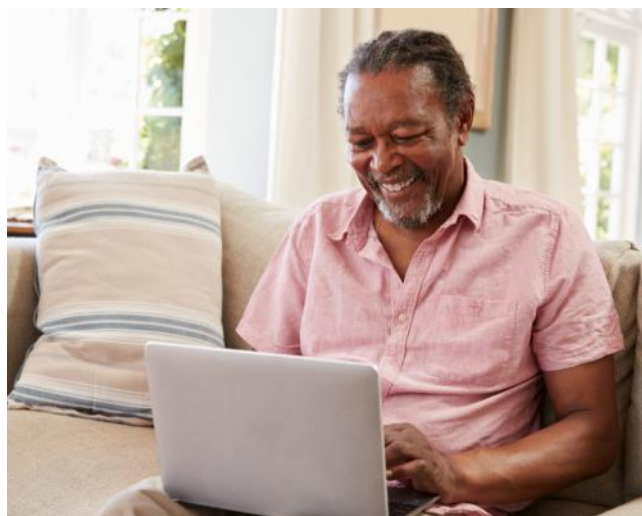


HOWARD COUNTY OFFICE ON AGING AND INDEPENDENCE



VIRTUAL PROGRAMS

December 2020

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

Please note that there is a new password effective 12/1/20 for all FREE PROGRAMS.

The new password is Hoco50+.

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

EXPLORE YOUR OPTIONS

December 2020

Welcome to the December 50+ Virtual Offerings! You don't have to be a member to participate in our free classes, and you don't even have to live in Howard County! So please share with a friend! Keep completing our survey, we are appreciative of your feedback as it helps guide our programming. Do you have a loved one with early stage memory loss? We are introducing a virtual Kindred Spirits program designed to provide important socialization and support for these individuals. For information contact Judy Miller on 410.313.5441 or by email at jumiller@howardcountymd.gov. Make sure you participate in "**Get It Done**" week, December 7-11th, in partnership between the Horizon Foundation, COGS, and Office on Aging and Independence. Register for a presentation and then you may sign up for one on one assistance. Descriptions are in the newsletter with an * and additional details can be found at this link: www.speakeasyhoward.org/getitdone



Have you experienced our virtual **Fitness Class Pass**? With a modest monthly fee of \$50, registrants can participate in over 20 different exercise classes offered Monday through Fridays, day and evening. 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 complete your registration over

the phone, then enroll 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 December class pass by searching: Virtual 50+ Exercise Classes/A02490.103 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 **Monday, November 30th by 2 pm** will receive the links and passwords for December, later that afternoon. Registration number for January is A02490.201, February is A02490.202 and March is A02490.203.

New in December! Nutrition Consultations

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 the link to register. [REGISTER FOR NUTRITION CONSULTATION](#)



Appointment Dates / Start Times

Thursday, December 3
9 / 9:30 / 10 / 10:30 am

Monday, December 7
4 / 4:30 / 5 / 5:30 pm

LOOKING AHEAD



We are listening to your input. We have more exciting programs coming your way. The new year brings more exercise opportunities to motivate you to get in shape! 6 new classes are being added to the **Virtual Fitness Pass**! We are also adding two Tai Chi classes. **Tai Chi for beginners** on Mondays at 4 pm and **Tai Chi for recovery from Covid -19**, on Mondays at 5 pm.

Virtual 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. **Virtual Personal Training** which will be available by appointment begins in January. Individual sessions and packages will be available for purchase. Details coming.



In December we kick off our **Virtual 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 December 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

NEW PASSWORD BEGINNING DECEMBER 1 IS Hoco50+

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>COFFEE & CHAT ELKRIDGE 9 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10 AM Go to Page</p> <p>PILATES WITH BOB 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCE 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>1 POWER 8:30 AM Go to Page</p> <p>COFFEE & CHAT EAST COLUMBIA 9 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>CONNECTIONS CORNER 11 AM Go to Page</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page</p> <p>GINGERBREAD HOUSES 2 PM Go to Page</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM Go to Page</p> <p>INTRODUCTION TO CROCHET 3 PM Go to Page</p>	<p>2 KICKBOXING 8 AM Go to Page</p> <p>COFFEE & CHAT ELLICOTT CITY 9:30 AM Go to Page</p> <p>MEDITATION 9:30 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30 AM</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>COMMUNITY ACTION COUNCIL 11 AM Go to Page</p> <p>MAT PILATES 11:15 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>THE CONE SISTERS OF BALTIMORE 1 PM Go to Page</p> <p>NURTURING EMOTIONAL WELLNESS 1 PM Go to Page</p> <p>SO, I FOUND THIS IN MY ATTIC... 2 PM Go to Page</p> <p>FIGURE OUT YOUR PHONE 3:30 PM Go to Page</p> <p>VETERANS CONNECTIONS PROGRAM 4 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>3 POWER 8:30 AM Go to Page</p> <p>COFFEE & CHAT BAIN 9 AM Go to Page</p> <p>NUTRITION CONSULTATIONS 9 AM Go to Page</p> <p>PILATES WITH BOB 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>TED TALK 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>NUTRITION EDUCATION 12 PM Go to Page</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page</p> <p>BOOK CLUB 1 PM Go to Page</p> <p>YOGA WITH LISA 1:30 PM Go to Page</p> <p>GAME NIGHT 8 PM Go to Page</p>	<p>4 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>COFFEE & CHAT NORTH LAUREL 9 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p> <p>VISIONARY ART MUSEUM MOSAIC PROJECT 10 AM Go to Page</p> <p>STITCH & GIVE 11 AM Go to Page</p> <p>EASY PLEASEY HOLIDAY ORNAMENTS 11 AM Go to Page</p> <p>SENIORS TOGETHER TRENDERS 1 PM Go to Page</p> <p>GIFTS FOR YOUR PETS 1 PM Go to Page</p>
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LET'S MOVE



