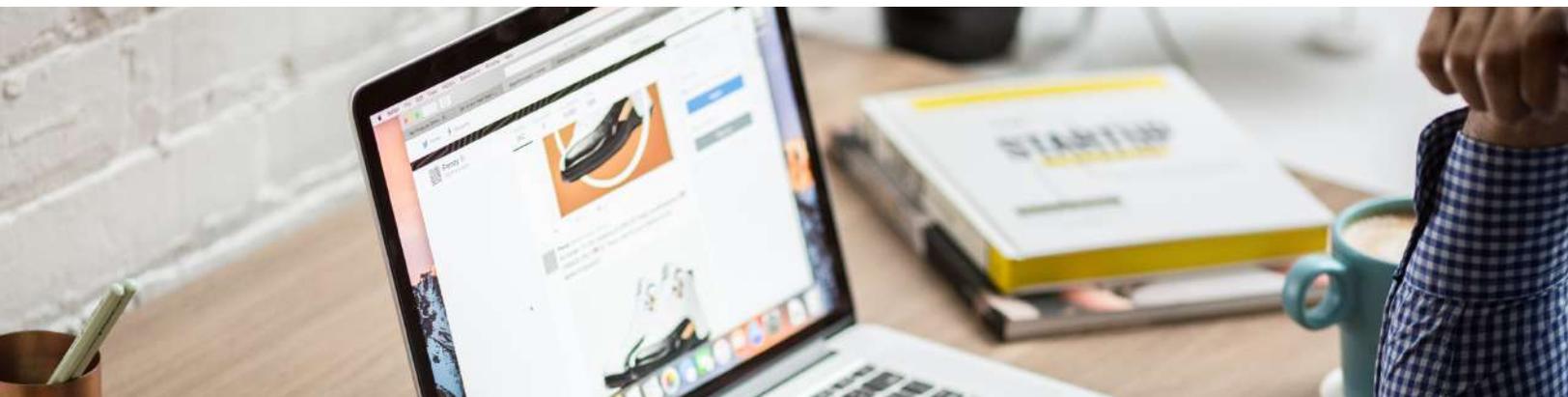


THE OPAL CENTER

October 2021

Online Programs for Adult Learning



Welcome to BCDA's Virtual Senior Center

Baltimore County Department of Aging is excited to open their 21st Senior Center - however there are no doors or walls at this virtual senior center! During the Pandemic our senior center staff did an amazing job creating online classes and programs for members and we plan to expand these virtual opportunities to older adults in Baltimore County. We will continue to use the Google Document through December which provides access to the links for all classes and programs. If you are not familiar with the Google Doc it is a chart that lists all of the classes and programs offered along with the Zoom or Webex links for each event. Starting in January you will need to register to be a member of the OPAL Center. More information will be in the next newsletter. In the meantime, if you need the Google Doc link emailed to you please send your request to kyoung@baltimorecountymd.gov. If you have questions you can contact Programming Manager, Kathleen Young, at 410-887-3654.

Survey Results

Last month we surveyed a group of older adults and gathered their input on how the "virtual senior center" will operate. Our respondents helped select the name of BCDA's virtual center with 33% voting for OPAL Center. In 2nd place was the SCOPE Center with 22%. When asked about paying a fee to cover some classes 76% preferred to be charged individually for programs with fees, instead of charging a monthly or yearly membership fee. 61% of respondents find out about online programs from weekly emails from their senior center, while 27% learn about programs on the County calendar/website. 73% surveyed use Zoom and 21% use Webex to connect to programs online. We appreciate all of the suggestions and comments in the survey and we will take all of them into account as we continue to develop the OPAL Center.

Ageing Mastery Program for LGBT Elders

Tuesdays, Oct. 5 - Dec. 21

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.



National Council on Aging

OCTOBER PROGRAMS

^Rooted in Resilience Kick-Off for October

Monday, October 4 at 11:00 am

Learn more about the challenges for the month of October and the theme of "building". We'll have a special guest that will teach us how building can make us more resilient in life.

Global Voyagers: Destination Africa

Tuesday, October 5 at 11:00 am

Join the crew for a digital journey around the continent of Africa! Explore a kingdom so rich they used gold dust for money! Pre-register at <https://www.cilc.org/roam>

^Build Your Knowledge of Eye Injury Prevention

Tuesday, October 5 at 3:30 pm

Sister Marie Seton, RN from Lifebridge Health will present a discussion on how to prevent eye injuries.

