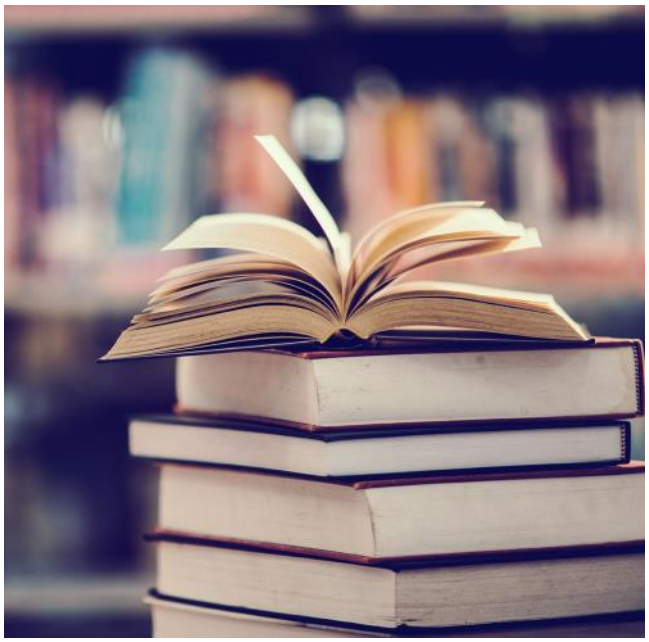
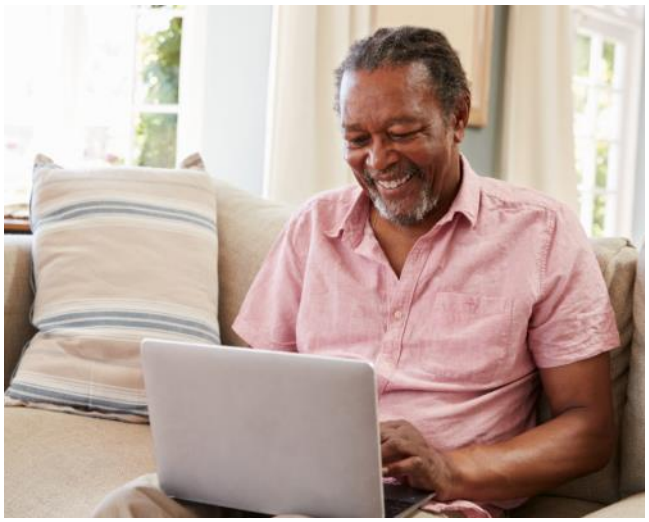
HOWARD COUNTY OFFICE ON AGING AND INDEPENDENCE





VIRTUAL PROGRAMS

AUGUST 2021

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

Please note the password for all FREE PROGRAMS is Summerfun50+

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

Howard County 50+ CENTERS
Enrichment. Engagement. Connection. Growth.

UPDATES

Enrichment. Engagement. Connection. Growth

To balance the public facing responsibilities and the technology tasks associated with virtual programming, we have consolidated the virtual offerings' virtual programs to **Tuesdays and Thursdays for August**.

The Virtual Group Fitness Class Pass will be modified starting in August to help meet the demand for in-person exercise classes in the 50+ Centers. The virtual class pass price will decrease by 25% as the number of virtual class pass offerings will also decrease by 25%. In August, the price of the monthly Virtual Class pass will be $38 for the full month and $20 for those joining on or after the 15th of the month.

In-person programming across the 50+ centers will continue to gradually increase in the months ahead. Please know that the entire Office on Aging and Independence team is deeply gratified by your positive response and feedback to our programming throughout the past 16 months. It is our privilege to serve you and to learn of the impact of our efforts in your lives.

We are pleased to announce that the Howard County Virtual 50+ Programs has been selected by engAGED: The National Resource Center for Engaging Older Adults to be featured on the engAGED Social Engagement Innovations Hub. This searchable online database engAGED is developing to facilitate the sharing and replication of best and promising social engagement practices. The National Resource Center is a project of the National Association of Area Agencies on Aging (n4a).

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

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

Frequently Asked Questions

Is there a new password for Free Programs?
Yes, the new password for free programs is **Summerfun50+.**

How do I sign up for the Paid Fitness Class Pass? To register for the $38 monthly fitness pass that includes 21 weekly classes, you can call 410.313.1400 or 410.313.5440 (voice/relay) Monday - Friday between 10 am - 2 pm. Those registered will receive the links and passwords for August will be available at the end of July. To register on-line using your Active Net account: Search: Virtual 50+ Exercise Classes/A02490.402 on the Active Net site: https://apm.activecommunities.com/howardcounty/ Passes purchased after the 15th of the month have a reduced fee ($20).

