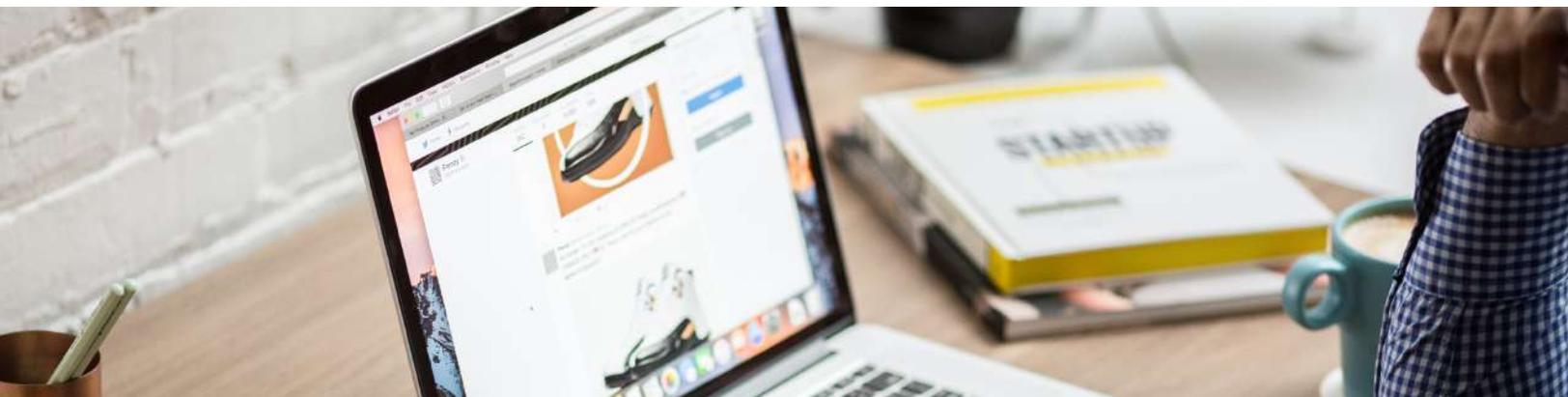


THE OPAL CENTER

November 2021

Online Programs for Adult Learning



Over 50 Classes a Day Offered with GetSetUp

Last month we introduced you OPAL's learning channel - GetSetUp where there are over 50 programs and classes offered EACH day - including weekends! Have you tried a class yet? If you like staying on a schedule there are many classes offered on set days/times like the Thursday or Saturday schedule below. In between all of these "set" classes are many other programs related to travel, health, cooking, fitness, technology, etc. You will be amazed at the topics offered!

Thursdays on GetSetUp:

- 8 am - Morning Fitness
- 9 am - Yoga
- 11 am - Gigong: Women's Healing
- 12 pm - The News and Worry About What to Believe
- 12:30 - Acupressure Stress Relief
- 1 pm - Chair Yoga
- 5:30 pm - Tech Tips
- 6 pm - Trivia
- 8 pm - Core & Stretch

Saturdays on GetSetUp:

- 10 am - Sit and Get Fit
- 11 am - Ageless Grace: Exercises for the Body & Mind
- 11 am - Balle Cardio
- 12 pm - Tai Chi for Beginners
- 1 pm - Conversational Spanish
- 2 pm - Coping with Stress Using Music & Movement
- 5 pm - Social Hour: Brain Fitness with Games
- 7 pm - Saturday Night Dance Party
- 11:30 pm - Om Meditation

Are you ready to join? Go to www.getsetup.org/partner/baltimore 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.



Meditation with Dr. Mickey Fenzel

Thursdays 12:45 p.m. - 1:45 p.m.
November 4, 11 & 18

A regular practice of mindfulness meditation can help reduce stress and improve attention and general wellness. This class will explore these themes and introduce different meditation techniques. A typical 50-minute class will devote approximately 30 minutes to a guided meditation and the remainder to instruction and discussion.

The instructor is a certified mindfulness meditation teacher, Loyola University professor emeritus, and licensed psychologist who has had a regular meditation practice for several years. The recommended book for this class is *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* by Jon Kabat-Zinn. It is available on Amazon.



THE OPAL CENTER

Online Programs for Adult Learning

November Programs

^**Rooted in Resilience Kick Off: Caring** - Mon, Nov. 1 at 11 am - Learn about the theme of Caring and be entered in our monthly drawing if you attend this and any other resilience programs this month.

Essential Oils for Everyday Use - Mon, Nov. 1 at 3:15 pm - Get tips and recipes for safe cleaning using essential oils with Adrienne Hausman.

