

EAST COLUMBIA 50+ CENTER

April-May-June 2020

 Howard County Office on
Aging and Independence
Department of Community Resources and Services



**6600 Cradlerock Way
Columbia, MD 21045**

410-313-7680

Hours
Monday - Thursday
8:30 am - 8:30 pm

Center Email
eastcolumbia50@
howardcountymd.gov

Newsletters Online
www.howardcountymd.
gov/eastcolumbia50

Volunteer Website
www.hocovolunteer.org

**Inclement Weather Status
Line**
410-313-7777

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Welcome to the Future!

Testimony and letters have been delivered to elected officials. All hopes aiming for August 2020 ground breaking ceremony.



General Information

50+ Center Staff

Meridy McCague, Director

mmccague@howardcountymd.gov

410-313-7684

Ellen Brown, Assistant Director

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410-313-7680

Alma Blue, Registrar

ablue@howardcountymd.gov

410-313-7682

DuJuan Tyler Curtis, Evening Staff

dtylercurtis@howardcountymd.gov

Tony Dorsey, Evening Staff

tdorsey@howardcountymd.gov

Sign-up and Payment

Payments can be made by cash, credit card, or a check made payable to Howard County Director of Finance at the Front Office. Online registration can be done at the ActiveNet website: <http://apm.activecommunities.com/howardcounty>.

All activities require a reservation or registration.

Membership Cards

A card scanning process is conducted at all 50+ centers. Your membership card must be scanned each time you visit a center. Please complete registration and obtain your membership card from the Front Office.

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

ADJUSTED HOURS

Friday	April 10	CLOSED (Good Friday)
Wednesday	April 15	CLOSING 1pm , REOPEN 5PM
Monday	May 25	CLOSED (Memorial Day)

Disclaimer: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County and 50+ Centers. Howard County Government is not responsible for the performance of program sponsors.

On-going Programs

Coffee and Tea Service

Monday-Friday

9am – 4pm

Coffee and tea service is available daily. A donation box is provided and your contribution is appreciated.

Mahjong

Mondays 12 pm - 4pm

Wednesdays 10am - 2pm & 12pm - 3pm

Experienced players enjoy this game of competition and strategy played with tiles based on Chinese characters and symbols. Instruction is not provided.

Pinochle (Double-Deck)

Mondays 4 - 8:30pm

Fridays 12-4 pm

Players always welcome.

Bridge

Mondays 1 - 3:30pm

Fridays 12 - 4pm

Meets twice weekly for those who enjoy playing in a casual environment. No instruction is provided.

Color with Us

Tuesdays 10am- 12pm

Meet new friends in this popular drop-in social group. We provide materials or bring your own.

Technology Café

Tuesday, April 14, May 12, June 9

3:30 - 4:30pm

Bring your smart phone, tablets and questions as the Columbia Teen Center students work their magic.

Clutter Busters

Tuesdays: April 14, May 12, June 16

1 - 2pm

Monthly meetings to inspire a safer, clutter free and beautiful home. Join us to reorganize your home for joy and stress-free living.

Second Tuesday Dance Night

Tuesdays: April 14, May 12, June 16

7 - 8:30pm

Monthly dance with ½ hour dance instruction and refreshments!

\$5 person

Qigong Drop-in

Tuesdays 11am –12pm

Drop in, enjoy this Chinese exercise with healing techniques that uses controlled breathing and movement.

Sew Who Cares

Tuesdays 12 -1:50pm

Knitting, crocheting or do-it-yourself projects. Come join in the fun and make new friends.

Poker

Tuesdays & Thursdays

12 - 4pm

Poker is a family of card games that involve strategy and different skills, It can improve your concentration and observation skills.

Bidwhist

Wednesdays

2 - 8:30 pm

Drop in and try this popular card game that is similar to the game of Bridge.

Programs, Events and Classes

Caregivers Support Group

**Mondays: April 20, May 18,
& June 15, 2020, 7-8:30pm**

Sponsored by the SeniorsTogether peer outreach program. Find support and share the caregiver experience. Group focus is on four caregiver areas: practical/resources, emotional support, social networking and leisure time.

