



# East Columbia 50+ Center December 2019 Events



6600 Cradlerock Way, Columbia, MD  
 (410) 313-7680  
 (410) 313-7688 (fax)  
[eastcolumbia50@howardcountymd.gov](mailto:eastcolumbia50@howardcountymd.gov)

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

Monday	Tuesday	Wednesday	Thursday	Friday
9 Legal Aid 10 AM Express 10 Chinese Painting 11 & 12:15 Yoga 12 Mahjong 1 & 2 1 Bridge 3 Soul Line Dance 3:30 Nutrition Appts. 4 Pinochle 7 Soul Line Dance <b>2</b>	8:50 Exercise w/Ease 10 Seated Yoga 10 Color with Us 11 Qigong Drop-in 12 Sew Who Cares 12 Poker 2 Yoga 2 Short Stories 3 Urban Line Dance 6 Civil Law <b>3</b>	10 Mahjong 10 Floral Design 12 Mahjong 2 Bid Whist 3 Strength Training 4 Tai Chi Inter 1 5 Tai Chi Advance 6 Tai Chi Inter 2 7 Soul Line Dance <b>4</b>	11 Tai Chi w/ Sword 12 Tai Chi Practice 12 Poker 1 Chess 1 Ballroom Dance 3 TaiChi Holiday Party <b>5</b>	9:30 Advance Walk <i>(at Columbia Mall)</i> 12 Pinochle 1 Bridge <b>6</b>
9 Legal Aid 10 AM Express 10 Chinese Painting 11 & 12:15 Yoga 12 Mahjong 1 & 2 1 Bridge 3 Soul Line Dance 3:30 Nutrition Appts. 4 Pinochle 7 Soul Line Dance <b>9</b>	10 Seated Yoga 10 Color with Us 11 Qigong Drop-in 12 Sew Who Cares 12 Poker 2 Yoga 2 Short Stories 3 Urban Line Dance 3:30 Tech Cafe 6 Family Law 7 Cha-Cha Dance <b>10</b>	10 Mahjong 12 Mahjong 2 Bid Whist 3 Strength Training 4 Tai Chi Inter 1 5 Tai Chi Advance 6 Tai Chi Inter 2 6:30 Korean Support 7 Soul Line Dance <b>11</b>	11 Tai Chi w/ Sword 12 Tai Chi Practice 12 Poker 1 Chess 1 Ballroom Dance 6 New Release Cinema <b>12</b>	9:30 Advance Walk <i>(at Columbia Mall)</i> 12 Pinochle 1 Bridge <b>13</b>
9 Legal Aid 10 AM Express 10 Chinese Painting 11 & 12:15 Yoga 12 Mahjong 1 & 2 1 Bridge 3 Soul Line Dance 4 Pinochle 7 Soul Line Dance 7 Caregivers <b>16</b>	10 Seated Yoga 10 Color with Us 11 Qigong Drop-in 12 Sew Who Cares 12 Poker 2 Yoga 2 Short Stories 3 Soul Line Holiday Party Family Law <b>17</b>	10 Mahjong 12 Mahjong 2 Bid Whist 3 Strength Training 4 Tai Chi Inter 1 5 Tai Chi Advance 6 Tai Chi Inter 2 7 Soul Line Dance <b>18</b>	11 Tai Chi w/ Sword 12 Tai Chi Practice 12 Poker 1 Chess 1 Ballroom Dance <b>19</b>	9:30 Advance Walk <i>(at Columbia Mall)</i> 12 Pinochle 12 Welcome Winter Tea 1 Bridge <b>20</b>
12 Mahjong 1 & 2 2 Tai Chi Practice 1 Bridge 4 Pinochle <b>23</b>	<b>Center Closed</b> <b>24</b>	<b>Christmas Holiday            Center Closed</b>  <b>25</b>	11 Tai Chi w/ Sword 12 Tai Chi Practice 12 Poker 1 Chess <b>26</b>	9:30 Advance Walk <i>(at Columbia Mall)</i> 12 Pinochle 1 Bridge <b>27</b>
12 Mahjong 1 & 2 1 Bridge 4 Pinochle <b>30</b>	10 Color with Us 11 Qigong Drop-in 12 Sew Who Cares 12 Poker <b>Center will close at            4:30pm</b> <b>31</b>	 <b>Happy New Year            2020</b> <small>shutterstock.com • 1273398163</small>	<b>East Columbia 50+ Center            Staff</b> Meridy McCague Ellen Brown Alma Blue Earl Saunders Tony Dorsey Daluan Tyler Curtis	

### **Alzheimer's Training and Education: Understanding and Responding to Dementia-related Behavior**

The Alzheimer's Association in partnership with the Howard County Office of Aging and Independence is presenting educational programs addressing the most common questions about Alzheimer's disease, communication and behavior. Please register 410-313-7680.

When: Tuesday, December 3

Time: 6pm – 7:30pm

Cost: Free

### **Floral Design Workshop**

Learn how to create fresh, artistic floral arrangements just in time for the holidays! Space is limited. Please call or stop by to register 410-313-7680.

When: Wednesday, December 4

Time: 10am – 12pm

Cost: \$5

### **Nutrition Consultation**

Call or stop by to schedule your 30-minute consultation with Dietitian/Nutritionist Carmen Roberts. 410-313-7680.

When: **Monday, December 9**

Time: 3:30pm – 5:30pm

Cost: Free

### **Tech Café**

The Columbia Youth and Teen program can ease your frustrations with technology and set you off to smooth sailing. Bring your device (smartphone, tablet, laptop) or borrow one of our iPads. Registration required. 410-313-7680

When: **Tuesday, December 10**

Time: 3:30pm – 4:30pm

Cost: Free

### **Second Tuesday Dance Night**

Couples, singles, all are welcome for a lesson and lots of fun. Taught by Rod Summerford from 7-7:30pm. Open dance from 7:30-8:45pm. Featured dance this month is the Cha-cha. Payments by cash only. Snacks / Refreshments available.

When: **Tuesday, December 10**

Time: 7pm – 8:45pm

Cost: \$5 (cash)

### **Welcome Winter Tea**

Shopping should be done! Dazzle your senses and enjoy a warm afternoon gastronomic feast! Registration required. 410-313-7680

When: **Friday, December 20**

Time: 12pm

Cost: \$8

### **Important Numbers and Information**

If you need accommodations to attend events at East Columbia 50+ Center or to request this document in an alternative format, please call 410-313-7680 at least 2 weeks prior to the event. People who have a hearing or speech disability, please contact us through Maryland Relay by calling 7-1-1. (voice-relay). 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.

**Some classes have costs associated with them. For more information, please request fee listing.**

### **You count!**

Membership cards are required for all registered members to scan their attendance at all 50+ centers. If you don't have a membership card, please stop at the front office.