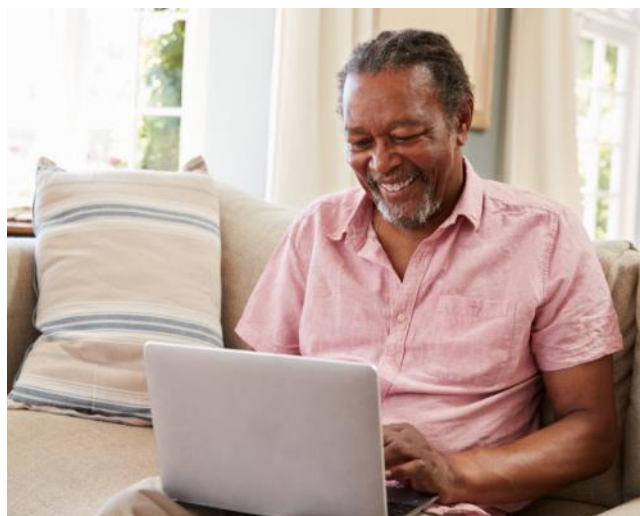


HOWARD COUNTY OFFICE ON AGING AND INDEPENDENCE



VIRTUAL PROGRAMS

JUNE 2022



Please note the password for all
FREE PROGRAMS is Spring50+

LEARN—LAUGH—READ—COOK—CRAFT—EXERCISE—LISTEN—CONNECT



WELCOME TO VIRTUAL PROGRAMS

Inside you will find all of the Virtual Offerings for June. Beginning in July, all Virtual Programs will be listed in each of the Center Newsletters. Be sure to click on the Constant Contact link below, to get on the distribution list for your closest Center.

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Remember, we are offering a wide variety of programming in the centers. You can see newsletters for each center online at:
<https://www.howardcountymd.gov/aging-independence/howard-county-50-centers>



Or scan this QR code.
Come visit - we'd love to see you.

The password for Virtual Programs is **Spring50+**.

If you are interested in purchasing the Paid Fitness Class Pass, which offers you 18 different classes per week, virtually for only \$38 a month, call 410.313.1400 or 410.313.5440.

You can also sign up online at:
<https://apm.activecommunities.com/howardcounty/>
 Search: Virtual 50+Virtual Exercise Classes/A02490.703.



To receive newsletters from your local center, click to sign up in Constant Contact.
[CONSTANT CONTACT SIGN UP](#)

VIRTUAL FITNESS PASS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FLOOR, CORE & MORE 8:30 AM	POWER 8:30 AM	KICKBOXING 8 AM	POWER 8:30 AM	FLOOR, CORE & MORE 8:30 AM
MINDFUL MONDAYS 10 AM	CARDIO & CORE 10 AM	QI GONG 9 AM	CARDIO & CORE 10 AM	ZUMBA GOLD® 10 AM
SEATED STRENGTH AND BALANCE 11 AM	YOGA WITH MARY 11 AM	PILATES 10 AM	SEATED STRENGTH AND BALANCE 11 AM	FRIDAY POWER 11 AM
CIRCUIT CONDITIONING 5:30 PM		CIRCUIT CONDITIONING 5:30 PM		
				SATURDAY
				HATHA YOGA 9:30 AM