How do I learn to use WebEx? Staff are available for one on one sessions to walk you through the platform, answer questions and get you into our virtual world. To set up an appointment, email Virtual50@howardcountymd.gov If you have a landline you could call into certain programs and still be engaged.

Will virtual programs continue now that centers are open? Yes, there will continue to be limited classes offered virtually.
In August, Virtual Programs will be on Tuesdays and Thursdays.

Do I have to live in Howard County to participate? No you do not, anyone can join in our virtual offerings.

How can I get the newsletter sent to my inbox? Just click on this link to sign up in Constant Contact.CONSTANT CONTACT SIGN UP

NOTEWORTHY

- The Howard County Covid-19 hotline # is 410-313-6284
- Programs by our community partners can be found on page 19
- New phone number for 50+Centers is 410-313-5400.
- SeniorsTogether Programs are slowly moving back into the centers. Brain Teasers on Thursdays is in person in center, and Trenders on Friday is in person in center. Questions?
  Call Karen 410.313.7466 or 410.313.7353

WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 FLOOR, CORE & MORE 8 AM Go to Page MINDFUL MONDAYS 9 AM Go to Page STRENGTH TRAINING 10 AM Go to Page ZUMBA GOLD 10:30 AM Go to Page SENIORS TOGETHER THINK POSITIVE 11 AM SEATED STRENGTH AND BALANCE 12 PM Go to Page Beginner Soul Line Dancing 1PM Go to Page CIRCUIT CONDITIONING 5:45 PM Go to Page NUTRITION CONSULTS 4 PM (APPOINTMENTS REQUIRED) Go to Page	**3** POWER 8:30 AM Go to Page CARDIO & CORE 9:30 AM Go to Page YOGA WITH MARY 11 AM Go to Page CONNECTIONS CORNER 11 AM Go to Page AMERICA'S CANNING CAPITAL BY BMI 11 AM Go to Page SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page BALANCE 4 ALL 1 PM Go to Page NATIONAL PARK SERIES CAROUSEL AT GLEN ECHO PARK 2 PM Go to Page ARTHRITIS EXERCISE PROGRAM 2:30 PM ACTIVE YOGA 5:45 PM Go to Page	**4** KICKBOXING 8 AM Go to Page QI GONG 9 AM Go to Page SENIORS TOGETHER OPEN MIND GROUP 9:30AM Go to Page STRENGTH TRAINING 10 AM Go to Page SITTERCIZE 1 PM Go to Page FIGURE OUT YOUR PHONE 3:30 PM Go to Page CIRCUIT CONDITIONING 5:45 PM Go to Page	**5** POWER 8:30 AM Go to Page FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page SENIORS TOGETHER NEWS TALK 10 AM Go to Page NUTRITION EDUCATION 11 AM Go to Page SEATED STRENGTH AND BALANCE 12 PM Go to Page BOOK CLUB 1 PM Go to Page HOMEMADE ICE CREAM WITH A PASTRY CHEF 1 PM Go to Page ARTHRITIS EXERCISE PROGRAM 2:30 PM	**6** FLOOR, CORE & MORE 8 AM Go to Page CARDIO & CORE 9:30 AM Go to Page POWER 10:30 AM Go to Page BARRE NONE 11:30 AM Go to Page

