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.

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLOOR, CORE &amp; MORE</td>
<td>POWER</td>
<td>KICKBOXING</td>
<td>POWER</td>
<td>FLOOR, CORE &amp; MORE</td>
</tr>
<tr>
<td>8:30 AM</td>
<td>8:30 AM</td>
<td>8 AM</td>
<td>8:30 AM</td>
<td>8:30 AM</td>
</tr>
<tr>
<td>MINDFUL MONDAYS</td>
<td>CARDIO &amp; CORE</td>
<td>QI GONG</td>
<td>CARDIO &amp; CORE</td>
<td>MINDFUL MONDAYS</td>
</tr>
<tr>
<td>10 AM</td>
<td>10 AM</td>
<td>9 AM</td>
<td>10 AM</td>
<td>10 AM</td>
</tr>
<tr>
<td>SEATED STRENGTH AND BALANCE</td>
<td>YOGA WITH MARY</td>
<td>PILATES</td>
<td>SEATED STRENGTH AND BALANCE</td>
<td>SEATED STRENGTH AND BALANCE</td>
</tr>
<tr>
<td>11 AM</td>
<td>11 AM</td>
<td>10 AM</td>
<td>11 AM</td>
<td>11 AM</td>
</tr>
<tr>
<td>CIRCUIT CONDITIONING</td>
<td></td>
<td>CIRCUIT CONDITIONING</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30 PM</td>
<td></td>
<td>5:30 PM</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

$ Paid Fitness Pass Classes
$ Paid Fitness Programs
Free Programs
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>SENIORS TOGETHER ON OUR MINDS 10 AM</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>BOOK CLUB 1 PM</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>NATIONAL PARK SERIES 2 PM</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>ARTHRITIS EXERCISE PROGRAM 2:30 PM</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>ART + HISTORY THE SHAW MEMORIAL 11 AM</td>
<td>ART + HISTORY THE SHAW MEMORIAL 11 AM</td>
<td>SENIORS TOGETHER ON OUR MINDS 10 AM</td>
<td>SENIORS TOGETHER ON OUR MINDS 10 AM</td>
</tr>
<tr>
<td></td>
<td>VIRTUAL NUTRITION CONSULTATIONS 4-6 PM</td>
<td>VIRTUAL NUTRITION CONSULTATIONS 4-6 PM</td>
<td>ARTHRITIS EXERCISE PROGRAM 2:30 PM</td>
<td>ARTHRITIS EXERCISE PROGRAM 2:30 PM</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>IMPROVING DIGESTIVE HEALTH 11 AM</td>
<td>WORLD ELDER ABUSE DAY PRESENTATION 10:30 AM</td>
<td>SENIORS TOGETHER ON OUR MINDS 10 AM</td>
<td>NATIONAL PARK SERIES 2 PM</td>
</tr>
<tr>
<td></td>
<td>ARTHRITIS EXERCISE PROGRAM 2:30 PM</td>
<td>ARTHRITIS EXERCISE PROGRAM 2:30 PM</td>
<td>ARTHRITIS EXERCISE PROGRAM 2:30 PM</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>CLOSED JUNETEENTH HOLIDAY</td>
<td>ARTHRITIS EXERCISE PROGRAM 2:30 PM</td>
<td></td>
<td>SENIORS TOGETHER ON OUR MINDS 10 AM</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>HOWARD COUNTY LIBRARY SYSTEM DIY CENTER 2 PM</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>ARTHRITIS EXERCISE PROGRAM 2:30 PM</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>ARTHRITIS EXERCISE PROGRAM 2:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td>NO YOGA ON SATURDAY JUNE 18</td>
</tr>
</tbody>
</table>
**$ Fitness Pass Classes**

**Floor, Core and More**  
**Mondays and Fridays, 8:30 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*

**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 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*
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](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 to: [Register For A Virtual Nutrition Consultation](https://howardcountymd.webex.com/howardcountymd/j.php?MTID=medb823a34a6212daab033360927677e7)  
Meeting #2301 985 2629  
Password: Spring50+

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](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-Gaudens took great pains to make sure each solider 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=mab568c3331c38fde437d53041bef8a](https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mab568c3331c38fde437d53041bef8a)  
Meeting # 2310 771 9674  
Password: Spring50+
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+

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=m3f0a6e4caf18c1785789069622d4d020
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+
The SeniorsTogether groups meet weekly (unless otherwise noted); participation is free and all groups are facilitated by older adult peers.

<table>
<thead>
<tr>
<th>MONDAYS</th>
<th>WEDNESDAYS</th>
</tr>
</thead>
</table>
| 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. |
| 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. |
| 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. |
| 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. |
| 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. |
| 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 Lame al: Lucy Reyna 240-459-8074. Correo electrónico: reyna1@jh.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.