

East Columbia 50+ Center

April 2017 Events



Hours: Mondays and Wednesdays, 8:30 am-8:30 pm
Tuesdays and Thursdays, 9am-4:30 pm
Fridays, 8:30 am-4 pm

Monday	Tuesday	Wednesday	Thursday	Friday
9 Legal Aid 10 Chinese Painting \$ 10 Morning Workout \$ 11 & 12:15 Yoga \$ 12/1:30 Mahjong/Bridge 2 Tai Chi Practice 3 Cool Line Dance \$ 4 Pinochle 5/6 Tai Chi 3 & 2 \$ 7 Soul Line Dance \$ <p style="text-align: center;">3</p>	10 Seated Yoga \$ 10 Color with Us 11 Qigong Drop-in 12 Sew Who Cares 12 Poker 2 Yoga \$ 3 Urban Line Dance \$ 3:30 iPad Lab 6 Civil Law <p style="text-align: center;">4</p>	10 Mahjong 9:30 Brunch & Antique Road Show \$ 2 Bid Whist 3 Strength Training \$ 4 Tai Chi Beg \$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$ <p style="text-align: center;">5</p>	11 Tai Chi Sword P 12 Tai Chi P/Poker 1 Chess 1 Ballroom Dance \$ 2:30 Strength, Stretch & Core \$ 3:30 Tai Chi P <p style="text-align: center;">6</p>	9 Beginner Writing \$ 9:15 Draw & Paint \$ 10 Knitting \$ 10:30 Advance Writing \$ 1 Pinochle 1 Bridge 1 Watercolor Basics\$ <p style="text-align: center;">7</p>
9 Legal Aid 10 Chinese Painting \$ 10 Morning Workout \$ 11 & 12:15 Yoga \$ 12/1:30 Mahjong/Bridge 2 Tai Chi Practice 3 Cool Line Dance \$ 3:30 Nutrition Appts 4 Pinochle 5/6 Tai Chi 3 & 2 \$ 7 Soul Line Dance \$ <p style="text-align: center;">10</p>	10 Seated Yoga \$ 10 Color with A Cop 11 Qigong Drop-in 12 Sew Who Cares 12 Poker 12 Hydrangea Sale \$ 2 Yoga \$ 3 Urban Line Dance \$ 6 Family Law <p style="text-align: center;">11</p>	10 Mahjong 2 Bid Whist 3 Strength Training \$ 4 Tai Chi Beg \$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$ <p style="text-align: center;">12</p>	10 Beyond Beginners Bridge Lesson 11 Tai Chi Sword P 12 Tai Chi P/Poker 1 Chess 1 Ballroom Dance \$ 2:30 Strength, Stretch & Core \$ 6 New Release Cinema <p style="text-align: center;">13</p>	<p style="text-align: center;">Good Friday Holiday</p> <p style="text-align: center;">Center Closed</p> <p style="text-align: center;">14</p>
9 Legal Aid 10 Chinese Painting \$ 10 Morning Workout \$ 11 & 12:15 Yoga \$ 12/1:30 Mahjong/Bridge 2 Tai Chi Practice 3 Cool Line Dance \$ 4 Pinochle 5/6 Tai Chi 3 & 2 \$ 7 Caregivers Support 7 Soul Line Dance \$ <p style="text-align: center;">17</p>	8:50 Exercise w/Ease \$ 10 Color with Us 10 Seated Yoga \$ 11 Qigong Drop-in 12 Sew Who Cares 12 Poker 1 Clutter Busters 2 Yoga \$ 3 Urban Line Dance \$ 6 Family Law <p style="text-align: center;">18</p>	10 Mahjong 10:30 Can You Hear Me Now? Tech Workshop 2 Bid Whist 3 Strength Training \$ 4 Tai Chi Beg \$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$ <p style="text-align: center;">19</p>	8:50 Exercise w/Ease \$ 10 Beyond Beginners Bridge Lesson 11 Tai Chi Sword P 12 Tai Chi P/ Poker 1 Chess 1 Ballroom Dance \$ 2:30 Strength, Stretch & Core \$ 3:30 Tai Chi P <p style="text-align: center;">20</p>	9 Beginner Writing \$ 9:15 Draw & Paint \$ 10 Knitting \$ 10:30 Advance Writing \$ 1 Pinochle 1 Bridge 1 Watercolor Basics \$ <p style="text-align: center;">21</p>
9 Legal Aid 10 Chinese Painting \$ 10 Morning Workout \$ 11 & 12:15 Yoga \$ 12/1:30 Mahjong/Bridge 2 Tai Chi Practice 3 Cool Line Dance \$ 4 Pinochle 5/6 Tai Chi 3 & 2 \$ 7 Soul Line Dance \$ <p style="text-align: center;">24</p>	8:50 Exercise w/Ease \$ 10 Color with Us 10 Seated Yoga \$ 11 Qigong Drop-in 12 Sew Who Cares 12 Poker 2 Yoga \$ 3 Urban Line Dance \$ 3:30 iPad Lab 7 World Language Café <p style="text-align: center;">25</p>	10 Mahjong 11 BYO Beads 2 Bid Whist 3 Strength Training \$ 4 Tai Chi Beg \$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$ <p style="text-align: center;">26</p>	8:50 Exercise w/ Ease \$ 10 Beyond Beginners Bridge Lesson 11 Tai Chi Sword P 12 Tai Chi P/ Poker 1 Chess 1 Ballroom Dance \$ 2:30 Strength, Stretch & Core \$ 3:30 Tai Chi P <p style="text-align: center;">27</p>	9 Beginner Writing \$ 9:15 Draw & Paint \$ 10 Knitting \$ 10:30 Advance Writing \$ 1 Pinochle 1 Bridge 1 Watercolor Basics \$ <p style="text-align: center;">28</p>
9 Legal Aid 10 Chinese Painting \$ 10 Morning Workout\$ 11 & 12:15 Yoga \$ 12/1:30 Mahjong/Bridge 2 Tai Chi Practice 3 Cool Line Dance \$ 4 Pinochle 5/6 Tai Chi 3 & 2 \$ 7 Soul Line Dance \$ <p style="text-align: center;">30</p>	<p style="text-align: center;">9th Annual</p>  <p style="text-align: center;">Saturday, April 29 • 10 am - 3 pm Gary J. Arthur Community Center at Glenwood 2400 Rt 97 Cooksville, MD</p>	<p style="text-align: center;">Save the Date for the Sight and Sound Theatre Bus Trip to see "Jonah"</p> <p style="text-align: center;">Wednesday, May 3 • Bus Leaves: 10 am Return: 7:30pm</p>	<p style="text-align: center;">Just in time for Spring!</p>  <p style="text-align: center;">Hydrangea Sale Tuesday, April 11 beginning at 12noon</p>	East Columbia 50+ Center Staff Meridy McCague Ellen Brown Alma Blue Earl Saunders Kari Weidner