\$ Paid Fitness Pass Classes
 \$ Paid Fitness Programs
 Free Programs

JUNE AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1	2 SENIORS TOGETHER ON OUR MINDS 10 AM BOOK CLUB 1 PM NATIONAL PARK SERIES 2 PM ARTHRITIS EXERCISE PROGRAM 2:30 PM	3
6 VIRTUAL NUTRITION CONSULTATIONS 4-6 PM	7 ART + HISTORY THE SHAW MEMORIAL 11 AM ARTHRITIS EXERCISE PROGRAM 2:30 PM	8	9 SENIORS TOGETHER ON OUR MINDS 10 AM ARTHRITIS EXERCISE PROGRAM 2:30 PM	10
13	14 IMPROVING DIGESTIVE HEALTH 11 AM ARTHRITIS EXERCISE PROGRAM 2:30 PM	15 WORLD ELDER ABUSE DAY PRESENTATION 10:30 AM	16 SENIORS TOGETHER ON OUR MINDS 10 AM ARTHRITIS EXERCISE PROGRAM 2:30 PM	17 NATIONAL PARK SERIES 2 PM
20 CLOSED JUNETEENTH HOLIDAY	21 ARTHRITIS EXERCISE PROGRAM 2:30 PM	22	23 SENIORS TOGETHER ON OUR MINDS 10 AM HOWARD COUNTY LIBRARY SYSTEM DIY CENTER 2 PM ARTHRITIS EXERCISE PROGRAM 2:30 PM	24
27	28 ARTHRITIS EXERCISE PROGRAM 2:30 PM	29	30	NO YOGA ON SATURDAY JUNE 18

\$ Fitness Pass Classes

Floor, Core and More

Mondays and Fridays, 8:30 am

This class targets challenging areas of the body: thighs, abs and back-side. Tighten, tone and strengthen those core areas. Class predominantly done on the floor.

Taught by Michelle Rosenfeld

Power

Tuesdays and 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 held weights to improve your body composition.

Taught by Michelle Rosenfeld

Pilates

Wednesdays, 10 am

Using the abdominal muscles of Joseph Pilates, re-awaken core muscles, breathe life back into the spine and return balance, stability and flexibility to your body.

Taught by Bob McDowell

Mindful Mondays

Mondays, 10 am

A fusion class that combines gentle, guided meditation with light yoga stretches. A great way to incorporate mindfulness into your life.

Taught by Connie Bowman

Cardio and Core Class

Tuesdays and Thursdays, 10 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

Zumba Gold®

Fridays, 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 at your own pace.

Taught by Courtney Bracey

Seated Strength and Balance

Mondays and Thursdays, 11 am

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

Yoga with Mary

Tuesdays, 11 am

Join Mary for a series of weekly yoga 8 classes; topics will vary. You will need a mat, and a strap or bathrobe tie. We will mostly be standing up in this flowing class.

Taught by Mary Garratt

Friday Power

Fridays, 11 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.

Taught by Robbie Compson

Circuit Conditioning

Mondays and Wednesdays, 5:30 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 to improve cardiovascular function. Have dumbbells or household equivalent available for strength training. Modifications available.

Taught by Michelle Rosenfeld

Kickboxing

Wednesdays, 8 am

Start kickin' it with this introductory 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 conducted at low-impact level.

Taught by Michelle Rosenfeld

Hatha Yoga

Saturdays, 9:30 am

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

Taught by Mary Garratt

Qi Gong

Wednesdays, 9 am

This class includes a gentle warm-up to open the joints in preparation for the Qi Gong practice which relaxes the body, focuses the mind, calms the nerves, and reduces the ill effects of stress. Open to all levels, no experience or special equipment required.

Taught by Jessica Koch

FOOD, NUTRITION, COOKING

Improving Digestive Health

Tuesday, June 14, 1pm

Join Registered Dietitian Carmen Roberts for a discussion on how nutrition can impact gastrointestinal health and improve symptoms of common digestive problems that occur with normal aging.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb0227652fa30e67794ba1240ead1a1fe>

Meeting #2318 094 1498

Password: Spring50+

Virtual Nutrition Consultations

Monday, June 6, 4:00-6:00 pm

Our Registered Dietitian, Carmen Roberts, is available for virtual nutrition consultations (via video or phone). During this 30-minute session, she can answer your questions about diet, nutrition, and the impact of food on your health.