LET'S GET SOCIAL



CONNECTIONS CORNER



MUSIC



LET'S COOK



LET'S LEARN



FITNESS PASS

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>7 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>COFFEE & CHAT ELKRIDGE 9 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10 AM Go to Page</p> <p>THERE'S AN APP FOR THAT 10:30 AM Go to Page</p> <p>PILATES WITH BOB 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM Go to Page</p> <p>TALK ON RESILIENCE 1 PM Go to Page</p> <p>COOKING DEMO HALFWAY HOMEMADE 1 PM Go to Page</p> <p>HOLIDAY YARN CRAFT 2 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCE 3 PM Go to Page</p> <p>NUTRITION CONSULTATIONS 4 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p> <p>GET IT DONE WEEK</p>	<p>8 POWER 8:30 AM Go to Page</p> <p>COFFEE & CHAT EAST COLUMBIA 9 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>CONNECTIONS CORNER 11 AM Go to Page</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page</p> <p>CANCER CONVERSATION 1 PM Go to Page</p> <p>CLUTTER CHAT HOLIDAY GIFTING 2 PM Go to Page</p> <p>DIY WREATH WORKSHOP 3 PM Go to Page</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM Go to Page</p> <p>GET IT DONE WEEK</p>	<p>9 KICKBOXING 8 AM Go to Page</p> <p>COFFEE & CHAT ELLICOTT CITY 9:30 AM Go to Page</p> <p>MEDITATION 9:30 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>BMI: GOLDEN YEARS OF RADIO 11 AM Go to Page</p> <p>MAT PILATES 11:15 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>ASK THE OFFICER 1 PM Go to Page</p> <p>WWII BATTLE OF MONTE CASSIO 2 PM Go to Page</p> <p>MAP IN A NUTSHELL EMERGENCY RESPONSE TECHNOLOGY 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p> <p>GET IT DONE WEEK</p>	<p>10 POWER 8:30 AM Go to Page</p> <p>COFFEE & CHAT BAIN 9 AM Go to Page</p> <p>PILATES WITH BOB 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>MUSIC & MEMORIES 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>HANUKKAH 12 PM Go to Page</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page</p> <p>YOGA WITH LISA 1:30 PM Go to Page</p> <p>GAME NIGHT 8 PM Go to Page</p> <p>GET IT DONE WEEK</p>	<p>11 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>COFFEE & CHAT NORTH LAUREL 9 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>VISIONARY ART MUSEUM MOSAIC PROJECT 10 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p> <p>STITCH & GIVE 11 AM Go to Page</p> <p>PURPLE FRIDAY 11 AM Go to Page</p> <p>SENIORS TOGETHER TRENDERS 1 PM Go to Page</p> <p>COOKING DEMO DIPS AND SPREADS 1 PM Go to Page</p> <p>GET IT DONE WEEK</p>
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■ LET'S MOVE

■ LET'S GET SOCIAL

■ CONNECTIONS CORNER

■ MUSIC

■ LET'S COOK

■ LET'S LEARN

■ FITNESS PASS

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>14 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>COFFEE & CHAT ELKRIDGE 9 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10 AM Go to Page</p> <p>DAR MUSEUM CHRISTMAS 11 AM Go to Page</p> <p>PILATES WITH BOB 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM Go to Page</p> <p>A LOOK AT HUMAN TRAFFICKING 1 PM Go to Page</p> <p>TASTY TIDBITS: BETTER BREAKFASTS NUTRITION EDUCATION 2 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCE 3 PM Go to Page</p> <p>DIY HOLIDAY ORNAMENTS 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>15 POWER 8:30 AM Go to Page</p> <p>COFFEE & CHAT EAST COLUMBIA 9 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to page</p> <p>CONNECTIONS CORNER 11 AM Go to Page</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page</p> <p>CANDLELIGHT CONCERT THE IRIS PROJECT 1 PM Go to Page</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM Go to Page</p>	<p>16 KICKBOXING 8 AM Go to Page</p> <p>COFFEE & CHAT ELLICOTT CITY 9:30 AM Go to Page</p> <p>MEDITATION 9:30 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>MAT PILATES 11:15 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>RETRO RECIPES COOKING DEMO 1 PM Go to Page</p> <p>CYBER SECURITY 2 PM Go to Page</p> <p>MAP IN A NUTSHELL THINKING ABOUT AGING IN PLACE 3 PM Go to Page</p> <p>FIGURE OUT YOUR PHONE 3:30 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>17 POWER 8:30 AM Go to Page</p> <p>COFFEE & CHAT BAIN 9 AM Go to Page</p> <p>PILATES WITH BOB 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>BETHLEHEM'S STAR 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>ASK THE NUTRITIONIST 12 PM Go to Page</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page</p> <p>LITTLE PORTION FARM, SUSTAINABLE FARMING 2 PM Go to Page</p> <p>YOGA WITH LISA 1:30 PM Go to Page</p> <p>GAME NIGHT 8 PM Go to Page</p>	<p>18 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>COFFEE & CHAT NORTH LAUREL 9 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>VISIONARY ART MUSEUM MOSAIC PROJECT 10 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p> <p>STITCH & GIVE 11 AM Go to Page</p> <p>SENIORS TOGETHER TRENDERS 1 PM Go to Page</p> <p>GLACIER NATIONAL PARK VIRTUAL VISIT 2 PM Go to Page</p>
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■ LET'S MOVE

