

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+!

Fall 2024 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.

- **Tai Chi for Arthritis w/Tom Capezio—IN PERSON ONLY**
Elkton Senior Activity Center
200 Chesapeake Blvd., Elkton, MD
Tuesdays/Thursdays, 09/17/24—11/14/24
Registration Open
02:00 p.m.—3:00 p.m.
NO CLASS 10/15 and 11/05
- **SAIL w/Connie Hewitt—HYBRID**
Elkton Neighborhood Community Center, 121 Stockton St.
Tuesdays/Thursdays 10/1/2024-11/12/2024
Registration Opens 9/16
12:15pm– 1:15pm
NO CLASS 11/05
- **SAIL w/Deanie Padham—IN PERSON Only**
West Nottingham Presbyterian Church
Mondays/Wednesdays 10/7/2024-11/18/2024
Registration Opens 9/16
9:30am– 10:30am
NO CLASS 11/11
- **Strength Training w/Connie Hewitt—HYBRID**
West Nottingham Presbyterian Church
Mondays, 10/7/2024-11/18/2024
Registration Opens 9/16
10:45 am—11:45 am
NO CLASS 11/11
- **Line Dancing w/Shirley Mackey-IN PERSON ONLY**
Elkton Neighborhood Community Center, 121 Stockton St.
Tuesdays, 10/8/2024-11/19/2024
Registration Opens 9/16
11:00 am—12:00 pm
NO CLASS 11/05
- **Fresh Conversations w/Beverly Jackey**
Dairy Case Dilemma: Is It Really Milk?
Elkton Senior Activity Center, 200 Chesapeake Blvd.
Thursday, 10/10/2024
Contact Priscilla Price
410.996-8176
10:30 am—11:30 am
- **SAIL (in a chair) w/ Kim Magaw—IN PERSON Only**
Elkton Senior Activity Center, 200 Chesapeake Blvd.
Mondays/Wednesdays 11/4/2024– 12/16/2024
Contact Priscilla Price
410.996.8176
10:30am– 11:30am
NO CLASS 11/11
- **Fresh Conversations w/Beverly Jackey**
Are Healthy Bones Important?
Elkton Senior Activity Center, 200 Chesapeake Blvd.
Thursday, 11/7/2024
Contact Priscilla Price
410.996.8176
10:30 am—11:30 am
- **ZUMBA GOLD w/Rozy Sastro—IN PERSON ONLY**
Elkton Neighborhood Community Center, 121 Stockton St.
Tuesdays, 11/12/2024– 12/17/2024
Registration Opens 10/11
01:30 pm—2:30 pm



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 Eunice Grant at 410-996-8184 or egrant@cecilcountymd.gov

- **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.
- **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.
- **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!