

Cecil County Healthy Options Program - Seniors (H.O.P.S.)

No cost workshops designed to help you get in shape and stay there!

For 55+!

Summer Fall 2022 Schedule

You must register for all classes (livestream, hybrid, pre-recorded, or in-person). Registered participants will receive a confirmation of registration and program details approximately one week prior to the start of class.

- **SAIL w/Deanie Padham—IN PERSON ONLY**
Rising Sun Community Center, 17 Wilson Rd
Mondays/Wednesdays, 08/22/22—10/05/22
Registration Open
09:30 am—10:30 am
NO CLASS 09/05, 09/12
- **Muay Thai Fitness w/Heike Button—IN PERSON ONLY**
Elkton Neighborhood Community Ctr., 121 Stockton St
Mondays, 08/22/22 —10/03/22
Registration Open
01:30 pm—2:30 pm
- **SAIL w/Kim Magaw—Hybrid**
Elkton Neighborhood Community Ctr., 121 Stockton St.
Tuesdays/Thursdays, 08/30/22—10/06/22
Registration Open
09:30 am—10:30 am
- **Lunch and Learn w/Jim Tambasco**
Living with Arthritis
Elkton Senior Activity Center, 200 Chesapeake Blvd.
Tuesday, 08/30/2022
Registration Open
11:00 am—1:00 pm
- **Tai Chi for Arthritis w/Tom Capezio —IN PERSON ONLY**
Elkton Neighborhood Community Ctr., 121 Stockton St.
Tuesdays/Thursdays, 09/06/22—10/27/22
Registration Opens 08/06
01:30 pm—02:30 pm
- **Rock Steady w/Ed Wentzell (Parkinson's Program)**
Elkton Senior Activity Center, 200 Chesapeake Blvd.
Tuesdays/Thursdays, 09/13/22—11/03/22
Contact Heike Button
410.996.8170
10:30 am—11:30 am
- **Fresh Conversations w/Beverly Jackey**
The Connection between Diet, Exercise & Sleep
Elkton Senior Activity Center, 200 Chesapeake Blvd.
Thursday, 10/13/2022
Registration Open
10:30 am—11:30 am
- **Bingocize w/Deanie Padham—Hybrid**
Elkton Senior Activity Center, 200 Chesapeake Blvd.
Tuesdays/Thursdays, 10/18/22-12/29/22
Registration Opens 09/18
10:30 am—11:30 am
NO CLASS 11/08, 11/24
- **Stepping Up Your Nutrition w/Beverly Jackey**
Malnutrition Risk Program
Elkton Senior Activity Center, 200 Chesapeake Blvd.
Tuesday, 10/18/2022
Registration Open
02:00 pm—03:30 pm
- **Enhance Fitness w/Jim Tambasco & Heike Button**
Online & Recorded
Mondays/Wednesdays/Fridays, 10/31/22—12/23/22
Registration Opens 09/30
12:30 pm—1:30 pm
NO CLASS 11/11, 11/25



For more information, please visit our Cecil SOLAR page:

<https://www.ccgov.org/government/community-services/community-wellness-division/cecil-senior-s-o-l-a-r-system>

Or contact Judi Brubaker at 410-996-8177 or jbrubaker@ccgov.org

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- **Barre**
Barre combines elements of ballet, Pilates, yoga, and light weight training into an efficient and effective workout. By using one's own bodyweight in isometric movements as resistance while challenging the core, stability, and balance, barre classes manage to give one the streamlined body of a dancer while reinforcing strength and muscle tone.
- **Bingocize**
Bingocize® is a health promotion program that combines the game of bingo with fall prevention exercises (standing or seated). Come play bingo and meet new people while learning about techniques to reduce falls and increase cognition. Bingocize® is exercise for your body, mind, and spirit.
- **Enhance Fitness**
Enhance Fitness is an evidence-based group exercise and fall prevention program. It helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. Enhance Fitness is offered 3 times a week in a one hour class. All exercises can be done standing or seated.
- **Line Dancing**
Line Dancing offers a fabulous mind-body workout while dancing your way to better health! You'll boost your brain power by improving your memory skills, strengthen your bones without hurting your joints, develop better balance to help prevent falls and release stress so you feel great.
- **Muay Thai Fitness**
Muay Thai is the national sport of Thailand, also known as Thai Boxing. Practitioners of Muay Thai are incredibly fit and develop strong, athletic bodies. Although there is no contact, Muay Tai is known as "The Art of 8 Limbs".
- **Pilates**
Pilates uses controlled movements to build strength, flexibility and endurance. Pull out your gym mat and get ready to do a series of movements that will stabilize and strengthen your core.
- **Rock Steady Boxing (RSB)**
At RSB, Parkinson's Disease (PD) is the opponent. The wide array of non-contact, boxing-based workouts aims to help people with PD manage their symptoms and help them live a more independent life.
- **S.A.I.L. (Stay Active & Independent for Life)**
SAIL is an evidence-based program with a strength, balance and fitness component. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. SAIL is offered 2 times a week in a one hour class. All SAIL exercises can be done standing or seated.
- **Senior Strength Training**
Senior Strength Training starts with 10 minutes of warm-up exercises, 30 minutes of strength with or without weights, 10 minutes of cool down and finishes up with 10 minutes of stretching.
- **SHiNE™:**
SHiNE™ is a dance fitness class rooted in traditional dance such as JAZZ, HiP HOP, and BALLET. We take those foundational moves and follow dance routines that are easy enough for beginners yet challenging enough for the more seasoned dancer. The simplicity of the routines allows you to keep moving and do less thinking.
- **Tai Chi Quan: Moving for Better Balance & Tai Chi for Arthritis**
Tai Chi is a gentle form of exercise; the motions are slow and controlled. Tai Chi reduces stress and produces mental calm, while deep breathing and standing meditation focuses on consciousness, restores energy and physical balance.
- **Yoga**
Yoga relaxes the body and renews the spirit! Gently increases flexibility, strengthens the body and improves balance. Chair or floor (your choice). Wear comfortable clothes.
- **Zumba Gold & Zumba in the Chair**
Zumba Gold & Zumba in the Chair are a great way to get in shape and have fun in the process!