■ LET'S GET SOCIAL

■ CONNECTIONS CORNER

■ MUSIC

■ LET'S COOK

■ LET'S LEARN

■ FITNESS PASS

WEEK AT A GLANCE

MONDAY

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THURSDAY

FRIDAY

<p>21</p> <p>FLOOR, CORE & MORE 8 AM Go to Page</p> <p>COFFEE & CHAT ELKRIDGE 9 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10 AM Go to Page</p> <p>PILATES WITH BOB 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM Go to Page</p> <p>POETRY WITH SIERRA 1 PM Go to Page</p> <p>SHOPPING HEALTHY ON A BUDGET 2 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCE 3 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>22</p> <p>POWER 8:30 AM Go to Page</p> <p>COFFEE & CHAT EAST COLUMBIA 9 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>CONNECTIONS CORNER 11 AM Go to Page</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page</p> <p>IT'S A STRETCH 1 PM Go to Page</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM Go to Page</p>	<p>23</p> <p>KICKBOXING 8 AM Go to Page</p> <p>COFFEE & CHAT ELLICOTT CITY 9:30 AM Go to Page</p> <p>MEDITATION 9:30 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30 AM</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>MAT PILATES 11:15 AM Go to Page</p> <p>CIRCUIT CONDITIONING 5:45 PM Go to Page</p>	<p>24</p> <p>POWER 8:30 AM Go to Page</p> <p>COFFEE & CHAT BAIN 9 AM Go to Page</p> <p>PILATES WITH BOB 9:30 AM</p> <p>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>ATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page</p>	<p>25</p> <p>CHRISTMAS HOLIDAY CLOSED</p> 
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 LET'S MOVE	 LET'S GET SOCIAL	 CONNECTIONS CORNER	 MUSIC
 LET'S COOK	 LET'S LEARN	 FITNESS PASS	

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

<p>28</p> <p>FLOOR, CORE & MORE 8 AM Go to Page</p> <p>COFFEE & CHAT ELKRIDGE 9 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10 AM Go to Page</p> <p>PILATES WITH BOB 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM Go to Page</p> <p>BEGINNER SOUL LINE DANCE 3 PM Go to Page</p>	<p>29</p> <p>POWER 8:30 AM Go to Page</p> <p>COFFEE & CHAT EAST COLUMBIA 9 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>CONNECTIONS CORNER 11 AM Go to Page</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM Go to Page</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM Go to Page</p>	<p>30</p> <p>KICKBOXING 8 AM Go to Page</p> <p>COFFEE & CHAT ELLICOTT CITY 9:30 AM Go to Page</p> <p>MEDITATION 9:30 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>MAT PILATES 11:15 AM Go to Page</p> <p>DIY BIRDSEED TREAT FOR YOUR WINTER GARDEN 2 PM Go to Page</p>	<p>31</p> <p>POWER 8:30 AM Go to Page</p> <p>COFFEE & CHAT BAIN 9 AM Go to Page</p> <p>PILATES WITH BOB 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM Go to Page</p> <p>YOGA WITH LISA 1:30 PM Go to Page</p>	<p>JANUARY 1 NEW YEAR'S DAY CLOSED</p>
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 LET'S MOVE	 LET'S GET SOCIAL	 CONNECTIONS CORNER	 MUSIC
 LET'S COOK	 LET'S LEARN	 FITNESS PASS	

\$ FITNESS PASS CLASSES - PAY ONE MONTHLY FEE AND TAKE ANY OR ALL OF THESE GREAT 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 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 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



**TO RECEIVE LINKS
FOR THESE
PAID CLASSES,
ENROLL BY CALLING
410.313.1400 OR
410.313.5440**

\$ FITNESS PASS CLASSES - PAY ONE MONTHLY FEE AND TAKE ANY OR ALL OF THESE GREAT CLASSES

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. **No Class Dec. 28 & 30**

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

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



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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

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

Yoga with Lisa

Thursdays, 1:30 pm

In this gentle class, yoga poses are performed 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. **No Class Dec. 24**

Taught by Lisa Rados

Power

Fridays, 10:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld



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FOR THESE PAID CLASSES,
ENROLL BY CALLING
410.313.1400 OR
410.313.5440**

FREE FITNESS OFFERINGS

LET'S MOVE

Strength Training

Mondays, Wednesdays, 10 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m489f9bccb74a68fd460cd8b9f1ca8957>

Meeting number: 172 545 3737

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 Dancing

Mondays, 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9445d96428739fef6f3b1acae92f3473>

Meeting number: 172 367 1129

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

Intermediate Soul Line Dancing

Tuesdays, 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6dbdba419ac45b47094b239ba34d3d43>

Meeting number: 172 533 0947

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

Meditation with Marian

Wednesdays, 9:30 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8f57a5b0f9963b23e68705af91fefa06>

Meeting number: 172 168 3424

Studies found meditation may have health benefits, including reducing blood pressure and easing symptoms of anxiety, depression and insomnia. While meditation is not a "relaxation" practice, you may find that it has the side effect of relaxing you. Join Marian as we explore different styles of meditation.

Taught by Marian Condon

Sittercize

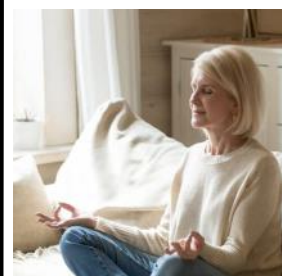
Wednesdays, 1 pm

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m96a25027f107933c133ee14fd05c8898>

Meeting number: 172 002 1892

A 30-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. **No Class Dec. 23 & 30**

Taught by Marianne Larkin



LET'S COOK

Gingerbread House from Scratch

Tuesday, December 1, 2 pm

Join WebEx meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9d5c27ac9604ba6fc190379a29b6e6f9>

Meeting number: 172 074 7072

Enjoy making your own gingerbread house from scratch! Presentation to include making and baking dough, cutting out pieces from templates, assembling, and decorating a large Gingerbread house.