SATURDAY
7 HATHA YOGA

$ Paid Fitness Pass Classes | $ Paid Fitness Programs | Free Programs

WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 FLOOR, CORE & MORE 8 AM Go to Page MINDFUL MONDAYS 9 AM Go to Page STRENGTH TRAINING 10 AM Go to Page ZUMBA GOLD 10:30 AM Go to Page SENIORS TOGETHER THINK POSITIVE 11 AM Go to Page SEATED STRENGTH AND BALANCE 12 PM Go to Page BEGINNER SOUL LINE DANCING 1PM Go to Page CIRCUIT CONDITIONING 5:45 PM Go to Page	10 POWER 8:30 AM Go to Page CARDIO & CORE 9:30 AM Go to Page YOGA WITH MARY 11 AM Go to Page CONNECTIONS CORNER 11 AM Go to Page SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page BALANCE 4 ALL 1 PM Go to Page THE 1967 BATTLE OF DAK TO 1 PM Go to Page TASTY TIDBITS FARMER'S MARKET VEGETABLES 2 PM Go to Page ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page ACTIVE YOGA 5:45 PM Go to Page	11 KICKBOXING 8 AM Go to Page QI GONG 9 AM Go to Page SENIORS TOGETHER OPEN MIND GROUP 9:30AM Go to Page STRENGTH TRAINING 10 AM Go to Page SITTERCIZE 1 PM Go to Page CIRCUIT CONDITIONING 5:45 PM Go to Page	12 POWER 8:30 AM Go to Page FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page SENIORS TOGETHER NEWS TALK 10 AM Go to Page TED TALK 11 AM Go to Page SEATED STRENGTH AND BALANCE 12 PM Go to Page SUMMER HOMES AND VACATIONS OF THE FIRST LADIES 1 PM Go to Page ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page	13 FLOOR, CORE & MORE 8 AM Go to Page CARDIO & CORE 9:30 AM Go to Page POWER 10:30 AM Go to Page BARRE NONE 11:30 AM Go to Page

SATURDAY
14 HATHA YOGA 9:30 AM Go to Page

$ Paid Fitness Pass Classes | $ Paid Fitness Programs | Free Programs

WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 FLOOR, CORE & MORE 8 AM Go to Page MINDFUL MONDAYS 9 AM Go to Page STRENGTH TRAINING 10 AM Go to Page ZUMBA GOLD 10:30 AM Go to Page SENIORS TOGETHER THINK POSITIVE 11 AM Go to Page SEATED STRENGTH AND BALANCE 12 PM Go to Page BEGINNER SOUL LINE DANCING 1PM Go to Page CIRCUIT CONDITIONING 5:45 PM Go to Page SENIORS TOGETHER CAREGIVER SUPPORT GROUP 7 PM Go to Page	17 POWER 8:30 AM Go to Page CARDIO & CORE 9:30 AM Go to Page YOGA WITH MARY 11 AM Go to Page CONNECTIONS CORNER 11 AM Go to Page SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page NATIONAL PARK SERIES FORT MCHENRY 10 AM Go to Page BALANCE 4 ALL 1 PM Go to Page COMMON KNEE INJURIES & PREVENTION 2 PM Go to Page ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page ACTIVE YOGA 5:45 PM Go to Page	18 KICKBOXING 8 AM Go to Page QI GONG 9 AM Go to Page SENIORS TOGETHER OPEN MIND GROUP 9:30AM Go to Page STRENGTH TRAINING 10 AM Go to Page SITTERCIZE 1 PM Go to Page FIGURE OUT YOUR PHONE 3:30 PM Go to Page CIRCUIT CONDITIONING 5:45 PM Go to Page	19 POWER 8:30 AM Go to Page FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page SENIORS TOGETHER NEWS TALK 10 AM Go to Page ASK THE NUTRITION EXPERTS 11 AM Go to Page SEATED STRENGTH AND BALANCE 12 PM Go to Page ART HISTORY WITH ANN WIKER 1 PM Go to Page ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page	20 FLOOR, CORE & MORE 8 AM Go to Page CARDIO & CORE 9:30 AM Go to Page POWER 10:30 AM Go to Page BARRE NONE 11:30 AM Go to Page

SATURDAY
21 HATHA YOGA 9:30 AM Go to Page

$ Paid Fitness Pass Classes | $ Paid Fitness Programs | Free Programs

WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 FLOOR, CORE & MORE 8 AM Go to Page MINDFUL MONDAYS 9 AM Go to Page STRENGTH TRAINING 10 AM Go to Page ZUMBA GOLD 10:30 AM Go to Page SENIORS TOGETHER THINK POSITIVE 11 AM Go to Page SEATED STRENGTH AND BALANCE 12 PM Go to Page BEGINNER SOUL LINE DANCING 1PM Go to Page CIRCUIT CONDITIONING 5:45 PM Go to Page	**24** POWER 8:30 AM Go to Page CARDIO & CORE 9:30 AM Go to Page YOGA WITH MARY 11 AM Go to Page CONNECTIONS CORNER 11 AM Go to Page WALTERS ART GALLERY JAPANESE COLLECTION 11:30 AM Go to Page SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page MARVELOUS MIGRATIONS 1 PM Go to Page BALANCE 4 ALL 1 PM Go to Page MONUMENTAL MARBLE 2 PM Go to Page ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page ACTIVE YOGA 5:45 PM Go to Page	**25** KICKBOXING 8 AM Go to Page QI GONG 9 AM Go to Page SENIORS TOGETHER OPEN MIND GROUP 9:30AM Go to Page STRENGTH TRAINING 10 AM Go to Page SITTERCIZE 1 PM Go to Page CIRCUIT CONDITIONING 5:45 PM Go to Page	**26** POWER 8:30 AM Go to Page FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page SENIORS TOGETHER NEWS TALK 10 AM Go to Page TED TALK 11 AM Go to Page SEATED STRENGTH AND BALANCE 12 PM Go to Page HCLS: GETTING THE MOST OUT OF YOUR LIBRARY ACCOUNT 1 PM Go to Page NAME THAT TUNE 2 PM Go to Page ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page	**27** FLOOR, CORE & MORE 8 AM Go to Page CARDIO & CORE 9:30 AM Go to Page POWER 10:30 AM Go to Page BARRE NONE 11:30 AM Go to Page