Global Voyagers: Indigenous North America - Tues, Nov. 2 at 11 am - Take a digital journey around the the continent of North America and see some of the oldest artifacts made by first inhabitants of the Americas.

^**First Tuesday: Dementia Friends** - Tues, Nov. 2 at 12 pm - Increase your understanding about dementia and learn what each of us can do to better support our friends, family, neighbors, colleagues, and others living with dementia.

^**Care for Yourself by Managing Diabetes** - Tues, Nov. 2 at 3:30 pm - Sister Marie Seton, RN, will lead this discussion.

^**Rooted in Resilience: Assistive Device Options** - Wed, Nov. 3 at 1:30 pm - Rooted in Resilience sponsor, "Next Day Access Baltimore", will present various types of devices designed to make your life easier.

Aging Mastery Program for Caregivers - Wed, Nov. 3 & Fri, Nov. 5 from 10 am-Noon - For members who are graduates of previous AMP classes. Tune into these special sessions for the Caregiver module to learn how to apply skills.

History of the Silk Road - Tues, Nov. 4 at 11 am - Learn the importance in World History and what it can teach us about world trade today. Presented by the Inner Asian & Uralic National Resource Center.

^**AARP Caregiving: Prepare to Care** - Thurs, Nov. 4 at 2 pm - A successful experience in caregiving begins with a carefully constructed Care Plan which is critical to the caregiving process.

^**Resilience Series with Al: Brain Maintenance** - Mon, Nov. 8 at 1 pm - Learn seven ways to care for and maintain your brain so that you can live longer and happier.

Essential Oils to Help Respiratory System - Mon, Nov. 8 at 3:15 pm - Rest, fluids, and a dose of essential oils such as tea tree and eucalyptus can help with respiration issues.

^**Annual Baltimore County Caregivers Conference** - Tues, Nov. 9 from 10 am-1 pm - Building Joyful Caregiver Experiences with Humility, Hope and Humor presented by keynote speaker Loretta Veney.

The Ritchie Boys- Tues, Nov. 9 at 11 am - Learn about the Ritchie Boys who took their name from the place they trained – Camp Ritchie, Maryland – a secret American military intelligence center during the war.

All Pumpkins are Squash, But NOT all Squash are Pumpkins - Wed, Nov. 10 at 10 am - Discover the variety of squash, their origin, and cultural uses of these interesting plants globally.

^**Musical Conversations** - Wed, Nov. 10 at 1 pm- Musical conversation and songs about gratitude.

Rooted in Resilience: Caring for Yourself with a Personal Journal - Wed, Nov. 10 at 2 pm - We will explore some exercises to promote self care

^**Rooted in Resilience: Caring for Ourselves while Caring for Others** - Tue, Nov. 16 at 11 am - Learn how to build your self-care toolbox with tips on how to care for yourself while caring for others.

Young America by Smithsonian American Art Museum - Tues, Nov. 16 at 11 am - Explore colonial and early federal art that tells the story of growing national ambitions, territorial expansion, and the beginning of industry.

^**Caring to Make a Healthy Holiday Meal Plan** - Tue, Nov. 16 at 2 pm - Learn how to stretch your dollars to provide nutritious and delicious holiday meals. Get tips for meal planning and affordable recipes that will reduce your food waste and improve your health

Men in Retirement Meeting the Challenges - Wed, Nov. 17 at 10:30 am - Learn about the four biggest challenges facing men in retirement including loss of identity, boredom, loneliness and reinventing oneself.

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

THE OPAL CENTER

Online Programs for Adult Learning

November Programs Continued

^Rooted in Resilience: Dealing with Dementia Workshop - Wed, Nov. 17 from 12 -4 pm -This evidence-based program through the Rosalynn Carter Institute for Caregivers is an interactive seminar that provides valuable information on the Dealing with Dementia Guide. Attendees will gain understanding around dementia, advocating for a loved one, managing stressful situations and how to prioritize self-care.

Who Get's Grandma's Yellow Pie Plate? - Distributing Personal Property - Thurs, Nov. 18 at 10 am - Personal property distributions under a Will can be emotional for the person receiving, or not receiving, items, and a problem for Personal Representatives. This program will discuss different options for distributing personal property with Kathy Adcock, Esq.

Innovations and Inventions: Science and Technology Along the Silk Road - Thurs, Nov. 18 at 11 am - This program engages students to consider the many contributions to math, medicine, science and technology pioneered in Central Eurasia during the period known as the "middle ages."