Presented by Rachel McCracken COTA/L

Halfway Homemade

Monday, December 7, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mefa1a6589904cddb0afdf938d73f60ca>

Meeting number: 172 411 8657

Using premade cookie doughs and cake mixes, Felicia and Brandy will create gourmet holiday treats while saving you time in the kitchen. Join us for this tasty cooking demo.

Presented by Felicia Stein and Brandy Leno

Delicious Dips and Savory Spreads

Friday, December 11, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m33066a9fa6c15ccb96e5d906e09add54>

Meeting number: 172 206 0956

If your favorite part of the holiday meal is appetizers, join Jill, hors d'oeuvres enthusiast, as she shows you how to make some simple and satisfying dips and spreads that are a great start to any festive occasion.

Presented by Jill Rose

Food Fun with Jill: Retro Favorites

Wednesday, December 16, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mba574107ad5b0b6a97cc34ded744388a>

Meeting number: 172 954 2849

Join Jill on a journey through recipes past. She will take a lighthearted look at food trends throughout the years, challenge participants with some fun food trivia and even whip up a retro recipe or two. Tune in to see which vintage flavors have stood up to the test of time.

Presented by Jill Rose



LET'S GET SOCIAL

Coffee & Conversation with Center Staff

Monday - Elkrige @ 9 am

Tuesday - East Columbia @ 9 am

Thursday - Bain @ 9 am

Friday - N. Laurel @ 9 am

Wednesday - Ellicott City @ 9:30 am

Join WebEx Meeting - Link below is valid for each day.

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=maebef7b3709b441861fc03178e9d5bb7>

Meeting number: 172 905 7711 / Call in Option: 1 650 - 479 – 3207

Grab a cup of coffee or tea and join team members from various 50+ Centers for conversation and connection. Stay informed and share your thoughts.

Book Club

Thursday, December 3, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m075dd720b869c92b1d8293b34f431743>

Meeting number: 172 688 7987

Lose yourself in a literary world and then share your experience with us! Enjoy an hour of conversation and connection over a good book. The December book is *Ask Again, Yes*, by Mary Beth Keane. On January 7th we will discuss *The Nickel Boys* by Colson Whitehead.

Facilitated by Jeannie DeCray

Game Night

Thursdays, December 3, 10, 17, 8 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m470f6abd5b485b6f3adebf0d03d4023a>

Meeting number: 172 452 9273 / Call in Option: 1 650 - 479 – 3207

Grab a pen and paper, and join us for a fun night of virtual games.

Presented by Lucky Sohi, Regina Joffe

The Tiny Book Club - No Meeting in December

Third Tuesday of each month @ 7:30 pm

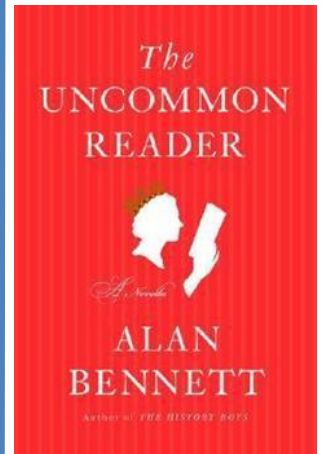
Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc8e49bab7257004c23055d3e7cc9d6f5>

Meeting number: 172 094 1839

Don't want to read a ton? Then this is the club for you! We focus on both fiction and non-fiction books, that are only about 150 pages long. January book is *The Uncommon Reader* by Alan Bennett.

Facilitated by Jodi Bargamian, Lucky Sohi



LET'S GET SOCIAL

Sit, Stitch & Give

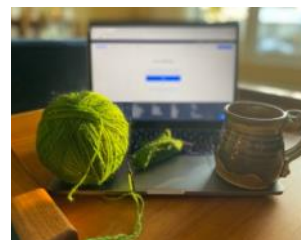
Fridays, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m75078822cc55d2717b2a71fb8a990631>

Meeting number: 172 804 0742 / Call in Option: 1 650 - 479 -3207

Originally based at North Laurel, this group is open to others who crochet, knit or do other needle crafts. Join us for a crafting and sharing time.



LET'S GET CONNECTED

Connections Corner

Tuesdays, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m05c9a796a6dead01405c9112c52a68a8>

Meeting number: 172 519 9857

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. A caregiver may need to be available to provide computer assistance. Questions?

Contact 410-313-5442 (voice/relay).

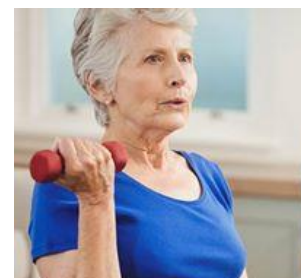


Music and Memories

Thursday, December 10, 11 am - Details on page 22

Veterans Connection

Wednesday, December 2, 4 pm - Details on page 18



Coming Soon: 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 you or your loved one to join this weekly program that features conversation, support, exercise and activities. A caregiver may need to be available to provide computer assistance. Questions? Please contact Judy Miller at 410-313-5441 or jumiller@howardcountymd.gov.

LET'S LEARN

Introduction to Crocheting with Grace

Tuesday, December 1, 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9386fddfb2fcef6583d6bb2ff3905e8>

Meeting number: 172 858 3208

Ever want to learn how to crochet? Join student volunteer Grace Johnson as she demonstrates how the delicate art of crocheting can become a lifelong skill that you can use to make beautiful gifts for family and friends. She will share some of her projects to inspire you. The only supplies needed are yarn and a crochet hook.

Presented by Intergenerational Volunteer Grace Johnson

Community Action Council: Understanding our Impact

Wednesday, December 2, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m81626714197e7ce94f22ecb588fe6311>

Meeting number: 172 598 3729

Join the Community Action Council of Howard County Staff for a fun and captivating, 45-minute, virtual program where we will take a look at poverty in Howard County and explain how together, with our community partners, we provide critical resources to those in need. Our goal from this presentation is for you to gain a better understanding of who we are, what we do, and how you can advocate on our behalf to friends and family who may benefit from our resources. This is a great way to stay engaged and make a difference in the comfort of your own home!