Korean Support Group

**Wednesdays April 8, May 13 &
June 10, 2020
6:30 – 8:30pm**

Being aware of available services and resources is key to providing the best care possible for a loved one. This group focuses on the needs of the Korean community.

Activity Pals

**Thursdays: April 30, May 28,
June 25
2 – 4pm**

Monthly meetings designed by members to socialize, dine and entertain.

A.M. Express Workout

**Mondays 10 -10:50am
Spring Session \$64
April 6 - June 29, 2020**

This is a high-energy aerobic type exercise using small hand weights and bands. A04412.700



Chinese Brush Stroke Painting,

Mondays, 10 -10:50am

April 6 - June 29, 2020, Spring Session: \$150

The characteristic of the brush stroke painting are to use realistic techniques to depict an object's natural harmony while providing room for the viewer's imagination. A04460.700

Yoga

Mondays, 11 -12:15pm & 12:15 -1:15pm

Spring Session: \$76

April 6 - June 29, 2020

A series of postures and breathing exercises. A04416.700

Seated Yoga

Tuesdays 10 -10:50am

Spring Session: \$69

April 7 - June 30, 2020

Posture and breathing exercises are practiced in this class to achieve control of the body all while seated. A04407.700

Mat Yoga Tuesdays 2 - 2:50am

Spring Session: \$69

April 7 - June 2020

This class combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress. A04440.700

Ballroom Dance Thursdays, 1-2pm

April 2 - June 30, 2020

Spring Session Fee: \$110

A set of dances which are enjoyed both socially and competitively. (no partner required). A04408.700

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-1400** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

Programs, Events and Classes

Urban Line Dance Tuesdays 3 –4:30pm

Spring Session: \$69

April 7 - June 30, 2020

Instructor Jessie Barnes teaches dance steps to soul music. Beginners are welcome. A04425.700

Soul Line Afternoon — Mondays 3-4pm

Spring Session Fee: \$64

April 6 - June 29, 2020

Learn all the latest soul line dances to the beat of rhythm and blues music. Taught by Karen Stewart. A0447.700

Soul Line Dance, Monday Evening

7 - 8:30pm, April 6 - June 29, 2020

Spring Session: \$64

Instructor Jessie Barnes teaches dance steps to soul music. All are welcome! A04415.700

Soul Line Dance, Wednesdays

7 - 8:30pm, April 1 - June 24, 2020

Spring Session: \$69

Instructor Jessie Barnes teaches dance steps to soul music. All are welcome! A04419.700

Strength Training

Wednesdays 3 -3:50pm

April 1 - June 24, 2020

Spring Session : \$64

A moderate impact exercise class using 2-5 pounds weights and stretch bands. A04410.700

Tai Chi Beginner I, Mondays 5 - 6pm

Spring Session Fee: \$126

April 6 - June 29, 2020

Exercise that helps improve body and mind wellness. A04461.700

Tai Chi Beginner II, Mondays 6 - 7pm

Spring Session Fee: \$126

April 6 - June 29, 2020

Exercise that helps improve body and mind wellness. A04461.700

Tai Chi Intermediate I

Wednesdays 4-5pm

Spring Session Fee: \$126

April 1 - June 24, 2020

Gentle and low-impact internal exercise that helps improve body and mind wellness. A04458.700

Tai Chi Advance

Wednesdays 5-6pm

April 1-June 24, 2020

Spring Session Fee: \$136

Gentle and low-impact internal exercise that helps improve body and mind wellness. A04454.700

Tai Chi Intermediate II

Wednesdays 6-7pm

April 1 - June 24, 2020

Spring Session Fee: \$136

Gentle and low-impact internal exercise that helps improve body and mind wellness. A044414.700

NOTE: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

To assure adequate seating, please sign up at the Front Desk for all events & activities.

Programs, Events and Classes

Registration can be done through Howard County Recreation & Parks for the following classes:

Exercise with Ease

Tuesday/Thursday, March 17, 2020

8:50 – 9:50am (20 classes) – no class 3/31, 4/2, 5/28

This fitness class for active seniors include low-impact aerobics, stretching, muscle tone, and strength activities aimed at improving endurance, body alignment, balance and proper breathing. Listen to upbeat music while learning.

