HOWARD COUNTY OFFICE ON AGING AND INDEPENDENCE

VIRTUAL OFFERINGS

JUNE 1 - 12, 2020

UTILIZING WEBEX

ALL PROGRAMS NOW NEED THE PASSWORD Howard50+

Howard County Office on Aging and Independence

Department of Community Resources and Services

OPPORTUNITIES TO ENGAGE FROM HOME

As we each take steps to maintain our optimal health and wellness during the coronavirus pandemic, please know that the staff at Howard County Office on Aging and Independence continues to serve our community.

While our Patuxent Woods office, 50+ centers and the Loan Closet of Howard County are closed to the public, many of our employees are teleworking, and we are committed to providing excellent service and an optimal customer experience. This e-blast represents one example of how we are continuing to live into our mission.

For our residents and program registrants, we are offering virtual programs to engage, inspire and motivate. This includes exercise classes in various formats and levels, as well as lifelong learning and creative opportunities. Please join us for one, or all of our offerings. We will continue to develop additional offerings and we welcome your suggestions and feedback.

Your continued health and well-being is our primary concern during these uncertain times. I thank you for your patience and support as we pivot and adapt to the ever-changing landscape.

Sincerely,
Jenna L. Crawley, Administrator
Howard County Office on Aging and Independence

EXPLORE YOUR OPTIONS
FITNESS – COOKING – SOCIAL ENGAGEMENT – LIFELONG LEARNING

Programs in this e—blast are offered via WebEx.
WebEx can be downloaded to your computer, phone or tablet. Details are provided on the last page, and include a phone number for assistance.

A password is now required via WebEx. The password Howard50+ is valid for all programs.

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

OPTIONS AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 COFFEE & CHAT ELKRIDGE 9 AM MINDFUL MONDAYS 9 AM STRENGTH TRAINING 10 AM SEATED STRENGTH AND BALANCE 12 PM PILATES WITH BOB 1 PM BEGINNER SOUL LINE DANCE 3 PM	**2** COFFEE & CHAT EAST COLUMBIA 9 AM CARDIO & CORE 9:30 AM YOGA WITH MARY 11 AM DIY PAINTING FURNITURE 2 PM INTERMEDIATE SOUL LINE DANCE 3 PM	**3** COFFEE & CHAT GLENWOOD 9 AM STRENGTH TRAINING 10 AM SUMMER SIDES 11 AM SITTERCISE 1 PM BATTLING SEDENTARY HABITS 2 PM PILATES WITH BOB 6 PM SOUL LINE DANCE PARTY 6 PM	**4** TED TALK 11 AM SEATED STRENGTH AND BALANCE 12 PM BOOK CLUB 1 PM YOGA WITH LISA 1:30 PM SOUL LINE DANCE 3 PM GAME NIGHT 6 PM	**5** COFFEE & CHAT NORTH LAUREL 9 AM CARDIO & CORE 9:30 AM STITCH & GIVE 11 AM MAT PILATES 12:30 PM SUMMER SALADS 4 PM
8 COFFEE & CHAT ELKRIDGE 9 AM MINDFUL MONDAYS 9 AM STRENGTH TRAINING 10 AM SEATED STRENGTH AND BALANCE 12 PM PILATES WITH BOB 1 PM ART JOURNALING 2 PM SOUL LINE DANCE 3 PM	**9** COFFEE & CHAT EAST COLUMBIA 9 AM CARDIO & CORE 9:30 AM YOGA WITH MARY 11 AM HONOR LOVED ONES 12:30 PM CULTURAL AWARENESS 1 PM DIY ORIGAMI BOXES 2 PM INTERMEDIATE SOUL LINE DANCE 3 PM	**10** COFFEE & CHAT GLENWOOD 9 AM STRENGTH TRAINING 10 AM SITTERCISE 1 PM EXPLORE GRILLING CORN 2 PM PILATES WITH BOB 6 PM SOUL LINE DANCE PARTY 6 PM	**11** DIY FLAG WREATH 10 AM BOOK TALK 11 AM SEATED STRENGTH 12 PM YOGA WITH LISA 1:30 PM SOUL LINE DANCE 3 PM GAME NIGHT 6 PM	**12** COFFEE & CHAT NORTH LAUREL 9 AM CARDIO & CORE 9:30 AM STITCH & GIVE 11 AM MAT PILATES 12:30 PM