Presented by Ashley Groves

The Cone Sisters of Baltimore: Art of Adornment

Wednesday, December 2, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3402b4d5412dacd4944fb6c96257ed87>

Meeting number: 172 275 2564

During the 19th and 20th centuries, the Cone sisters of Baltimore acquired one of the most eclectic collections known to the art world. Prized works of Impressionist art were donated to The Baltimore Museum of Art. What is not known is that the sisters also donated their jewelry collection to the museum as well. The jewelry was purchased during their many travels throughout the world. Jewelry historian Elyse Zom Karlin was given access to the collection, and will discuss what she saw as well as provide some background of the sisters' lives.

Presented by Elyse Karlin



LET'S LEARN

Nurturing Emotional Wellness During the Holidays

Wednesday, December 2, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md02f7ec8825e5b751a284c776bb66c79>

Meeting number: 172 462 0607

This may be the most unusual holiday season we've ever experienced. For this discussion we'll focus on taking care of ourselves, sharing ideas from our successes, or perhaps finding new solutions.

Presented by Karen Hull, Genny LaPorte, LCPC, and Civilian Mental Health Liaison with the Howard County Police Department.

So, I Found This In My Attic...

Wednesday, December 2, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m97df715ea1557983ec6132516aec7e14>

Meeting number: 172 645 6117

Ever wonder what that family heirloom is worth, or what that old whatchamacallit even is? Join our experienced seller and history enthusiast Nicholas, as he explains how to identify hidden treasures in your own home, find it's potential value, and possibly sell some of the items you have.

Presented by Nicholas Keplinger

Figure Out Your Phone

Wednesdays, December 2, 16, 3:30 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me302a6fd1d9612cce1b0edd04a23b4c4>

Meeting number: 172 521 4931 / Call in Option: 1 650 - 479 - 3207

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 and want!

Presented by Ramsey Sheibani, Robert Finegar and Keon Parsa

The Veterans Connections Program

Wednesday December 2, 4 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8ee6557305bafcd343457e720f73d94f>

Meeting number: 172 619 7835

Join the other 50+ Veterans virtually for a fun and engaging program. This monthly program will consist of conversations, county resources, art, trivia, games and other interesting activities designed specifically for Veterans. The program will be offered in an engaging and supportive environment.



LET'S LEARN

TED Talk

Thursday, December 3, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m49c91c724bd26e4f8fde20c3c8aa6bd8>

Meeting number: 172 750 9805 Call in Option: 1 650 - 479 - 3207

Join us to view one or two TED Talks, followed by a facilitated conversation.

Facilitated by Lucky Sohi

Nutrition Education - Healthy Substitutions for Holiday Baking

Thursday, December 3, 12 noon

Join Webex Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m595f16ed460ddc14c2dc88aea2b07e4a>

Meeting number: 172 121 4292

Love to bake for the holidays but don't want the extra calories? Join Registered Dietitian Carmen Roberts for this informative seminar on how to make your favorite holiday treats with a healthy twist.

Presented by Carmen Roberts R.D.

American Visionary Art Museum Mosaic Project

Fridays, December 4, 11, & 18, 10 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5f5e2bce07fd2e6c55dcf5ccb91fab98>

Meeting number: 172 206 7820

Learn basic techniques of mosaic making and create a piece plus a larger piece to be included as an element in a large-scale installation. Must preregister.

Presented by Joe Wall and Beka Plum

Easy Pleasy Ornaments

Friday, December 4, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m61ac3ec89be03c79af181c81b36a206c>

Meeting number: 172 849 1900

Join Jill as she shows you how to make some high impact but low-effort ornaments that are great for gifting or brightening your own tree.

Presented by Jill Rose



REMINDER: NEW PASSWORD FOR ALL FREE CLASSES IS Hoco50+

LET'S LEARN

Holiday Gifts for Pets & Giveaway

Friday, December 4, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m92ffebf6df6cc49cd2f4f6cce653853e>

Meeting number: 172 256 5893

Join us for an afternoon of fun craft and gift ideas for your pets, including how to package those lovely gifts and a reminder about pet safety during the holidays. We'll also be having a holiday giveaway!

*Financial and Long-Term Care Insurance Planning

Monday, December 7, 10 am

Michael Mooney, CRPC will be presenting general principles of financial and retirement income planning and an update on timely topics for seniors such as long-term care insurance planning and the importance of updating financial documents. Jeremy S. Dvorak, CFP, CASL will be presenting "How to make our money last as long as we do", focusing on the major risks we face in retirement and how we can create a plan to manage them. Jeremy Dvorak, CFP, CASL [Certified Financial Planner, Potomac Financial Group; Mike Mooney, CRPC [Retirement Planning Counselor, Pilot Financial Advisors]. Click to register.

www.speakeasyhoward.org/getitdone

There's an App For That

Monday, December 7, 10:30 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma47b38ed60f5d8ccad400e6ac9669d1>

Meeting number: 172 870 7509

A webinar to explore health & wellness apps for all devices. Join Exercise Specialist, Malarie Burgess, to explore a variety of health & wellness apps available to download right now on your device. Topics will include nutrition, fitness & life improvement apps + how to download and use them effectively.

Presented by Malarie Burgess

Resilience

Monday, December 7, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md4cefe2401ade66d9121e7e555632543>

Meeting number: 172 513 5911

Resiliency is much more than just surviving difficult circumstances. Our program is a conversation about how resiliency can be reciprocal as we support each other through maintaining caring and supportive relationships. We are much more resilient than we give ourselves credit for.