Q & A Technology Session: Facebook - Thurs, Nov. 18 at 4:30 pm - Join students from Requinity and learn how to create and manage a Facebook account.

Oils that Detox the Blues - Mon, Nov. 22 at 3:15 pm - Learn how lemon essential oils can help to remove toxic waste from the body and support the liver and how bergamot, cypress, and rose can treat anxiety, depression and grief.

^Art Journaling: Pampering Perfection - Tues, Nov. 23 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.

Seasonal Changes and the Brain - Mon, Nov. 29 at 11 am - Join the Mental Health Association of MD for an introduction to how the brain and body can be impacted by winter's seasonal changes. Topics covered will include circadian rhythm, winter blues, and general tips for maintaining mental wellness during winter months.

Essential Oils Used in Biblical Times - Mon, Nov. 29 at 3:15 pm - Learn more about myrrh and other essential oils that were used in biblical times with Adrienne Hausman.

^Rooted in Resilience Wrap Up for November - Fri, Nov. 30 at 11 am - Join us for an interactive discussion about being resilient through acts of caring for ourselves as well as others and see who wins the drawing for the challenge this month.

High School Students Teach Older Adults How to Use Technology

Earlier in 2021, a group of students from Centennial High School in Howard County approached the Baltimore County Department of Aging with a request to offer free virtual technology assistance. The group, known as Requinity, carries forward in a mission to bring the power of technology to seniors. On a monthly basis, the students offer a Q&A session on a particular topic. Past topics included Understanding Gmail, Recommended Apps, Downloading and Uninstalling Apps on the iPhone, etc. Together, participants view tutorial videos the students have created based on the particular subject, followed by open forum for questions. The students offer this initiative completely voluntarily, as a way to give back to the community. **For more information about the sessions contact Alison Vogrin, 410-887-3101 or avogrin@baltimorecountymd.gov.**

Aging Mastery Program for LGBT Elders - Rescheduled

Tuesdays, February 8 - April 19, 2022
10:00 am - Noon
Fee: \$35

This evidence-based program encourages mastery and developing behaviors across many dimensions that will lead to improved health, stronger financial security and over well-being. By participating in the program you will make and maintain small but impactful changes in your health behavior, meet new friends, get more involved in the Baltimore County LGBT elder community and have fun!

Register online at: <https://baltimorecountymd.gov/amp-lgbtq>
or call Kathleen Young at 410-887-3654.

THE OPAL CENTER

Online Programs for Adult Learning

November Weekly Classes

Saturday

Gentle Mat Yoga - 9 am

Sunday

Gentle Mat Yoga - 8 am

Monday

*EnhanceFitness - 8:30 am (Oct 4-Dec. 16) - Also meets on Wed & Thurs

*Move With Better Balance - 9 am (Oct. 4-Dec. 22) - Also meets on Weds

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)

Chair Yoga - 2 pm

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

Mind Your Mondays - 6:30 pm



Tuesday

*Strength Training - 8:45 am (Oct 8-Nov. 30) Also 8:30 am on Fridays - \$25

Line Dance (Experienced) - 10 am

30 Minute Movement - 10 am

*Tai Chi: Moving for Better Balance - 1 pm

Learning Spanish: Beginner - 12:30 pm

*Building Better Caregivers - 2 pm (Oct. 5-Nov. 16)

Yoga Somatics - 2 pm



Wednesday

*Ink & Watercolor - 10:30 am (Ends Dec. 1) \$25

The Coffee House - 12 pm

Line Dance for Beginners - 1 pm

*Beginner Zentangle - 1 pm

Journaling with Julie - 2 pm

Chair Yoga - 2 pm

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

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

Thursday

*CORE de Force - 9 am (Oct. 7-Dec. 2) \$25

Chair Movement - 9:15 am

*Art History - 9:30 am (Oct. 14-Dec.9) \$40

Zumba Chair Gold - 10 am

30 Minute Movement - 10 am

Memory Enhancement - 10 am

*Intermediate Zentangle - 10 am

Gentle Yoga - 10:45 am

*Ink & Drawing - 10:30 am (Oct. 2-Dec 2) \$25

Mediation with Dr. Mickey Fenzel - 12:45 pm (ends Nov. 18)

*Advanced Zentangle - 1 pm

Spanish: Advanced - 2:30 pm

Friday

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

Craft Corner - 1:30 pm

Chair Yoga - 2 pm

Chair Yoga - 3 pm

Check the Google Document for the class links.

Classes with a * require advance registration. Classes with a fee require payment in advance to the hosting center.

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