CALENDAR KEY

- ⬛ LET'S GET MOVING
- 🟪 LET'S COOK
- 🟦 LET'S GET SOCIAL
- 🟩 LET'S LEARN

PASSWORD: Howard50+

Mindful Mondays
Mondays 9 am
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf0e44c671728d6ec77f9daf12ec19b8f
Meeting Access Code: 160 420 3428
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

Strength Training
Mondays 10 am
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m93698d3659768bdcf17167fcc6d1a83c
Meeting Access Code: 160 716 9816
A thirty-minute workout that uses body weight and light weights in low impact movements to strengthen the major muscles in the body.
Taught by Leah Daniels

Seated Strength and Balance
Mondays 12 noon
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m151f6b7a91cfdcd6a1f3a6d50ea90926
Meeting Access Code: 160 837 4762
This class is for those who prefer a seated workout with the option for standing/ balancing exercises. Class will use dumbbells (or any household item as a substitute) to improve strength and overall mobility as we move to fun music.
Taught by Michelle Rosenfeld

Mat Pilates
Monday May 18, 1 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7c543e977f4d67bcf371811d13e25589
Meeting Access Code: 160 553 0679
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 clients who can get up and down from the floor safely. A Yoga or Pilates mat is highly recommended.
Taught by Bob McDowell

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Beginner Soul Line Dance
Mondays 3 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb64412a06a34fb48ace39d5d59e48881
Meeting Access Code: 160 753 3156
This beginner soul line dance class involves step-by-step instruction for choreography, and concludes with dances performed to pop and rhythm and blues music. Multiple dances will be performed within the hour.
Taught by Karen Stewart

Cardio and Core Class
Tuesdays 9:30 am
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m76a5630968c273cf72ee0db7fe96ea62
Meeting Access Code: 160 733 3322
Exercises to get your body moving in your home. Designed for those who are looking for a low-impact cardio class to get your heart pumping while also strengthening your core.
Taught by Pam Beck

Yoga with Mary
Tuesdays 11 am
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m488ae772390494839ceb6a47290d872b
Meeting Access Code: 160 445 0883
Join Mary for a series of weekly yoga classes; topics will vary. You will need a mat, and a strap or bathrobe tie. We'll practice together at a safe distance. We will mostly be standing up in this flowing class.
Taught by Mary Garratt

Intermediate Soul Line Dance
Tuesdays 3 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mba4f9b0547a65e329f510a28bcf0b3e3
Meeting access Code: 160 652 5513
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

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Strength Training
Wednesdays 10 am
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc8e2a3c203f966a7ffcef9902cd3d5eb
Meeting Access Code: 160 662 2981
A 30-minute workout that uses body weight and light weights in low impact movements to strengthen the major muscles in the body.
Taught by Leah Daniels

Sittercise Plus
Wednesdays 1 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m64cf9ffefc615d76850dbdf62385750b
Meeting Access Code: 160 546 9218
A 30-minute class for those who prefer a seated workout as well as those who want some moderate standing exercise. Easy-to-follow moves will help you maintain and improve your strength and mobility while exercising to fun and upbeat music. Light hand weights, soup cans or water bottles are optional.
Taught by Marianne Larkin

Pilates with Bob
Wednesdays 6 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m1522f8fb9c7ccae1ceeee166f4966468
Meeting Access Code: 160 539 6069
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 clients who can get up and down from the floor safely. A Yoga or Pilates mat is highly recommended.
Taught by Bob McDowell

Soul Line Dance Party
Wednesdays 6 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9bb1e4c154b2a88399881322897a0c7f
Meeting Access Code: 160 384 6404
The Soul Line Dance Party is a line dance party. No instruction, just 30 minutes of non-stop easy dances and 30 minutes of intermediate and advanced dances. Please email dance requests to Jessie Barnes at Jsldancer@gmail.com
Taught by Jessie Barnes

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Seated Strength and Balance

Thursdays 12 noon

Join WebEx Meeting

https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m844d65670b77db5ea991f93b1953a13a

Meeting Access Code: 160 674 9962

This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells (or any household item as substitute) to improve strength and overall mobility as we move to fun music.

Taught by Michelle Rosenfeld

Yoga with Lisa

Thursday 1:30 pm

Join WebEx Meeting

 https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfc8d96e77dcc5d3182d80b5a2389005e

Meeting Access Code: 160 551 4585

In this gentle class, yoga poses are done seated or standing using a chair as a prop for support. Yoga benefits include increased energy, greater flexibility, relieved tension, and an overall sense of well-being. Equipment: a chair and/or yoga mat. June 4, Yoga Dance, June 11 Gentle Yoga.