RP8060.701

You Can Draw & Paint with Carol Zika

Friday, April 3, 2020

9:15 – 11:45am (12 classes)

Let your artistic expression soar in this fun and supportive open studio atmosphere. Bring watercolors, acrylics, oils, pastels or other materials. Instructor provides direction/instruction in drawing and painting for beginners and experienced dabblers. RP0304.701

Watercolors with Carol Zika

Friday, April 3, 2020

9:15 – 11:45am (12 classes)

For those who completed Watercolor Basics for the Very Beginner and those with previous watercolor experience. Instructor provides guided lessons, building technique and confidence. Bring materials.

RP0303.701

Online: www.howardcountymd.gov/rap

Phone: 410-313-7275

Fax: 410-313-4660

Mail: Howard County Recreation & Parks
7120 Oakland Mills Road
Columbia, MD 21046

Thursday Nights at East Columbia 50+ Center



NEW RELEASE CINEMA at Howard County Library System East Columbia Branch & 50+ Center shows critically acclaimed new release DVD movies on a large screen. Free popcorn, candy and soda will be available. This event is sponsored by Friends & Foundation of Howard County Library System in partnership with Howard County Department of Community Resources and Services.

Thursdays: April 16 & May 14

ENCORE CINEMA at Howard County Library System East Columbia Branch & 50+ Center presents "see-again" worthy DVD movies on a large screen! Free snacks, soda, water & candy will be served. Admission is free. This event is sponsored by Friends & Foundation of Howard County Library System in partnership with Howard County Department of Community Resources & Services. **Thursday, April 30, May 28, & June 11**

Newsletter by Email

Stay informed and up to date by getting our program information delivered right to your electronic device inbox. Sign up at the Front Desk to be added to the Center Newsletter Email List.

Highlights



AARP Income Tax Preparation Through April 11 Appointments Required

AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Each appointment is for one single or joint return. To set up an appointment, call **443-741-1220**. Specify that you would like your appointment at the East Columbia 50+ Center. For all other tax questions, call AARP directly at **888-227-7669**.

TAX APPOINTMENTS ARE NOT SCHEDULED BY CENTER STAFF

Nutrition Consultation By appointment only

**Fridays - April 17, May 8 & June 12
10am - 12:30pm**

Carmen Roberts, RD, LDN, is available for individual 30-minute consultation sessions to answer questions you may have about your diet. Make a resolution to improve your health through better nutrition. 30-minute appointments are scheduled between 10 and 12:30 pm. Sign-up at the Front Office or call 410-313-7680.

Hugo Keesing Presents "Gen Y" Wednesday, April 22, 2020 11:30am – 1:30pm

Generation Differences from the Silents to the Millennials

Lunch will be available. Sign-up in front office.

Cost: Lunch Donation

Revive Physical Therapy Balance Screening – Wednesday, April 29, 2020, 10:30am

Revive Physical Therapy will provide free balance screenings

Call to register or sign up at the Front Office 410-313-7680.

Low Back Pain Presentation Monday, May 13, 2020 10:30am

Call to register or sign up at the Front Office 410-313-7680.



Howard County 50+ Centers

Did you know that your 50+ Center membership is good at all of the seven Howard County 50+ Centers. Feel free to view each Center's newsletters on line at: www.howardcountymd.gov/50pluscenters to see the variety of programs and events held at each location. Acquaint yourself with how each Center accepts activity sign-up and start enjoying all the benefits of your 50+ Center membership.

Highlights



Color with a Cop

Tuesdays: 10am

Meet Officer Bill Kreitzer II.

Held during our weekly coloring session, open forum to answer any questions or concerns about our community. Check with the Front Office for upcoming dates.

AARP Driver Safety Class

The AARP Driver Safety refresher course has helped millions of drivers age 50+ sharpen their skills and drive safely on today's roads. Learn how to stay safe behind the wheel and you may save on car insurance.

When: Friday, June 26

Time: 10am – 2:30pm

Cost: \$15 AARP members, \$20 non-members

World Language Café

Tuesdays: April 28, May 26, June 23

4th Tuesdays of the month, 7pm – 8:55pm

Converse in a friendly atmosphere, meet new people, increase your fluency by speaking and listening while picking up useful phrases to use when traveling.