SATURDAY
28 HATHA YOGA 9:30 AM Go to Page

$ Paid Fitness Pass | $ Paid Fitness Program | Free Programs

WEEK AT A GLANCE

MONDAY	TUESDAY
30 FLOOR, CORE & MORE 8 AM Go to Page MINDFUL MONDAYS 9 AM Go to Page STRENGTH TRAINING 10 AM Go to Page ZUMBA GOLD 10:30 AM Go to Page SENIORS TOGETHER THINK POSITIVE 11 AM Go to Page SEATED STRENGTH AND BALANCE 12 PM Go to Page BEGINNER SOUL LINE DANCING 1PM Go to Page CIRCUIT CONDITIONING 5:45 PM Go to Page SENIORS TOGETHER CAREGIVER SUPPORT GROUP 7 PM Go to Page	31 POWER 8:30 AM Go to Page CARDIO & CORE 9:30 AM Go to Page YOGA WITH MARY 11 AM Go to Page CONNECTIONS CORNER MUSIC THERAPY 11 AM Go to Page TECH TALK 11 AM Go to Page SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page BALANCE 4 ALL 1 PM Go to Page NATIONAL PARK SERIES THE NATIONAL MALL & MONUMENTS PART 2 2 PM Go to Page ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page ACTIVE YOGA 5:45 PM Go to Page

$ Paid Fitness Pass $ Paid Fitness Program Free Programs

$ Fitness Pass Classes

Floor, Core and More
Mondays and Fridays, 8 am
This class targets challenging areas of the body: thighs, abs and backside. 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, 10:30 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 Courtney Bracey

Seated Strength and Balance
Mondays and Thursdays, 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 and 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 to improve cardiovascular function. Have dumbbells or household equivalent available for strength training. Modifications available for all exercises.
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 & increase lean muscle mass.
Taught by Michelle Rosenfeld

Cardio and Core Class
Tuesdays and Fridays, 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 will mostly be standing up in this flowing class.
Taught by Mary Garratt

LINKS ARE PROVIDED AFTER REGISTRATION AND PAYMENT OF $38 IS RECEIVED.

$ Fitness Pass Classes

Balance 4-All
Tuesdays, 1 pm
This class combines a perfect blend of balance, flexibility, posture, strength and agility. With the use of dumbbells (or any other household substitute) and a chair, you will work your way to being better equipped to perform routine activities of daily living (ADL) and decrease your risk of falling.
Taught by Courtney Bracey

Active Yoga
Tuesdays, 5:45 pm
This yoga class will keep you moving. Flow continuously through sequences of traditional Sun Salutations and standing postures, link breath with movement, and work to build strength and endurance while you improve balance and flexibility. Ability to get up from the floor is recommended.
Taught by Bev Ludwig

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

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. Come as you are and enjoy the simple yet profound experience of Qi Gong for harmonizing mind, body, and spirit. Open to all levels, no experience or special equipment required. Water and chair are recommended.
Taught by Jessica Koch

Foundation of Movement
Thursdays, 9:30 am
This class helps to build a solid core foundation upon which to improve overall balance, stability, flexibility and movement. Exercises are drawn from Yoga, Pilates, and basic strength classes. This class is primarily done on the floor with options for standing or sitting. Recommended equipment: mat, water, small ball or pillow, and a yoga strap or towel.
Taught by Bob McDowell

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

LINKS ARE PROVIDED AFTER REGISTRATION AND PAYMENT OF $38 IS RECEIVED.

