia 21046
- ★ East Columbia 50+ Center 6600 Cradlerock Way Columbia 21045
- ★ Elkridge 50+ Center..... 6540 Washington Boulevard, Elkridge 21075
- ★ Ellicott City 50+ Center 9401 Frederick Road, Ellicott City 21042
- ★ Glenwood 50+ Center..... 2400 MD Route 97, Cooksville 21723
- ★ North Laurel 50+ Center 9411 Whiskey Bottom Road, Laurel 20723
- ★ Clover Hill Yarn Shop..... 77 Mellor Avenue, Catonsville 21228
- ★ Knitters Nest..... 1431 Liberty Road, Sykesville 21784
- ★ Postal Xpress N More..... 10045 Baltimore National Pike, #A7, Ellicott City 21042
- ★ SO Original 900 Olney Sandy Spring Road, Sandy Spring 20860



Howard County Office of
Veterans and Military Families

Department of Community Resources and Services

For more information, contact Lisa B. Terry

- ★ PHONE 410-313-0821 (VOICE/RELAY)
- ★ EMAIL veterans@howardcountymd.gov

9830 Patuxent Woods Drive, Columbia, MD 21046
www.howardcountymd.gov/veterans

To request this information in an alternative format, call 410-313-6400 (voice/relay) or email veterans@howardcountymd.gov



ENTER OUR
FLASH FICTION
CONTEST!

Rev Up Your Writing With 50+

November is National Novel Writing Month, and to help celebrate it, we are holding a flash fiction contest and looking for your entries! Flash fiction is short fiction, less than 1,000 words, that encompasses all the usual story elements; it's a great way to get your feet wet if you have a story to tell but aren't ready to commit to a full-length novel. Don't forget to join us for *Flash Fiction Fundamentals* on **Monday, October 5 at 1 p.m.** Ready to write? Contest guidelines below:

Choose a Prompt

Tell one of the following stories:

- From the point of the family matriarch hosting her diverse family for Thanksgiving.
- Of a shelter dog who has finally found his forever home.
- Of a small-time criminal who has information about a major crime for which there is a reward.
- Of a pair of newly single seniors meeting for a first date after connecting on a dating app.
- Writer's choice: Create your own unique prompt.

Entry Requirements

- All entries must be submitted to jrose@howardcountymd.gov by **Monday, November 2** at 5 p.m. Stories can be submitted in .DOC or PDF format.
- One entry per participant; all entries must be written by one author.
- Entries are not to exceed 1,000 words and must be typed or written legibly in English.
- A title page must be included with author's name, email address, phone number, title of work and chosen prompt. The author's name should not appear anywhere other than the title page.
- The title and page number should be included in the upper right-hand corner of every page, except the title page.

By entering this contest, you give your consent for Howard County 50+ Centers to publish and/or read your story aloud during our virtual National Novel Writing Month event on **November 16 at 1 p.m.** Entries remain anonymous and are judged by select 50+ Center staff and members of the literary community. Judging is based on a points rubric including content, style, voice, word choice, structure, clarity of story and use of prompt. Questions? Email Jill Rose at jrose@howardcountymd.gov

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 Isohi@howardcountymd.gov or Cathy Burkett at cburkett@howardcountymd.gov

Red = Off
Green = On