Presented by Kathy Wehr



Financial and Long-Term
Care Insurance Planning | DECEMBER 7



LET'S LEARN

Clutter Chat

Tuesday, December 8, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf2553b8059d426011d4dbdcadeb187fd>

Meeting number: 172 656 0181

Happy Holidays! Join us to consider non-clutter gift giving. Maybe we can lead by example and give items that will not create clutter for others.

Presented by Meridy McCague

DIY Holiday Wreaths

Tuesday, December 8, 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m52c98a2ec83f3e7cc52fcfc7ea2b2108>

Meeting number: 172 320 8728

Join Cathy and Regina for a DIY wreath workshop. Pre-packaged kits will be available for purchase for those interested in creating along with us. Call 410.313.5440 by December 4th to purchase. Kit includes fresh greens, ribbon, wreath frame, wire and ties and can be picked up between 9 and 11 am on December 8th, prior to workshop. All are welcome. Nothing beats the smell of a fresh wreath to kick off the holiday season. Kits are \$15.

Presented by Regina Jenkins and Cathy Burkett

*Health Insurance Basics

Wednesday, December 9, 11 am

Ayse Tokbay [State Health Insurance Assistance Program Manager, Office on Aging and Independence]; Starr Sowers, MSW [Senior Care Specialist at Care Patrol] Get advice on navigating Medicare, care management and senior placement options. Learn what benefits are available through Medicare and how to supplement what isn't covered through private services as you plan to meet your future needs and preferences. To register: www.speakeasyhoward.org/getitdone

BMI - The Golden Age of Radio: Uniting a City and a Nation

Wednesday, December 9, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mce444ed3089940e6d8004a862b00b450>

Meeting number: 172 034 1267

From Marconi's experiments in sending a radio signal to the strains of Rock and Roll in teenage ears. Explore the Golden Age of Radio, how it impacted the lives of Americans with a focus on Baltimore. We examine the growth of radio networks, the how's and whys of commercials, and learn about the company that dominated early radio and then suddenly exited.

Presented by Jack Burkert facilitated by Mike Kuethe



Health Insurance Basics | DECEMBER 9



LET'S LEARN

DIY Stress Free Trees

Monday, December 7, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mbf13205f9e4e40d55f8c76bf207d9f48>

Meeting number: 172 757 8363

Decorate your home with easy to make holiday trees. Learn how to make these beautiful and almost effortless decorations. Supply list for both projects include: double thick yarn, 5-10 small red pompoms, sturdy piece of cardboard, a hot glue gun, one thin tree branch, scissors, 25 large white pompoms, embellishments, and a small paper cone.

Presented by Joyce Nagel-Mortell

*Caregiving

Tuesday, December 8, 9 am

No one caregiver journey or circumstances look the same. The goal of the Caregiver Support Program is to help caregivers as they care for their loved-ones by providing supports such as the National Family Caregiver Support Grant, one-on-one consultation, resources, ongoing education relevant to a caregiver's needs such as Powerful Tools for Caregivers. Our program is always looking at innovative ways to support informal caregivers through alternative modes of education and supports available to them. Kathy Wehr.

Register: www.speakeasyhoward.org/getitdone

Cancer Conversation: The Importance of Meditation & Relaxation

Tuesday, December 8, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7393617aa21abb64ac1e3e978b80378e>

Meeting number: 172 609 6529

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 informational sessions that include nutrition, exercise and mindfulness. Resources available to support individuals & their loved ones along their journey. **Presented by Michelle Rosenfeld and guest speaker Jeannie DeCray**

*Retirement Living, Assisted Care, & Housing Options as You Age

Tuesday, December 8, 1:30 pm

Learn the housing options if staying in your current environment may not be the right choice; learn how to navigate and pay for the different choices that are available at each stage based on your support needs. Patti Hutton [Director of Marketing, Residences at Vantage Point]; Emily Lederer [Maryland Access Point]. Register: www.speakeasyhoward.org/getitdone



Caregiving | DECEMBER 7



Retirement Living, Assisted Care, and Housing Options as You Age | DECEMBER 11

LET'S LEARN

Ask the Officer

Wednesday, December 9, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mcadbd4266b77cca326af7e8073716cb3>

Meeting number: 172 827 3953 / Call in Option: 1 650 - 479 – 3207

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 William Krietzer

MAP: In a Nutshell - Emergency Response Technology

Wednesday, December 9, 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m57dbdd54008c52a435882f263f19869f>

Meeting number: 172 410 6669

Learn more about Personal Emergency Response / Medical Alert Systems. How do these systems work, and why might they be right for you and your peace of mind?

Presented by Emily Leclercq

*Advance Care Planning

Thursday, December 10, 9 am

Karen Shelton [Advance Care Planning Coordinator, Howard County General Hospital]; Alan Eason - Chair, State Advisory Council on Quality Care at the End of Life. What is an advance directive and why are they important? Learn how to complete an advance directive, things to consider when selecting a health care agent, and how to ensure your advance directive is accessible to medical providers. What is a MOLST, how does it differ from an advance directive, and do I need both? Register: www.speakeasyhoward.org/getitdone

Music and Memories

Thursday, December 10, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mca04550cf0520f9eb24aa958db35091e>

Meeting number: 172 621 2516

Join us on the second Thursday of each month for a fun and engaging live Music Program. Listening to music can benefit your overall well-being, help regulate emotions, and create happiness and relaxation in everyday life. All are welcome to join.

Presented by the Staff of the Connections Day Program

ASK AN OFFICER



Advanced Care Planning | DECEMBER 10



LET'S LEARN

WWII Lecture; The Battle of Monte Cassino

Wednesday, December 9, 2:00 pm

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m4a757582a2dd4bd20ba214db73906a6b>

Meeting number: 172 737 2663

WWII Lecture about The Battle of Monte Cassino. Join Author and Retired National Archives researcher Timothy Mulligan for his 90 minute program The Battle was a costly series of four assaults by the Allies against the Winter Line in Italy held by Axis forces during the Italian Campaign of World War II. The intention was a breakthrough to Rome.

