


East Columbia 50+ Center December 2018 Events



6660 Cradlerock Way, Columbia, MD
(410) 313-7680
(410) 313-7688 (fax)
eastcolumbia50@howardcountymd.gov

Hours: Mondays and Wednesdays, 8:30 am-8:30 pm
Tuesdays and Thursdays, 8:30 am-4:30 pm
Fridays, 8:30 am-4 pm

Monday	Tuesday	Wednesday	Thursday	Friday																																																		
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Snowman Holiday Craft

Learn how to make adorable sock snowmen just in time for your holiday decorating. To register 410-313-7680

When: Tuesday, December 4

Time: 10am – 12pm

Cost: \$5 (material fee)

Community Solar: How Does It Work?

Learn how community solar works, who they serve and all the benefits they offer. To register 410-313-7680

When: Tuesday, December 4

Time: 7pm

Cost: Free

The Importance of Stretching

Revive Physical Therapy presents the importance of stretching. Learn how stretching increases flexibility and range of motion as you get older. To register 410-313-7680

When: Wednesday, December 5

Time: 10 am

Cost: Free

Brain Health and Hearing Seminar

Dr. Emilie Carney, Au.D., F-AAA, F-ADA of Clarity Audiology & Hearing Solutions, LLC presents Brain Health & Hearing. Learn about the link between hearing loss, cognitive decline, and dementia. To register 410-313-7680

When: Wednesday, December 5

Time: 1pm

Cost: Free

Intro to Swing Dance

Learn to swing dance in this easy to follow intro swing dance class. Light refreshments served. Bring a new toy for a homeless child and/or new canned goods as entry fee. To register 410-313-7680

When: **Thursday, December 6**

Time: 6:30pm -8:30pm

Cost: *New toy for homeless child or canned good (1 item)*

Homeless in Howard County

Let's have a conversation about homelessness, led by Kathy Piet from the Grassroots Day Program. Learn how you can support this vulnerable population. To register 410-313-7680

When: **Tuesday, December 11**

Time: 1pm

Cost: Free

Skin Cancer Screening

Anne Arundel Dermatology will do a complimentary skin cancer screening of sun-exposed areas. To register 410-313-7680.

When: **Wednesday, December 12**

Time: 9am

Cost: Free

Introduction to Estate Planning

Having an Advance Directive, Power of Attorney and Living Will are important estate planning steps. Learn the basics at this free presentation. To register 410-313-7680.

When: **Thursday, December 13**

Time: 10am -12pm

Cost: Free

Important Numbers and Information

If you require reasonable accommodation to attend events at East Columbia or need this document in an alternative format, please call 410-313-7680, (voice-relay). Maryland Relay can be contacted by dialing 711. Howard County Government does not endorse 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 sponsors.