BYOB - Bring Your Own Beads

Wednesday, April 1 & June 17

11am – 2pm

Ellen Brown hosts this do-it-yourself beading class where you can repair or create your own jewelry. Extra beads and hardware are available as needed at a nominal cost.

Walking Group

Fridays, 9:30am

Join this multi-level walking group. Meet at Columbia Mall Food Court entrance. Walk at your own pace. Contact Alma Blue for more information at 410-313-7682.

Men Talk Discussion Group

Tuesdays and Thursdays

Discuss various topics of interest.. Speak, listen, learn and get to know one another.

Tuesday at 7:30pm

April 7 – Topic: What is your favorite book or music and why

April 21 – Topic: Tai Chi

Thursday at 2:30pm

April 16 – Topic: Politics & History

April 30 – Topic: Living without a driver's license

Tuesday at 7:30pm

May 5 – Topic: Saving the world; your country, your community or yourself

May 19 – Topic: What do you do in your spare time?

Thursday at 2:30pm

May 14 – Topic: Your favorite vacation spot(s); tell your story(ies)

May 28 – Topic: What is your favorite book or music and why?

Tuesday at 7:30pm

June 2 - Topic: Investments and lessons learned

June 16 – Topic: Favorite hobbies; share your stories

Thursday at 2:30pm

June 11 – Topic: Investments and lessons learned

June 25 – Topic: What does retirement mean to you?

Highlights

Healthy Little Cooks

April 8, 2020

11:30—1pm

Ages: 6 - 17yrs. (Registration required)



Healthy Little Cooks was founded in 2010 by Kimberly Young, CNE, MS with a passion to help kids and families cook, learn about nutrition, wellness and how to create and sustain healthier eating and wellness practices at home that help you heal, energize and live healthier lives. Sponsored by Department of Community Resources and Services, Office of Children Services and East Columbia 50+ Center. We are looking for a few volunteers to help with the class. Please see Meridy McCague - you might just pick up a few new healthy tips!



Fresh Conversations with Karen Basinger, MS, LDN, CFCS. A healthy living program for you! Monthly topics with up-to-date facts and menu suggestions.

Wednesdays at 1pm

April 29 - Inflammation

May 13 - Fuel Your Independence with Protein

June 10 - Cancer: Preventable, Not Inevitable

Highlights

Maryland Law Day Friday, May 1

Ensure that your preferences for medical treatment are honored should you become unable to express your wishes. Volunteer attorneys will offer free preparation of Maryland medical decision documents at East Columbia 50+ Center. Please call or stop by the Front Office to make your appointment, 410-313-7680.

Legal Aid Mondays (as available) 9am-12pm

First come, first served. No appointment is necessary. Maryland Legal Aid provides a full range of free, civil legal services to financially eligible individuals. Attorneys available the first Tuesday of the month only for Civil Law matters.

Circuit Court for Howard County Civil and Family Law Tuesdays 6 – 8pm

Volunteer attorneys provide free one-on-one legal assistance to low-income litigants. Available on first come, first serve basis. Family law attorney(s) available on the 2nd, 3rd and 4th Tuesdays of the month.

Celebrate National Public Gardens Day

Friday, May 8 - 10am

National Public Gardens Day was adopted by the members of the American Public Gardens Association, to highlight programs such as plant conservation, water conservation, the preservation of green spaces, and home gardening. Master Gardeners, novices and curious members are welcome! Refreshments served, let's plant!



Providing vital human services through programs, services and referrals to ensure everyone in the community has the opportunity to

GROW, THRIVE and LIVE with DIGNITY

How Can Our Offices Serve YOU Today?

- ADA Coordination
- Aging and Independence
- Children and Families
- Consumer Protection
- Community Partnerships
- Human Trafficking Prevention
- Local Children's Board
- Veterans and Military Families



HOWARD COUNTY Community Resources Campus

www.howardcountymd.gov/communityresources
communityresources@howardcountymd.gov
www.facebook.com/HoCoCommunity

410-313-6400 (VOICE/RELAY)

9830 Patuxent Woods Drive
Columbia, MD 21046



Highlights

Upcoming trips, shows and plays at East Columbia 50+ Center. For more information and to register call 410-313-7680.

