

THE OPAL CENTER

December 2021

Online Programs for Adult Learning

theopalcenter@baltimorecountymd.gov



Don't Just Survive...Thrive During the Holidays

Surviving Grief and Stress During the Holidays

Thursday, December 2 at 1 pm

Volunteers from the Gilchrist Ambassador Team will help you navigate the holidays by showing you there are things you can do to make this time a little easier. Topics include:

- Having a plan and sticking to it
- Tips for managing holiday stress
 - Tips for self-care
 - Remembering your loved ones
- Caregiver stress– taking care of yourself
 - Does it get easier?

This program is offered virtually and also in person at Parkville Senior Center.



Tech Series with Andrew: Digital Meals & Groceries

Thursday, December 16
6-8 pm

The OPAL Center has teamed up with AJM Technology Workshops to offer technology workshops that have a personalized teaching style.

In this class students will learn how to efficiently order meals from their favorite restaurants using apps such as Uber Eats, Door Dash and Grubhub. Students will also learn how to place an order for groceries online from participating markets such as Giant and Whole Foods. Finally, students will learn how to order from specific restaurant apps which will allow them to avoid waiting in lines and drive-thrus.

Mindfulness, Grounding and Being in the Moment

Friday, December 3 at 11 am

Research shows that intentionally pausing and “being in the moment” can calm the nervous system and alleviate stress, with health benefits from long-term practice. Join Casey Saylor, MSW from the Mental Health Association of Maryland for an introduction to mindfulness, it’s growing body of scientific support, and practical exercises that you can start using immediately. Use the Zoom registration link in the Google doc to sign up for this online program.



If you need help joining any of our programs or classes contact theopalcenter@baltimorecountymd.gov or call Kathleen Young at 410-887-3654



Upcoming Workshops:

Understanding Digital Books and Publications

Tuesday, January 18 at 10 am

Traveling with Technology
Thursday, February 17 at 6 pm

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December Program Highlights

Senior Box Office and CCBC Partnership

Enjoy these classes brought to you by Senior Box Office in partnership with CCBC.

Ads that Changed the Way We Live - Tuesday, December 14 from 10:30 am-Noon

Learn about the history of advertising in the US over the last 150 years based on specific ads. Topics to be covered include the creator of marketing, original ads credited with changing the way we live, and advertisements from P. T. Barnum to infomercials. Presenter Barbara Blumberg, B.S., taught 3 years in Baltimore City Public School and 25 years at Beth Tfiloh Community Day School. She is now an adjunct faculty member at several local colleges and community groups and at Florida Gulf State University. To register: call CCBC at 443-840-4900, provide the 5-digit number, CRN. No. 76551. Cost: \$20

The Great Migration - Wednesday, December 22 from 10:30 am-Noon

During the 20th Century over six million African-Americans moved out of the rural southern United States to the urban northeast, midwest and west. Searching for better lives, they faced violence, family disruption and dangerous cross-country journeys to a new life in unfamiliar environments. Explore the origins, motivations, impact and outcomes of this relocation. Presenter Robert (Bob) Baer, D. Ed., has been a college administrator in higher education for over 30 years and is a history professor at numerous lifetime learning institutes in the Baltimore area. To register: call CCBC at 443-840-4900, provide the 5-digit number CRN No.76552. Cost: \$20.

Schedule a "My Librarian" Appointment



Do you need more one-on-one help to understand your device better? Free assistance is available at your local library! Now available in person at all branches, and virtually

through video chat or phone. Get one-on-one personal assistance with My Librarian, a free 60-minute reference session with a Baltimore County Public Library librarian. Get help with setting up an email account, downloading e-books, job search assistance, accessing zoom programs, using Microsoft Office, learning how to create shortcuts and bookmark your favorite websites and more. To schedule an appointment call your local branch location.

Helping Members Become Tech Savvy

In the last few issues of the OPAL Newsletter, we've been promoting GetSetUp and all of the wonderful classes and programs they offer. Have you taken advantage of the free membership yet? Carol N, has been attending many classes with GetSetUp and had this to say about her learning experience.



"I have learned so much about computers that I knew what to look for when buying a new one. From 8 gig RAM to i5 processor, I feel confident that I made a good choice due to my getsetup.io classes. I have learned about OneDrive cloud storage, which is on my computer, to email functions and Windows Explorer shortcuts, which are all over my desktop now. I understand the cloud, streaming, and other basic concepts. My under 40 friends all take for granted. I love the drawing with color pencil classes, photography classes, and the Tech Topics interest group. I look forward to attending the Smart Watch class, Upgrading to Windows 11 class, and much more. It has made me a knowledgeable computer consumer, thanks to the extremely knowledgeable, retired computer professionals, who are our teachers."