Click link to: [Register For A Virtual Nutrition Consultation](#)

HISTORY, CULTURE, CURRENT EVENTS

National Park Series: Chaco Culture National Historical Park

Thursday, June 2, 2 pm

Chaco Archaeology, Artifacts and Preservation: Learn about the archaeological history of Chaco Canyon, archaeological artifacts that provide clues to how the Ancestral Puebloans lived, and preservation efforts practiced today to preserve and protect these cultural and archaeological resources for the public.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=medb823a34a6212daab033360927677e7>

Meeting #2301 985 2629

Password: Spring50+

Art + History: The Shaw Memorial

Tuesday, June 7, 11 am

The African-American soldiers of the Massachusetts 54th in Augustus Saint-Gauden's Shaw Memorial stride confidently toward battle for a cause they are willing to die for - freedom. Almost half the members of the Massachusetts 54th, including their white commanding officer, Colonel Robert Gould Shaw, would be killed in the July 1863 attack on Fort Wagner, South Carolina. The original memorial stands in Boston Common, with a plaster version on display at the National Gallery. Saint-Gauden's took great pains to make sure each soldier was a portrait. Who were the Massachusetts 54th and Colonel Shaw? What brought them together? How was the Civil War, and these soldiers in particular being remembered in 1897 when the memorial was unveiled?

Presented by: Paul Glenshaw

Click link below join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mab568c33313c38fde4a37d53041bef8a>

Meeting # 2310 771 9674

Password: Spring50+



HISTORY, CULTURE, CURRENT EVENTS

World Elder Abuse Awareness Day Program

Wednesday, June 15, 10:30 am

HYBRID

Each year hundreds of thousands of older persons are abused, neglected, and exploited. Many victims are people who are older, that depend on others to meet their most basic needs. Abusers of older adults are both women and men, and may be family members, friends, or "trusted others." Retired Officer Andre Lingham will provide tips on how to protect yourself and your family. This program is Hybrid, so feel free to join us in person at the Bain 50+ Center. To R.S.V.P., please call 410-313-7213.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc78151cc349747dc0fa604d128ce4037>

Meeting #2317 018 5657

Password: Spring50+



National Park Series: Sleeping Bear Dunes National Seashore

Friday, June 17, 2 pm

Join a ranger from Sleeping Bear Dunes National Lakeshore to discover how climate change affects the Great Lakes and Sleeping Bear Dunes and what we can do to make positive changes in our community.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7d89184278e10847b5515ba8b0189248>

Meeting # 2306 518 2138

Password: Spring50+

LITERATURE AND THEATER

Book Club

Thursday, June 2, 1pm

Enjoy great conversation and connection with fellow book lovers. Join our discussion and share your perspective and ideas on selected books. Honoring Juneteenth, on June 2, we will discuss **The Color of Law** by Richard Rothstein. This Book Club will resume in person at the Elkridge 50+ Center starting Thursday, August 4; we will discuss **The Library Book** by Susan Orlean.

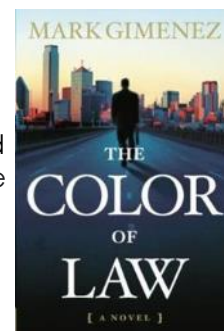
Facilitated by Jeannie DeCray

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3f0a6e4caf18cf785789069622d4d020>

Meeting # 2307 952 8614

Password: Spring50+



Howard County Library System: Introduction to the DIY Center

Thursday, June 23, 2 pm

HCLS renovated and re-opened the Elkridge Branch and DIY Education Center in March 2018 and began lending tools, baking pans, and numerous recreational products. Instructor & Research Specialist Eric Laun discusses the goals of the DIY center, the hands-on, participatory classes offered at the DIY Center where you can learn through doing, and shares information on the kinds of tools available to borrow as well as the different resources you can find there.

Presented by Eric Laun

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m1a144974daf75d865589b99deda647ab>

Meeting #: 2317 825 3918

Password: Spring50+

Seniors Together

CONNECT • LEARN • GROW

The SeniorsTogether groups meet weekly (unless otherwise noted); participation is free and all groups are facilitated by older adult peers.

IN-PERSON and VIRTUAL GROUP SCHEDULE



MONDAYS



MEN'S FORUM ← **NOW THURSDAYS**

10:00 a.m. to noon • Ellicott City 50+
Share stories, ideas and life experiences in a comfortable, good-natured social setting.



THINK POSITIVE GROUP

A Treasure Hunt for Joy and Harmony
11:00 a.m. to noon • Begins October 18
Focuses on the positive aspects of appreciating all that we have and expanding our horizons with new ideas, opinions and activities.