West Side Story
Broadway, New York City
Wednesday, May 27, 2020
Cost: \$275 (includes dinner at Hurley's Restaurant)



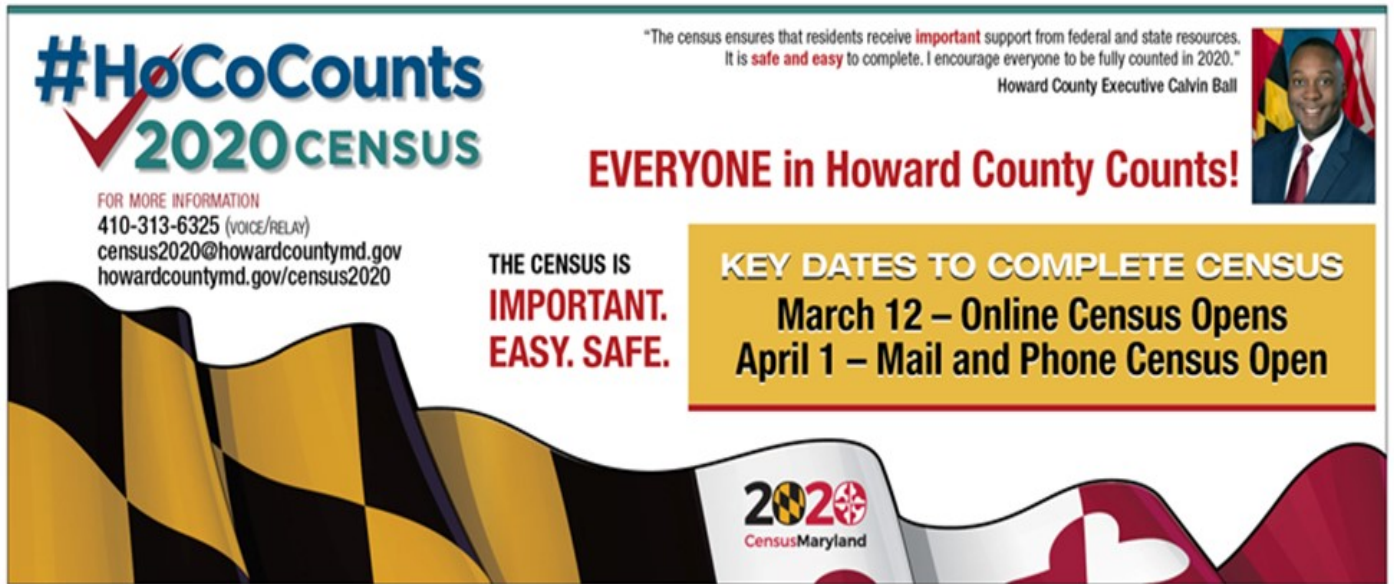
Hamilton
Kennedy Center, Washington, DC
Tuesday, August 4, 2020
Cost: \$185 (Waiting list only)



To Kill A Mockingbird
Kennedy Center, Washington, DC
Wednesday, September 23, 2020
Cost: \$175 (Waiting list only)



Noteworthy News



#HoCoCounts
2020 CENSUS

FOR MORE INFORMATION
410-313-6325 (VOICE/RELAY)
census2020@howardcountymd.gov
howardcountymd.gov/census2020

THE CENSUS IS
**IMPORTANT.
EASY. SAFE.**

“The census ensures that residents receive **important** support from federal and state resources. It is **safe and easy** to complete. I encourage everyone to be fully counted in 2020.”
Howard County Executive Calvin Ball

EVERYONE in Howard County Counts!

KEY DATES TO COMPLETE CENSUS
March 12 – Online Census Opens
April 1 – Mail and Phone Census Open

2020
Census Maryland



Adults of all ages are encouraged to share their thoughts by participating in the Age-Friendly Survey. Visit the Age-Friendly webpage for more information and join our mailing list for news of upcoming workshops and more ways to get involved.

Membership Registration

Membership to a Howard County 50+ Center is required to attend or register for any class, program or activity. Membership is free for those age 50+ who have completed an application packet. **Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.** Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current.