New Class Alert!

The Short Stories of World Literature

Fridays 10-11:30 am
January 7-March 11, 2022

This class will focus on discussing a variety of classic authors from around the world. Cost is \$50 for the ten week session. Contact khaduch@baltimorecountymd.gov to register in advance.

Go to www.getsetup.org/partner/baltimore and use the coupon code **Baltimore** for free membership through BCDA. Need help booking a session? Call GetSetUp at 888-559-1614 or email help@getsetup.io. We'd love to hear your testimonial in the future!

Need access to the Google Document which contains the links for our virtual programs?

Contact theopalcenter@baltimorecountymd.gov

or call Kathleen Young at 410-887-3654

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Final Expense Basics 101 - Wednesday, December 1 at 10:30 am - Learn the basics of final expense insurance and how to choose the right plan for you.

Sunday Celebration Holiday Concert with Julia Tucker - Sunday, December 5 at 3:30 pm - Enjoy the 2nd Annual Virtual Holiday Concert with Julia Tucker, singing all your favorite seasonal songs to get you in the celebrating spirit!

^Rooted in Resilience Kick off for December: Celebrating - Monday, December 6 at 11 am - Join us for our last kick-off in the Rooted in Resilience Series and learn more about the theme of "Celebration" with a special program.

Global Voyager: Journey Around the World by Penn Museum - Tuesday, December 7 at 11 am - Join the crew for a digital journey around the world! Discover amazing artifacts left behind by great queens and kings. Move from the trade routes of the Silk Road to the pueblos of North America. Your fellow teammates will help you pass some challenges along the way!

^Celebrate Cold Weather and Stay Safe - Tuesday, December 7 at 3:30 pm - Learn to stay safe and enjoy the cold temps.

A Day of Infamy: The Japanese Attack on Pearl Harbor - Thursday, December 9 at 11 am - In the war that changed the world, it was the day that changed the war—a "Day of Infamy." That day brought the United States into WWII, adding the strength and determination of the American people to the Allied arsenal as it struggled to defeat the Axis.

Optimizing Bone Health through Diet - Thursday, December 9 at 11 am - Join Lisa Finstrom, Nutritionist, for this educational talk about how to eat the right foods to optimize your bone health when aging.

Downsizing & De-Cluttering - Thursday, December 9 at 1 pm - This presentation is designed to reduce anxiety about de-cluttering and how to start the downsizing process. Some people plan to move and need to downsize, and some are remaining at home, but need help with de-cluttering. Either way, you will receive information and tips to help you.

The Spirit in Your Writing - Friday, December 10 at 1 pm - Drop-in writing workshop with the goal to get to know others and one's self better.

^Resilience Series with Al - Monday, December 13 at 1 pm - "2021 Resilience Celebration" - Let's gather one more time to celebrate our knowledge and how to use it further in 2022 - just for the health of it! Moderator - Al Muehlberger

Musical Conversations: Lean on Me - Monday, December 13 at 1 pm - Lean on Me -Join singer Karen Webber as she performs folk songs, songs from the musical theatre and popular songs about connection, interaction, and love. Between songs, come and share meaningful conversation about the special people in your life.

Contracts and Home Repairs - Tuesday, December 14 at Noon - Join Maryland Insurance Administration and find out what you should know BEFORE signing a contract if you are having repairs to your home.

^Rooted in Resilience: Celebrating You! Journal with Julie - Wednesday, December 15 at 2 pm - End the year by Celebrating You! We will explore ways we can celebrate our fabulous selves in our personal journals.

Will & Estate Planning Basics - Wednesday, December 15 at 10:30 am - This program will discuss the four parts of your Will and review free and affordable options to complete them. Advance registration required to receive the link.

Yuletide Yarns - Thursday, December 16 at 4 pm - Revisit unique Baltimore holiday traditions including the Miracle on 34th Street in Hampden, window displays on Howard St. and the annual lighting of the Washington Monument.

In the Kitchen with Natalie Black Holiday Edition - Thursday, December 16 at 4:30 pm - Learn to make a Kwanzaa dish.

The Walters Art Gallery Virtual Tour - Friday, December 17 at 11:30 am - In 1931, Henry Walters bequeathed to the Mayor and City Council of Baltimore, "for the benefit of the public," the collections built by him and his father. Discover highlights from this collection and more recent acquisitions to the Walters Art Museum.