Taught by Lisa Rados

Soul Line Dance

Thursdays 3 pm

Join WebEx Meeting

https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m20b414c01772729ea3b306b9d5221b35

Meeting Access Code: 160 388 9345

In this Soul Line Dance class, line dances are taught step-by-step and then danced to pop, soul and/or gospel music.

Taught by Jessie Barnes

Cardio and Core Class

Fridays 9:30 am

Join WebEx Meeting

https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me37b11387157d67a650e40ee2bdf9eb6

Meeting Access Code: 160 271 2017

Mix cardio work combined with core exercises to get your body moving in your home. Designed for those who are looking for a low-impact cardio class to get your heart pumping while also strengthening your core.

Taught by Pam Beck

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Mat Pilates
Fridays 12:30 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m4eb6018434c08ef3f2adb06e86db9a92
Meeting Access Code: 160 129 2900
Using the abdominal exercises of fitness pioneer Joseph Pilates we re-awaken core muscles and breath life back into the spine, and return balance, stability, and flexibility to our bodies. Suitable for clients who can get up and down from the floor safely. Yoga or Pilates mat highly recommended.
Taught by Maggie Lockhart

FITNESS & EXERCISE DISCLAIMER
THE DISCLAIMER IS POSTED AND READ PRIOR TO EVERY FITNESS CLASS

IT IS IMPORTANT TO UNDERSTAND THAT THIS EXERCISE VIDEO MAY PRESENT CERTAIN RISKS. YOU ARE ENCOURAGED TO CONSULT YOUR PHYSICIAN CONCERNING YOUR FITNESS BEFORE PARTICIPATING. BY PARTICIPATING IN THE PHYSICAL EXERCISES OR TRAINING ACTIVITY DEMONSTRATED IN THIS VIDEO, YOU UNDERSTAND THAT YOU DO SO ENTIRELY AT YOUR OWN RISK AND ASSUME ALL RISKS OF INJURY, ILLNESS, OR DEATH. THROUGH PARTICIPATION, YOU WAIVE ALL CLAIMS AND RELEASE THE COUNTY, THE OFFICE, AND THEIR RESPECTIVE OFFICIALS, EMPLOYEES, AGENTS, AND VOLUNTEERS FROM ALL LIABILITY FOR DAMAGE OR INJURY OF ANY KIND THAT MAY ARISE, DIRECTLY OR INDIRECTLY.

LET'S GET SOCIAL

Coffee and Conversation
Mondays with Elkridge
Tuesdays with East Columbia
Wednesdays with Glenwood
Fridays with North Laurel
9 am
Join WebEx Meeting - Link below is valid for each day.
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5bf1fc03cd66f33240223571c474d7b6
Call in Option **1 650-479-3207** Meeting Access Code: 160 848 1352
Grab a cup of coffee or tea and join staff from various 50+Centers for conversation and connection. Select the day/center you wish.

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TED Talk
Thursday June 4, 11 am
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md63f4d365168522e84b86792de6ef16b
Meeting Access Code: 160 086 0373
Join us to view one or two TED Talks, followed by a facilitated conversation.
Facilitated by Lucky Sohi

Book Club
Thursday June 4, 1 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma99ef6842b06cc8694b4a5ee68820c36
Meeting Access Code: 160 123 3777
Enjoy a lively discussion with fellow book lovers. The group is open to a variety of genres and book selection is shared by all members. Get lost in a good book with us. June 4th book is *Where the Crawdads Sing* by Delia Owens. July 2nd book is *Gone Girl* by Gillian Flynn.

Game Night
Thursdays June 4, June 11, 6 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3e8e62a560831261d9c061acdb64eae4
Meeting Access Code: 160 539 6569
Grab a pen and paper, and join us for a fun night of virtual games.
Presented by Lucky Sohi, Regina Joffee, Tammy Wiggins

Sit, Stitch & Give
Fridays, 11 am
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m458521cd74b982193acf4454bb73a0ce
Meeting Access Code: 160 851 8178   Call in Option: 1 650 - 479 –3207
Originally held at North Laurel, this group is now open to others who crochet, knit or do other needle crafts. Join us for a crafting and sharing time.

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LET'S COOK

Summer Sides Cooking
Wednesday June 3, 11 am
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me94fae9cc72befb53fd9483c8ab6e28e
Meeting Access Code: 160 471 0492
Visit Cathy in her kitchen for a summery selection of fast, easy and healthy side dishes. We will use fresh summer veggies and herbs easily available in the summer months.
Presented by Cathy Burkett

Summer Salads
Friday June 5, 4 pm
Join WebEx Meeting

https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3b880f580b68e9bd76112e349fbc09d0

Meeting Access Code: 160 163 7620

You are invited back to the kitchen for a quick and fun take on summer salads for dinner. In the heat, a large hot meal just doesn't feel right.