Presented by Timothy Mulligan, PhD

Celebrate Hanukah

Thursday, December 10, 12 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m11a4735246e6403f6777ec9f87638613>

Meeting number: 172 403 9249

Join us as we celebrate Hanukkah together. Rabbi Yanky Baron will educate us about this festival of lights, sing songs and answer any questions you may have. Rachel will teach us how to make delicious potato latkes and Felicia will help us find the perfect Kosher Donut right here in Maryland. We look forward to seeing you and hearing about your Hanukkah memories. All are welcome.

Presented by Felicia Stein and Rachel McCracken

*Conflict Resolution

Thursday, December 10, 2 pm

We all find ourselves in conflict, especially when it comes to decisions made at the end of life. Participants will unlearn some of what we have been taught about conflict in order to approach situations with an open mindset. We also have to learn how to use open ended questions effectively. Daniel Dykes, Acting Director, Mediation and Conflict Resolution Center of Howard County; Derek Robinson, Mediation and Conflict Resolution Center of Howard County. To register: www.speakeasyhoward.org/getitdone

*Wills, Trusts, Powers of Attorney and Estates

Friday, December 11, 10 am

Mark Bobotek of Golden Oak Elder Law and Byron Macfarlane, Register of Wills for Howard County, will help you review your personal will, trust and estate situation and explain the appropriate next steps for creating your individual plan (e.g., meet with an attorney, complete an online form, etc.). To register: www.speakeasyhoward.org/getitdone



Conflict Resolution | DECEMBER 10



Wills, Trusts, Powers of Attorney and Estates | DECEMBER 11

LET'S LEARN

Purple Friday

Friday, December 11, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf10a063124f5d1475b61087afee486b8>

Meeting number: 172 091 4868

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 Browns. This is an event you won't want to miss! Hear the CAW!
Presented by Nicholas Keplinger and Ro Hayes

DAR Museum: Christmas in the Period Rooms

Monday, December 14, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m72d170fde5304b510ca67872d47d9aec>

Meeting number: 172 465 6159

Take a tour through the DAR Museum and their collection of holiday décor each in a different period. See how rooms were decorated in the past and learn about the various holiday traditions. **Picture Courtesy of DAR Museum**
Presented by Ann Corbett

Human Trafficking Prevention

Monday, December 14, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb814bd97709f37bb08c2676fbd0d5f66>

Meeting number: 172 028 8007

Join Andrea Nunez of the DCRS Office of Human Trafficking Prevention to learn the facts about human trafficking (sex and labor), dispel common myths, what to do and where to report in the future if you suspect it, and all the ways you can engage positively on this issue in the future.

Presented by Andrea Nunez

Tasty Tidbits - Better Breakfast Options

Monday, December 14, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5cc21d4becfce80bf30d379b078bb148>

Meeting number: 172 218 0729

Breakfast is the most important meal of the day, so it's worth the effort to eat a healthy one! Get inspired to eat a good breakfast daily with some healthy breakfast recipes that pack in plenty of flavor & nutrition. This month's presentation demonstrates how to make healthier choices to start your day.

Presented by Ann-Moise, Nutrition Specialist



LET'S LEARN

DIY Holiday Ornaments

Monday, December 14, 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7cf2ec621f94aefdc56998cbb90e171>

Meeting number: 172 589 2407

Join Bridget as she shows us how to create two cute and simple holiday ornaments with leftover yarn & ribbons, 6"-8" tree sticks, and cardboard paper towel rolls.

Presented by Bridget McAndrew



Iris Project Holiday Concert - Candlelight Concert Series

Tuesday, December 15, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m54aca0a29278ebba19bd6f94c9bc298d>

Meeting number: 172 390 9969

Join us for a musical celebration of the season! In the final installment of our three part series, Iris Music Project performs classical and popular music, including a full performance of Dvorak's Piano Trio No. 4 in E minor, nicknamed the Dumky Trio, songs by George Gershwin and a few holiday surprises!



Cyber Security Clinic

Wednesday, December 16, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m246adf52ae4448516f8bb8c40143d4a9>

Meeting number: 172 762 3872

Learn some of the most pressing online security issues and get simple yet important solutions to help you secure your devices. This session will cover social media scams and ways to stay safe, as well as discussion on how to safely use online banking and other websites. Take advantage of this opportunity to have real time solutions to your cyber security questions.

Presented by Dr Galina Madjaroff Reitz of UMD



MAP: In a Nutshell - Thinking about Aging in Place?

Wednesday, December 16, 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m80fbb64953620ac5bd78fcdd7483a4cb>

Meeting number: 172 351 1240

Learn more on how to plan now so you can stay in your home. Get some insight on what it might take to age in place and be better prepared to adapt your home sweet home as your needs change.

Presented by Emily Leclercq

LET'S LEARN

Bethlehem's Star - An Astronomical Perspective

Thursday, December 17, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me689da44706c12a955a94684b960f4e0>

Meeting number: 172 279 1759

In this online program, you'll join Dr. Joel Goodman to explore the possible astronomical explanations for the Star of Bethlehem. No matter what your faith, discover documented celestial and historical events that took place over 2,000 years ago that caused the Magi to come to Jerusalem. Questions will be answered at conclusion of program.

Presented by Dr. Joel Goodman

Ask the Nutrition Experts: Holiday Recipe Makeovers

Thursday, December 17, 12 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me574a80e8642942e0c35e0673c29d132>

Meeting number: 172 221 5187

Join the nutrition experts in this seminar that will show you how to make your favorite holiday meals with a healthy twist. Learn techniques to reduce fat, sodium, and calories in your traditional holiday favorite dishes.