$ Fitness Pass Classes

Barre None
Fridays, 11:30 am
This class will take you through Ballet, Pilates, and Functional "barre" movements **without the barre!** Using a sturdy countertop or table and light weights (dumbbells or other household substitutes: water bottles, soup cans, etc.) you will lengthen and strengthen your entire body. Modifications for exercises will be provided.
Taught by Robbie Compson

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

$Paid Fitness Class

Virtual Arthritis Foundation Exercise Program
Tuesdays, Thursdays, 2:30 pm
Online classes Begins Tues, August 3rd
Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range of motion exercises that are suitable for every fitness level and ability. Led by a trained program leader. Suitable for participants diagnosed with arthritis or other chronic pain disorders. Fee to participate, registration required. For more information contact mburgess@howardcountymd.gov or call 410.313.5440 to register.

$ Personal Training

Want to get started with a healthy exercise routine but you don't know where to begin? Consider looking to us for one on one exercise. In-person Personal Training is available by appointment. Sessions are 30 minutes w/ first session being 45 minutes.
Cost:
Single Session: **$45**
4 Session Package: **$160**
8 Session Package **$299**

Call 410.313.1400 to register.

$ Exercise Consultations

Are you looking for guidance on starting or changing an exercise routine? Schedule a one-on-one, 30-minute virtual consultation with our Exercise Specialist, Malarie Burgess. We will work together to tailor a fitness plan best suited to your needs from the comfort of your own home. All available August appointment times are listed in the registration link, you will select your appointment at checkout. Contact mburgess@howardcountymd.gov or 410-313-6073 with questions. Registration link: https://anc.apm.activecommunities.com/howardcounty/daycare/program/558?onlineSiteId=0&from_original_cui=true&online=true or activity number A05490.801.
Cost: $15 per session

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

LINKS ARE PROVIDED AFTER REGISTRATION AND PAYMENT OF $38 IS RECEIVED.

Free Fitness Classes

Strength Training

Mondays, Wednesdays, 10 am

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 No Class 9/6

Click link to join:

https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me2f268b528800dc2f9e13d6353f05461

Meeting # 172 893 6556 Password: Summerfun50+

Beginner Soul Line Dancing

Mondays, 3 pm

This beginner soul line dance class involves step-by-step instruction for choreography and concludes with dances performed to pop and rhythm and blues music. Multiple dances will be performed within the hour.

Taught by Jessie Barnes No Class 9/6

Click link to join:

https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb07b28846feb9d9605a8b36d507465db

Meeting #172 124 3369 Password: Summerfun50+

Sittercize

Wednesdays, 1 pm

A 45-minute class for those who prefer a seated workout as well as those who may 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

Click link to join:

https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb8637b288bc9ae63f251e1e1e9d1d4bf

Meeting # 172 098 4017 Password: Summerfun50+

Arts & Music

Art History; The Connections Between Art and Music
Thursday, August 19, 1pm
Connections Between Art and Music-"You took your life, as lovers often do, but I could've told you Vincent, this world was never meant for one as beautiful as you." These lyrics are from a song by the American songwriter and performer, Don McLean, who is paying tribute to Vincent van Gogh. The very same year that this song was written, David Bowie wrote and sang a song about Andy Warhol. Are there other famous artists or famous paintings that have inspired composers? Which famous artists have been inspired by music? In this presentation, we'll explore the often harmonious relationship between music and art.
Presented by Ann Wiker
Click link below to join:
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma387f9279bf43488cbfe967cd06ac32a
Meeting # 172 642 1403 Password: Summerfun50+

Walters Art Gallery - Highlights of the Japanese Collection
Tuesday, August 24, 11:30 am
The Walters Art Museum holds over 4,000 objects in our Japanese Collection. From ceramics, to tapestries, to armor, the Japanese collection is a wealth of beauty and history. Explore highlights from this vast collection around the themes of plants, people and events, animals, and religion.
Click link below to join:
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mdea646018a4f7260ff8f92690223ccf1
Meeting # 172 726 0961 Password: Summerfun50+

Name That Tune
Thursday, August 26, 2 pm
Join Ellen for a fun activity of Name that Tune.
Click link below to join:
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m41d9a2b17742408bca841a48d55d551b
Meeting # 172 482 8843 Password: Summerfun50+

Computers & Technology

Figure Out Your Phone
Wednesdays, August 4, 18, 3:30pm
Join students and learn one on one how to figure out your iPhone or android. Learn what your phone can do and how to do it. These students have a volunteer organization dedicated to assisting older adults with technology. Tune in and get the help you need.
Presented by Ramsey Sheibani, Robert Finegar and Keon Parsa
Click link below to join
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8af1ffc71a9c2355a9a59e5b4d3a9e23
Meeting # 172 724 6659 Password: Summerfun50+