Learn some easy varieties for delicious, healthy and beautiful meals.
Presented by Regina Jenkins

Explore Grilled Corn
Wednesday June 10, 2 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3636ac3fffb3bbbabfb0c4ef1a93f2fe
Meeting Access Code: 160 357 5778
Join Cathy in her kitchen for another cooking demo; this one focuses on several ways to grill corn for a variety of flavors.
Presented by Cathy Burkett

SUGGESTIONS FOR COOKING CLASSES? SHARE IN COMMENTS ON THE SURVEY

Howard County Office on **Aging** and **Independence**
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## Painting Furniture DIY
Tuesday June 2, 2 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8a4eee12406128c27e1633a215eb98c0
Meeting Access Code: 160 409 6160
Join Regina for a painting workshop using Fusion Mineral Paint. Watch this easy technique on a dresser that will be given away at the conclusion of class. Search your house for something that needs refreshed and feel free to ask for suggestions or ideas.
Presented by Regina Jenkins
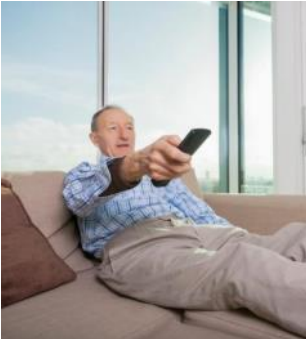
Battling Sedentary Habits
Wednesday June 3, 2 pm
Click to register for WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/onstage/g.php?MTID=e6b4c16fe96dd2817a4247ce028aac66d
Exercise Specialist Malarie Burgess from Howard County's Office on Aging and Independence will discuss how a sedentary lifestyle impacts your health and exercises you can do from your desk or chair to help boost your health.
Presented by Malarie Burgess

Art Journaling with Joyce
Monday June 8, 2 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8e444419982b2ef4cef33a905781f18d
 Meeting Access Code: 160 387 6958
Looking for a way to express yourself in a creative meaningful way? This class explores art journaling as an opportunity for self-reflection while allowing you to virtually connect with your community, and ends with a calming meditation. Basic art supplies recommended: journal or notebook, scrapbook/ construction paper, craft paints, markers, glue.
Presented by Joyce Nagel

Honoring a Loved One
Tuesday June 9, 12:30 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me8c8a750b0408cdcf3108cf673f6351c
Meeting Access Code: 160 653 0344
Do you have items of loved ones that you are not sure what to do with but they have emotional significance? Would you like to learn ways to honor those we love by keeping memories alive? Join Regina for a touching and informative workshop on this sensitive and important topic.
Presented by Regina Jenkins

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Cultural Awareness in Howard County
Tuesday June 9, 1 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma1001510099b731ab44a9e92be65f347
Meeting Access Code: 160 346 4513
During this time of uncertainty and social distancing, human connection is more important than ever. Join the Office of Human Rights as we aim to explore the true essence of humanity that resides in Howard County with a focus on strengthening our own cultural awareness to those within our community.
Presented by Trent Day Hall, Office of Human Rights

DIY Make Origami Boxes
Tuesday June 9, 2 pm
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m6bbea491f9780105be198cb35b2cfde4
Meeting Access Code: 160 490 8481
Craft along as we make an Origami gift box with scrapbooking or other sturdy paper. The project requires two 12x12 pieces of scrapbook paper and scissors; double stick tape or glue is optional. Finished box is 4"x4"x2". A quick, simple, and useful craft that is the perfect size for small gifts, this is a great project to learn and teach to the grandchildren!
Presented by Rachel McCracken

Flag Wreath DIY
Thursday June 11, 10 am
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mccc6a02cc13d82544de6bda49df4ea73
Meeting Access Code: 160 958 5540
Pick up some traditional clothespins and some red, white and blue paint and join us for a fun wreath-making workshop. Create a great wreath to use for Flag Day, Independence Day and all summer long!
Presented by Regina Jenkins

Book Talk "Stolen"
Thursday June 11, 11 am
Join WebEx Meeting
https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3bf963288766bcecc4979039dd31d8ac
Meeting Access Code: 160 957 2883
Join the author for the gripping and true story about five boys who were kidnapped in the North and smuggled into slavery in the Deep South. Hear about their daring attempt to escape and bring their captors to justice. Dr. Richard Bell is an Associate Professor at the University of MD, holds a PhD from Harvard and is a Trustee of the Maryland Historical Society.
Presented by Dr. Richard Bell