CAREGIVER SUPPORT GROUP

7:00 to 8:30 p.m. (3rd Monday of the month)
For adult caregivers of adults. Focuses on practical needs, resources, social networking, emotional support and downtime.

TUESDAYS



LOW VISION SUPPORT GROUP

10:15 to 11:45 a.m. • Bain 50+
Ongoing support for those with low vision; explore options, share ideas and learn new ways to maintain independence. Call-in option.

WEDNESDAYS



OPEN MIND GROUP

9:30 to 11:30 a.m.
In-depth discussion on topics drawn from the issues of today and the country's challenges, in a collegial environment where all input is respected.

THURSDAYS



ON OUR MINDS

10:00 to 11:30 a.m.
Find camaraderie in a highly supportive group and join the discussion on a range of topics from the news, life experiences, or member suggestions.



BRAINTEASERS

12:30 to 2:00 p.m. • Bain 50+
Challenge your mind, strengthen memory using games, puzzles and other activities.

FRIDAYS



TRENDERS

10:00 to 11:30 a.m. • Bain 50+
Lively group discussion on uplifting news, upcoming events, or topics sure to inspire, entertain and satisfy curiosity. Group often lunches out together post-meeting.


Howard County
Office on Aging & Independence
www.howardcountymd.gov/aging

FOR VIRTUAL GROUP LINKS, ADDITIONAL INFORMATION, OR TO REGISTER

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.

COMMUNITY PARTNERS

Join with the [Howard County Local Health Improvement Coalition](#) (HCLHIC) and member organizations as we take part in community-wide efforts to improve health and reduce health disparities here in Howard County. Learn more at www.hclhic.org.

Events listed below are provided by HCLHIC member organizations. If you have any questions about these events, please contact the event organizers directly.

Click [here](#) for a listing of other free webinars that promote healthy movement, mindful meditation, healthy eating, and more.



Howard County COVID Update

Cases of COVID in Howard are on the rise. People at higher risk for COVID complications, or those wanting to reduce transmission risk should wear a high quality mask when indoors and unable to physically distance. Anyone with symptoms should get tested and isolate if sick. We should all be up-to-date on our COVID vaccine and boosters to avoid serious illness, hospitalization and even death! The [CDC authorized second boosters](#) for those 50+ and the immunocompromised whose last booster was 5+ months ago. If you are interested in a second booster (or your first) you can make an appointment at any of our HCHD clinics onsite. Go to our [COVID vaccine page](#) to see which date/time is good for you!



Howard County Farmers Market

Howard County Farmers' Market are now OPEN five days a week throughout the county, meaning that farm fresh produce is much closer than you think. Consumption of fresh fruits and vegetables are associated with numerous health benefits. For additional details, visit the Howard County Economic Development Authority's website at: <https://www.hceda.org/farm-agriculture/locations/farmers-markets/>



Living Well with Chronic Disease

Saturdays, June 11 - July 16, 10:30 am – 1:00 pm

The virtual Living Well with Chronic Disease class is a free 6-week Self-Management program for those who have or are at risk for diabetes, obesity, cancer, etc. where you learn skills to help you manage chronic health conditions via Zoom! To sign up visit <https://bit.ly/living-well-virtual>, email HCGH-J2BH@jhmi.edu or call 410-740-7601. Tenemos clases en español. Visite: <http://bit.ly/su-salud> Llame al: Lucy Reyna 240-459-8074. Correo electrónico: reyna1@jhu.edu

Virtual Diabetes Support Group

1st Thursday of the month at 6 pm and 3rd Thursday of the month at 10 am

The Virtual Diabetes Support Group provides social and emotional support for your experience with diabetes, educational resources, and discussion of topics about diabetes. Diabetes Support Group is appropriate for those with prediabetes, Type 1 and Type 2 diabetes, and caregivers. Once you register and receive the Zoom link, it's not necessary to register again. To sign up visit bit.ly/VirtualDiabetesGroup. Contact Kristine Batty, NP at kbatty2@jhmi.edu with questions.