Knitting 101 and Beyond the Basics

In this beginner class, you will learn the basics: how to knit, purl, cast on and bind off. No experience required. Beyond the basics is for the person who wants to go to the next level. You will learn to increase/decrease and yarn over. By the end of the class you will have completed an infinity scarf. Registration is required.

When: Friday, March 31, April 7, 21, 28, May 5 & 12

Time: 10am – 12pm

Cost: \$35 (6 weeks) *materials included*

Antique Appraisal Brunch

Pull out those valuables, Peenstra Antiques Appraisals will be here to assess the value of your treasures. Bring your item between 9:30 – 10:30am. Brunch begins at 9:30am and appraisals will start at 10:30am.

Registration is required.

When: Wednesday, April 5

Time: 9:30 am – 12pm

Cost: \$12

Tai Chi Beginner Class

Tai Chi is a form of Chinese martial arts that involves slow, rhythmic movements, circular, flowing and low-impact. Dr. Jianping Mao is the instructor of this popular class that is often referred to as the perfect exercise because of the numerous health benefits. The first class is free for new students only.

Registration is required.

When: Wednesday, April 5, 12, 19, and 26

Time: 4pm

Cost: \$43 (month of April)

Strength, Stretch & Core

This class is similar to the strength training class with emphasis on strengthening your core. Led by instructor Susan Bisson, this is a moderate exercise class using weights, stretch bands and floor exercises.

Registration is required. Please stop by or call (410) 313-7680.

When: Thursday, April 6, 13, 20 and 27

Time: 2:30pm

Cost: \$23 (month of April)

Color with a Cop

Try our hour of peaceful coloring and take advantage of the opportunity to talk to our Senior Liaison officer, Andre Lingham. No experience needed, all materials provided.

When: Tuesday, April 11

Time: 10am

Cost: Free

Beyond Beginners Bridge Lessons

Led by Instructor Paul Elstein, this class is for intermediate players and to help current players build on their knowledge of the basics and improve their skills.

When: Thursday, April 13, April 20, April 27 and May 4

Time: 10am – 12pm

Cost: \$43

Technology Workshop: Can You Hear Me Now?

Dr. Julie Gilliam, Lead Technologist at the University of Maryland will show you how to tap into the potential of your mobile device, such as entertainment, finances, health and travel. Following the workshop, there will be a question and answer session. Registration is required.

When: Wednesday, April 19

Time: 10:30am

Cost: Free

Important Numbers and Information

If you need accommodations to attend events at East Columbia 50+ or an alternate format for this document, please call: **410-313-7680**. People with hearing or speech disability may contact Maryland Relay: 7-1-1.

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