The Spirit in Your Writing

Friday, October 8 at 1:00 pm

Join this drop-in writing workshop with the goal to get to know others and one's self better.

Virtual Halloween Party

Sunday, October 10 at Noon

Join Pikesville Senior Center for a virtual Halloween Party with Julia Tucker!

Basics of Social Security with Kathy Adcock, Esq.

Thursday, October 14 at 10:00 am

Learn about the programs available, their requirements, when SS is taxable, how to opt out and what programs interfere with SS.

Creativity and the Brain

Tuesday, October 19 at 11:00 am

Join Casey Saylor with the Mental Health Association of Maryland for this interactive and educational program about creativity and the brain.

^Art Journaling: Building Blocks

Tuesday, October 19 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.

^Build Your Knowledge of Dental Hygiene

Wednesday, October 20 at 10:00 am

Sister Marie Seton, RN, from Lifebridge Health will lead the discussion. Learn all about Dental Hygiene and what you can do to have the best oral health.

Poe House Tour

Thursday, October 21 at 4:00 pm

Take a virtual tour inside Poe's Amity Street home, visiting each room of this lovingly preserved historic landmark. You'll also learn about the circumstances that led to Poe's relocation to Baltimore. Pre-register at <https://poedeath.eventbrite.com>

Yes Chef! The Art of Food

Tuesday, October 26 at 1:00 pm

Enjoy watching certified Chef Clint Roze show you the ropes on meal planning and preparation.

Scary Art from Cleveland Museum of Art

Wednesday, October 27 at 11:00 am

Explore other worldly paintings and prints by Francisco Goya, Salvador Dali, Salvator Rosa and Albert Pinkham Rhyder for an art journey to the other side.

^Rooted in Resilience: Building a Journal Practice

Wednesday, October 27 at 2:00 pm

Do you like the idea of journaling and wish you did it more often? Join Julie and the Journal Group and learn ten tips to build your practice into a beneficial habit. No experience necessary! You'll spend time learning, writing and sharing.

^Rooted in Resilience Wrap up for October

Friday, October 29 at 11:00 am

Join us for an interactive discussion about being resilient through a variety of skills to build on our existing skills and see who wins the drawing for the challenge this month.

Check the Google Doc for the links to the free programs listed above.

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 on 10/29 during the 11:00 am program.

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

OPAL FALL CLASSES

Saturday & Sunday

Gentle Mat Yoga - 9:00 am

Monday

- *EnhanceFitness - 9:00 am (Oct 4-Dec. 16) - Also meets on Wed & Thurs
- *Move With Better Balance - 9:00 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)
- Quilting - 1:30 pm
- Chair Yoga - 2:00 pm
- TimeSlips - 2:00 pm (2nd and 4th of the month)
- Mind Your Mondays - 6:30 pm

Tuesday

- *Aging Mastery Program - 10:00 am (Oct 5-Dec. 21)
- *Strength Training - 8:45 am (Oct 8-Nov. 30) Also 8:30 am on Fridays - \$25
- Chair Movement - 9:15 am
- Line Dance (Experienced) - 10:00 am
- 30 Minute Movement - 10:00 am
- Learning Spanish: Beginner - 12:30 pm
- *Building Better Caregivers - 2:00 pm (Oct. 5-Nov. 16)
- Yoga Somatics - 2:00 pm

Wednesday

- Stained Glass - 9:30 am
- *Ink & Watercolor - 10:30 am (Oct. 20-Dec. 1) \$25
- The Coffee House - 12 pm
- Line Dance for Beginners - 1:00 pm
- *Beginner Zentangle - 1:00 pm
- Journaling with Julie - 2:00 pm
- Chair Yoga - 2:00 pm
- *Art Exploration with David - 3:30 pm - \$15

Friday

- The Spirit in Your Writing - 1:00 pm (2nd Friday)
- Craft Corner - 1:30 pm
- Chair Yoga - 2:00 pm
- Chair Yoga - 3:00 pm

Thursday

- *CORE de Force - 9:00 am (Oct. 7-Dec. 2) \$25
- Chair Movement - 9:15 am
- *Art History - 9:30 am (Oct. 14-Dec.9) \$40
- Zumba Chair Gold - 10:00 am
- 30 Minute Movement - 10:00 am
- Memory Enhancement - 10:00 am
- *Intermediate Zentangle - 10:00 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 - 1:00 pm
- Spanish: Advanced - 2:30 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.