Presented by Carmen Roberts R.D. and nutrition specialist Cheryl Campbell

Little Portion Farm

Thursday, December 17, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5b6259ae9e5b0b823519e36ee6399fff>

Meeting number: 172 492 2513

Learn about the sustainable farming practices being employed at Little Portion Farm. A nonprofit organic farm, located on the property of the Franciscan Friars' Shrine of St. Anthony in Ellicott City, the farm donates 100% of produce to those in need. Join us to learn more about farm practices, how you can help, and how you can incorporate more environmentally sustainable practices into your home gardening.

Presented by Matt Jones, Farm & Outreach Coordinator Little Portion Farm

Bears of Glacier National Park

Friday, December 18, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m49a3b7216fbdfd1e932c03538b0bcd55>

Meeting number: 172 313 2587

Bears live amidst Glacier's pristine forests, alpine meadows, rugged mountains, and spectacular lakes. Join Ranger Sarah Peterson from Glacier National Park in Montana and learn about the bears that live in the park.



LET'S LEARN

Poetry with Sierra

Monday, December 21, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mff558edb089be12a3b057fe40dfcce33>

Meeting number: 172 105 9420

Delve into the world of poetry. Look for meaning and understanding in the written word. Join Sierra as she discusses *A Dream Within a Dream* written by Edgar Allan Poe.

Presented by Intergenerational Volunteer Sierra Larson

Shopping Healthy on a Budget

Monday, December 21, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m623b14b74b9d9810a8b9707ab024ed91>

Meeting number: 172 789 9504

Learn which foods in each MyPlate food group save you the most money - the healthiest foods! Skip expensive refined foods that are laden with salt, fat, trans fat, saturated fat, sugar and cholesterol and fill up on healthier choices and more affordable options! Get useful tips for planning and shopping on a budget.

Presented by Karen Basinger, MS, LDN, CFCS

It's a Stretch

Tuesday, December 22, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m630710cc46a21d1dfa652efef773851>

Meeting number: 172 593 3384

Take some time to consider flexibility – literally and figuratively. Join Jeannie for a few simple and healthful stretching practices for tight muscles and then consider how we can stretch and grow in other ways. This is the gift you give yourself!

Presented by Jeannie DeCray

Bird Seed Treats for Your Winter Garden

Wednesday, December 30, 2 pm

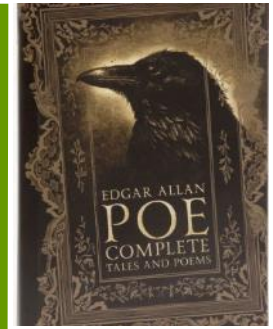
Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m604af6db9d9174b77aabe900e791a7>

Meeting number: 172 480 1867

Inspired by nature? Appreciate the antics of birds and squirrels in your yard? Learn how to make birdseed wreaths, cakes and other treats that are sure to please the wildlife in your backyard.

Presented by Jodi Bargamian





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.

FOR OLDER ADULTS IN NEED DURING THE COVID-19 PANDEMIC
(lack of transportation, mobility issues, illness, have a disability or quarantined)

Grab&G

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).



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

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 **New Date & Time**

Wednesday 9:30 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.

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



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:

Wednesday December 2
11:00 to 11:50 am

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).

COMMUNITY PARTNERS

Join with the [Howard County Local Health Improvement Coalition](http://www.hclhic.org) (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.



Front Line Tools to Protect Your Health and Fight Off Chronic Disease

Join Howard County Local Health Improvement Coalition members, Giant Food, Howard County Library System, and the Howard County Health Department, Bureau of Health Promotion, in this nutrition webinar series that will help you identify lifestyle strategies to help you meet your personal health goals.

Food Fighters: Your First Line of Defense

Tuesday, December 8, 2020; 11:00 am – 12:00 pm

Learn how to fill your cart and plan your menu to support a healthy immune system and reduce your heart disease risk, type 2 diabetes, and cancer.

Registration is required: <https://bit.ly/3pbrBz5>

For questions or more information, email askhcls@hclibrary.org



Men Over 40 Health Web Series

Every Wednesday from 11:00 am – 12:00 pm

November 25, 2020 to December 29, 2020

Join 3 of Howard County's leading experts on Men's health for a discussion of how men over 40 can manage and improve their health, fitness, and quality of life.

Registration is required: <https://bit.ly/men40andup>

For questions or more information, contact Bronson Dant by phone 443-599-8178 or email bronson@apxts.com



Howard County Behavioral Health Summit Series

Aetna is proud to partner with the Howard County Health Department to bring you this 5-part series of webinars that will help you learn ways to stay healthy and take control in 2020 and beyond. We hope you'll join us for each of these 1-hour sessions, featuring insightful and inspiring conversations with community experts about mental health and wellness.

The Telehealth Trend: Navigating Healthcare Through Technology

December 16, 2020

COVID-19 has transformed telehealth from a convenient perk into an essential element of healthcare. In this session, we'll learn what to expect from this new patient-provider engagement and how it is shaping the future of our healthcare.

Registration is required: <https://bit.ly/3owAwe0>

For questions or more information, email LHIC@howardcountymd.gov

Howard County LHIC

Local Health Improvement Coalition



Join us for the first Virtual Holiday Mart!

48th
Annual

Virtual Holiday Mart

Juried Arts & Crafts Show

Shop now through January!

Live Event:

December 5, 10am-5pm

- Shop on our webpage to find handmade, seasonal gifts and merchandise created by local artisans.
- Join us live on December 5 to speak through video chat with the crafters as you shop and place orders!

Information: 410-313-4840 or
www.howardcountymd.gov/HolidayMart



WANT THE VIRTUAL NEWSLETTER IN YOUR INBOX EACH MONTH?
CLICK THE LINK BELOW TO SIGN UP

[CONSTANT CONTACT SIGN UP](#)