Tech Talk
Tuesday, August, 31, 11am
Rescheduled from June: Whether you're new to journaling or have been doing it for years – let's explore how to leverage technology to enrich our journaling. We'll talk about why we journal and explore ways to add additional dimension (and fun) to this creative and even therapeutic endeavor.
Presented by Lucky Sohi
Click link below to join:
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0951b8686bd80f98dca0fd86671bb9d1
Meeting # 172 209 0788 Password: Summerfun50+

Food, Nutrition and Cooking

Virtual Nutrition Consultations
Monday, August 2, 4 - 6 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. Please note no virtual appointments in September due to Labor Day holiday. Click link to:
Register For A Virtual Nutrition Consultation

Nutrition Education: Sleep: How Better Rest Can Improve Your Weight Loss Efforts & Overall Health
Thursday, August 5, 11am NEW TIME
Did you know that a good night's sleep can dramatically impact your health? Carmen Roberts will discuss how sleep can help you with weight loss and chronic disease prevention.
Presented by Carmen Roberts, R.D.
Click link below to join:
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0dd6a34da6a502fcad439233b69145da
Meeting #:172 396 2062 Password: Summerfun50+

Home Made Ice Cream
Thursday, August 5, 1 pm (Hybrid)
Ice cream may seem like the simplest of lazy-day treats, but delving into the science can mean the difference between a coarse-and-crispy frozen fail and the smooth, creamy stuff they serve at your local parlor. Just in time for summer, we've assembled a class that will make a master out of anyone looking to cool things down in the kitchen. This class will be Hybrid.
Presented by Pastry Chef Frances Beckman Martiny
Click link below to join:
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf4a5f0eca8c4ff727221cb4dbc153f8a
Meeting# 172 094 9078 Password: Summerfun50+

Tasty Tidbits: Farmers' Market Fresh Vegetables
Tuesday, August 10, 2 pm
It's that time of year when Farmers' Markets are filled with an abundance of local produce. This month we will explore vegetables in season right now and how to incorporate them into your meals.
Presented by Cheryl Campbell
Click link below to join:
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m59a674a86570d24aea6ff3bf49817536
Meeting # 172 767 9732 Password:Summerfun50+

Ask the Nutrition Expert: National Peach Month
Thursday, August 19, 11am NEW TIME
August is here and that means peaches are in season! Peaches are a good source of fiber, vitamins A and C, and a great way to make half your plate fruits and vegetables. Join Carmen virtually as she discusses the benefits of incorporating more fruits like peaches in your diet and shares some creative recipes.
Presented by Carmen Roberts, R.D.
Click link below to join:
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfe43ba909ca9073be5f3425435c5f85f
Meeting #172 145 2260 Password: Summerfun50+

Health & Wellness

Common Knee Injuries and Prevention
Tuesday, August 17, 2 pm
Common Knee Injuries and Prevention. Knee pain stops millions of Americans from participating in their everyday activities. Come join us for a virtual free seminar and learn more about common causes of pain and how you can return to your favorite activities without pain!
Presented by Revive Physical Therapy
Click link below to join:
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9a975d39f2e4f912ce7f7a554da8b119
Meeting #172 545 2105 Password:Summerfun50+

History, Culture, Current Events

Baltimore: America's Canning Capital
Tuesday, August 3, 11am
The yearly cycle of preserving the seasonal harvest of Chesapeake Bay made Baltimore America's canning capital. Join Jack Burkert as he shares the story of the workers who made canning happen and how they, and often their children, lived and worked. Machines, people, products, success and tragedy are all part of this look at this Baltimore industry.
Meeting link:
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m4db7f7b2a8b0b976f17c493120e41aae
Meeting # 172 259 3936 Password: Summerfun50+
Presented by The Baltimore Museum of Industry

The 1967 Battle of Dak To
Tuesday, August 10, 1 pm (Hybrid)
Dr. Tom Glenn will present the 1967 battle of Dak To in the western highlands of South Vietnam. This is a conflict he was very much involved in during the late summer of 1967. Glenn pulled together signals, intelligence indicators, and predicted a major North Vietnamese offensive intended to destroy the U.S. 4th Infantry Division and the 173rd Airborne Brigade. Both operating not far from the village of Dak To, he briefed the commanding general of the 4th Infantry Division that his unit was about to be attacked by a multi-division North Vietnamese force. The general didn't believe him. Join us virtually or at the Bain Center to learn what happened next.
Presented by Dr. Tom Glenn
Click link below to join.
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m79febc06796d4b34095d62b7bd9fe0db
Meeting #172 927 0999 Password: Summerfun50+