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National Women's History Museum
https://www.womenshistory.org/womens-history/online-exhibits

Winchester Mystery House
https://winchestermysteryhouse.com/video-tour/

Thomas Jefferson Memorial
https://www.cyark.org/projects/thomas-jefferson-memorial/overview

Rapa Nui
https://www.cyark.org/projects/rapa-nui/overview

Flanders Field American Cemetery in Belgium
https://www.cyark.org/projects/flanders-field-american-cemetery/overview

Hidcote Gardens
https://www.nationaltrust.org.uk/hidcote/features/hidcote-virtual-tours?awc=3795_1590765586_71819d30f161e83e305343fb0c34818a&campid=Affiliates_Central_Mem_AWIN_Standard&aff=78888

A Visit to Claude Monet's Garden in Giverny
https://www.youtube.com/watch?v=rjWx2WNXFF4

Please take a minute and click the link below to let us know what you think

https://www.surveymonkey.com/r/virtualhoco

NEED ASSISTANCE?
CALL MARYLAND
ACCESS POINT
410.313.1234

Howard County Office on
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Department of Community Resources and Services

The exercise and class offerings in this e-blast are accessible through WebEx. Click on the link provided, enter the meeting access code and participate. Use password Howard50+. While in a class, please place your speaker on mute to reduce the feedback for the instructor and class. Below is general information on WebEx.

- WebEx is free to use as a class participant.
- You do not need a WebEx account.
- You will need a regular email address to sign in.
- Make sure your battery is fully charged on your device or plugged in.
- Make sure you have a good internet or cell connection.
- Find a table, desk or counter to set up your device so you can see properly.
- Go to your App Store and search Cisco WebEx Meetings.
- Choose the app and start the download.
- Find the newly downloaded app and click on it.
- Click "Join Meeting."
- To join, it will ask you for the meeting number which you can find next to the class name.
- Then click "Join" or "Enter."
- It will ask for a password which is Howard50+.
- Now you have entered the meeting.
- Anytime your buttons are black (microphone and video icons) you can be heard and seen.
- It is best to leave these in off mode (the buttons will be red) most of the time to minimize disruption to class. You will still be able to see and hear the instructor.
- If you click the ellipsis button, various options pop up and from there you can click the "Chat with Everyone" button, or "Turn Speaker On/Off."

VIDEO

SOUND
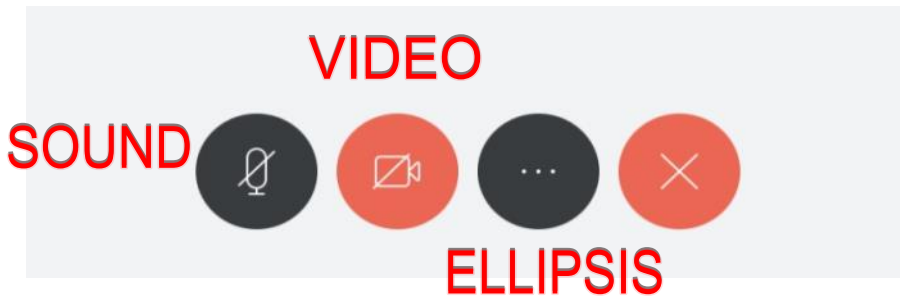
ELLIPSIS

VIEW AFTER ELLIPSIS BUTTON PUSHED
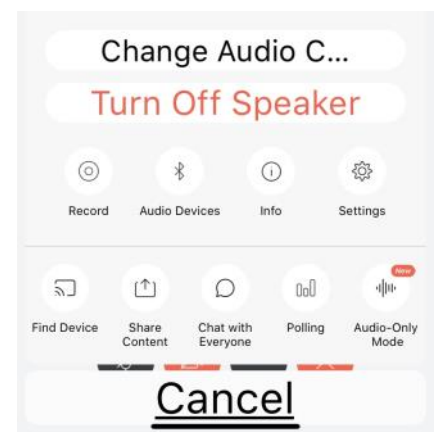
If you have a specific question regarding WebEx, please reach out to Lucky Sohi, 410.313.4832 or lsohi@howardcountymd.gov. Thanks for joining us in our virtual world!

For more detail on how to use WebEx, please click on the link below.

https://help.webex.com/en-us/nrbgeodb/Join-a-Webex-Meeting

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