^Art Journaling: Celebrating You - Tuesday, December 21 at 2:30 pm - Explore the ways you learn best and your vision for personal growth through the power of art journaling, the combination of art and language.

Virtual Holiday Celebration - Thursday, December 23 at Noon - Celebrate with Pikesville Senior Center for an interactive holiday social event with Julia Tucker.

^Rooted in Resilience Wrap Up for December & New Year's Eve Celebration - Thursday, December 30 at 11 am - Join us for an interactive discussion reviewing all we have accomplished on the theme of resiliency through a New Year's Eve Celebration and see who wins the drawing for the challenge this month.

Check the Google Doc for the links to the free programs listed above and on the next page.

Programs with a ^ are part of the Rooted in Resilience Challenge. You'll be entered in a drawing every time you attend one of these programs. The winner is announced during the Wrap Up program each month.

Contact theopalcenter@baltimorecountymd.gov if you need access to the Google Doc.

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December Weekly Classes

Saturday

Gentle Mat Yoga - 9 am



Monday

*EnhanceFitness - 8:30 am (Oct 4-Dec. 16) - \$25

Also meets on Wed & Thurs. New Class Jan. 3-March 17

*Move With Better Balance - 9 am (Oct. 4-Dec. 22)

Also meets on Wed

Gotta Dance - Aerobics, Strength, Stretch - 10 am

Also meets Wed & Fri

Stories & Chats - 10:30 am (2nd and 4th of the month)

Democracy Cafe - 1 pm (3rd Monday of the month)

TimeSlips - 2 pm (2nd and 4th of the month)

Mind Your Mondays - 6:30 pm

Tuesday

*Strength Training - 8:45 am (New class resumes Jan. 4)

Also 8:30 am on Fridays - \$25

Line Dance (Experienced) - 10 am

*Tai Chi: Moving for Better Balance - 11 am (Ends Dec. 9)

New class resumes Jan 4. Also on Thursdays. \$15

Learning Spanish: Beginner - 12:30 pm

Yoga Somatics - 2 pm



Wednesday New!

Chair Exercise with The Rock - 10 am (Dec. 1-29)

*Ink & Watercolor - 10:30 am (Jan. 12-Feb. 16) \$25

The Coffee House - 12 pm

Line Dance for Beginners - 1 pm

*Beginner Zentangle - 1 pm

Journaling with Julie - 2 pm

Current Events - 2:30 pm (4th Wednesday)

*Art Exploration with David - 3:30 pm - \$15

Thursday

*CORE de Force - 9 am (Resumes Jan. 6) \$25

*Art History - 9:30 am (Ends Dec. 9) \$40

Zumba Chair Gold - 10 am

Memory Enhancement - 10 am

*Intermediate Zentangle - 10 am

Gentle Yoga - 10:45 am

*Ink & Drawing - 10:30 am (Jan. 13- Feb. 17) \$25

Meditation with Dr. Mickey Fenzel - 12:45 pm (Jan.-Mar.)

*Advanced Zentangle - 1 pm

Spanish: Advanced - 2:30 pm

Friday

Living Well with Chronic Conditions - 10 am
(Jan. 14-Feb. 25)

The Spirit in Your Writing - 1 pm (2nd Friday)

Craft Corner - 10 am / 2 pm (Schedule varies)

The Short Stories of World Literature - 10 am

(Jan. 7-March 11) \$50

Chair Yoga - 3 pm



What is Living Well?



Take control of your health in 2022 by participating in a Living Well Program.

These seven week workshops give you the tools you need to manage a variety of health conditions and make positive changes.

They have proven benefits for individuals and caregivers.

This program is partially funded under Title III-D of the Older Americans Act of 1965. Individuals 60 and over are encouraged to make the suggested donation of \$10 at time of registration, to ensure the viability of the program.

Upcoming Virtual Living Well Programs

Living Well with Chronic Conditions

Fridays, January 14 - February 25, 10 am - 12:30 pm

Living Well with Chronic Pain

Wednesdays, February 23 - April 6, 2 pm - 4:30 pm

For more information or to register for one of these programs, call Donna Bilz, Program Coordinator at 410-887-3423.

Check the Google Document for the class links and for registration/payment information. Classes with a * require advance registration. Classes with a fee require payment in advance. Contact theopalcenter@baltimorecountymd.gov if you need access to the Google Doc.