Ted Talk
Thursdays, Aug 12, 26, 11am
Join Lucky for an hour viewing and discussion on various TED talks.
Facilitated by Lucky Sohi
Click link below to join:
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me79927c8190f1cf7d97a5cc01899c860
Meeting # 172 899 7993 Password: Summerfun50+

History, Culture, Current Events

Summer Homes and Vacations of the First Ladies
Thursday, August 12, 1 pm
Join Andrew Och, "The First Ladies Man", author, speaker and historian, for a look at the First Ladies and how they spend their summers, away from the Washington, D.C. swamp.
Presented by Andrew Och
Click link below to join:
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m4fb13f7208937d947a10de91d33779aa
Meeting # 172 356 2498 Password: Summerfun50+

Monumental Maryland Marble
Tuesday, August 24, 2 pm
Join Phil Lord, retired Library Manager, to learn about the connection between Cockeysville, Maryland and Washington DC and US cities in this illustrated talk. Hear how local marble made its way into many monuments.
Presented by Phil Lord
Click link below to join:
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3f157250c1cb45e78da768f988fdd5b5
Meeting #172 104 1764 Password:Summerfun50+

Literature & Theater

HCLS - Getting the Most Out of Your HCLS Account
Thursday, August 26, 1 pm
Do you have questions about how to search for an item in the Howard County Library System's catalog? Want to learn what Marina is? Confused about what your hold status means? Attend this session to discover tips and tricks to make the most out of your HCLS account, how to search and request items in the HCLS catalog and via Marina, and how to manage your account online.
Presented by Victoria Riese
Click link below to join:
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m4374dcf1b469bbdc95ba8ec8525c8f2c
Meeting # 172 874 6140 Password: Summerfun50+

Book Club
Thursday, August 5, 1pm
A good book can change our perspective and broaden our horizons. If you love to read, join us for conversation and connection over a good book! For August 5th, we will discuss *The Midnight Library* by Matt Haig. On September 2nd, we will discuss *Beach Music* by Pat Conroy.
Facilitated by Jeannie DeCray
Click link below to join:
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m36f4836044abe986929ee185a7d4088a
Meeting #172 533 0398 Password: Summerfun50+

Nature, Outdoors

National Park Series The Denzel Carousel at Glen Echo Park

Tuesday, August 3, 2 pm

Join the birthday celebration! As the Denzel Carousel at Glen Echo Park turns 100, learn about the history surrounding the Carousel and of the carousel itself.

Click link below to join:

https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma583b8adb7c6374a7171e0ecc99f3ee1

Meeting # 172 097 1170 Password: Summerfun50+

National Park Series - Fort McHenry

Tuesday, August 17, 10 am

The battle of Baltimore. The history of the writing of the Star-spangled Banner and an overview of the Fort's history.

Click link below to join:

https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfd6eba682b6d1dd4bfff1b82d37815eb

Meeting # 172 857 2283 Password: Summerfun50+

Marvelous Migrations: The Amazing Journeys of Maryland's Birds

Tuesday, August 24, 1pm

Weighing as much as a penny, Ruby-throated hummingbirds fly 500 miles to cross the Gulf of Mexico, warblers will fly 80 hours non-stop and the 'Moonbird' has flown a distance equivalent to flying to the moon. Learn of these amazing travels and what we can do to ensure their journeys continue.

Presented by Howard County Master Gardener Claire Walker

Click link below to join:

https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7ae7f3ffb0b05958a3ce6d1fe3415ecb

Meeting #172 452 0945 Password: Summerfun50+

National Park Series: The National Mall and Memorials Part 2

Tuesday, August 31, 2 pm

Ranger Jennifer Epstein guides us through the more modern memorials that are part of The National Mall and Memorial Park in part 2 of this overview of the memorials.

Click link below to join:

https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mddbbd08c54aa3e84ab589ec3b359c95e

Meeting #172 128 2265 Password: Summerfun50+

Social Connections

Connections Corner

Tuesdays, 11am

Please join us every Tuesday at 11am for exercise with Michelle. August 3rd and 24th we'll play Bingo, August 17th we'll have Music therapy. August 10th and 31st we'll have trivia, games and quizzes!

Click link below to join:

https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma456a8d84586037b5787b4a9c2b9f498

Meeting # 172 326 3200 Password: Summerfun50+

Kindred Spirits Social Club

Have you or someone you know been diagnosed with Alzheimer's or another type of memory disorder and is early stage? Kindred Spirits Social Hour is a social engagement program for persons to come together to share their stories and engage in activities designed for their abilities. The Glenwood Social Day staff welcomes your loved one to join this weekly program that features conversation, support, and activities. A caregiver may need to be available to provide computer assistance. Contact Judy Miller at 410-313-5441 or jumiller@howardcountymd.gov

Seniors Together
CONNECT • LEARN • GROW

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

11:00 a.m. to noon (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

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.

WEDNESDAYS

OPEN MIND GROUP

9:30 to 11:30 a.m. (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.

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

AT CENTER

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

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

FRIDAYS

TRENDERS

AT CENTER

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.

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 HEALTH DEPARTMENT

COVID-19 Vaccine Clinic

Anyone age 12 and older is eligible to receive FREE COVID vaccine from HCHD. Visit the HCHD website for a list of upcoming vaccine clinics and schedule your first or second dose: vaccine.howardcountymd.gov. No residency or documentation requirements. Many clinics are also allowing walk-up appointments.

CAREAPP – Connecting People and Programs in Howard County

CAREAPP is a Howard County Health Department sponsored website that connects people to community programs and services. Search over 1,700 programs serving Howard County. Visit FindHCResources.org.

Sexually Transmitted Infection (STI) Program

HCHD provides STI education, screening, and treatment services for all genders. Appointments are available Monday through Thursday at the Columbia Health Center. For more information and/or to schedule an appointment, call 410-313-7500, or email askhealth@howardcountymd.gov

HOWARD COUNTY GENERAL HOSPITAL
JOHNS HOPKINS MEDICINE

Living Well with Chronic Disease

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.

Cancer Self-Management Class

The virtual Cancer Self-Management class is a free 6-week self-management program for those who have cancer where you learn skills to help you manage chronic health conditions via Zoom. Share experiences and identify solutions for creating a supportive environment. To sign up visit https://bit.ly/CancerManagementClass , email HCGH-J2BH@jhmi.edu or call 410-740-7601.

Virtual Diabetes Support Group

The Virtual Diabetes Support Group offers free education and support for those with prediabetes, Type 1, and Type II Diabetes every third Thursday of the month via Zoom. To sign up visit http://bit.ly/VirtualDiabetesGroup. Contact Kristine Batty, NP at kbatty2@jhmi.edu with questions.

Member Care Support Network (MCSN)

The Member Care Support Network offers free non-medical support services (e.g. transportation and companionship) to Howard County residents 18 years or older. To enroll or for more information visit hcgh.org/mcsn, email HCGH-J2BH@jhmi.edu or call 410-740-7601.

FARMER'S MARKET NUTRITION PROGRAM

— Coupon Distribution Service for Seniors —

$35 Vouchers Available for Seniors!

Vouchers can be used at any Maryland Farmers' Markets to purchase fresh, locally-grown vegetables, fruits, honey, and cut herbs!

YOU MUST ***REGISTER*** TO PARTICIPATE!

— ONLY A LIMITED NUMBER OF COUPONS ARE AVAILABLE —

Registration Dates: July 26 to 28 • 9 am to 3 pm

Call MAP at 410-313-1234 (VOICE/RELAY) **to register**

Must be **60 years or older** to participate and a **resident** of Howard County.

A **maximum of four people** can be registered per call.

Must provide **photo ID** and **proof of residency**

PROOF OF RESIDENCY INCLUDES UTILITY OR PHONE BILL, BANK OR CREDIT CARD STATEMENT, OR MEDICAL BILL

VOUCHER PICKUP

Friday, July 30 • 9 to 11 am

East Columbia 50+ Center

6600 Cradlerock Way, Columbia 21045

INCOME ELIGIBILITY

Household size (number of persons) and income must be less than or equal to:

1 person	$23,828
2 persons	$32,227
3 persons	$40,626
4 persons	$49,025
5 persons	$57,424
6 persons	$65,823

A PROGRAM OF THE Howard County Office on Aging and Independence

Department of Community Resources and Services

HOWARDCOUNTYMD.GOV/AGING

If you need this information in an alternate format, or need accommodations to participate contact the Howard County Nutrition Line at 410-313-3640 (voice/relay).