

East Columbia 50+ Center

August 2017 Events



6600 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, 9am-4:30 pm

Fridays, 8:30 am-4 pm

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																					
<p>East Columbia 50+ Center Staff</p> <p>Meridy McCague Ellen Brown Alma Blue Earl Saunders Kari Weidner</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Seated Yoga \$</td><td style="text-align: right;">10</td></tr> <tr><td>Color with Us</td><td style="text-align: right;">10</td></tr> <tr><td>Qigong Drop-in</td><td style="text-align: right;">11</td></tr> <tr><td>Sew Who Cares</td><td style="text-align: right;">12</td></tr> <tr><td>Poker</td><td style="text-align: right;">12</td></tr> <tr><td>Yoga \$</td><td style="text-align: right;">2</td></tr> <tr><td>Urban Line Dance\$</td><td style="text-align: right;">3</td></tr> <tr><td>Civil Law</td><td style="text-align: right;">6</td></tr> <tr><td colspan="2" style="text-align: center;">1</td></tr> </table>	Seated Yoga \$	10	Color with Us	10	Qigong Drop-in	11	Sew Who Cares	12	Poker	12	Yoga \$	2	Urban Line Dance\$	3	Civil Law	6	1		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Mahjong</td><td style="text-align: right;">10</td></tr> <tr><td>Astrology \$</td><td style="text-align: right;">1</td></tr> <tr><td>Bid Whist</td><td style="text-align: right;">2</td></tr> <tr><td>Strength Training \$</td><td style="text-align: right;">3</td></tr> <tr><td>Tai Chi I \$</td><td style="text-align: right;">4:30</td></tr> <tr><td>TaiChi Practice</td><td style="text-align: right;">5:30</td></tr> <tr><td>TaiChi Practice</td><td style="text-align: right;">6:30</td></tr> <tr><td>Korean Support</td><td style="text-align: right;">6:30</td></tr> <tr><td>Soul Line Dance \$</td><td style="text-align: right;">7</td></tr> <tr><td colspan="2" style="text-align: center;">2</td></tr> </table>	Mahjong	10	Astrology \$	1	Bid Whist	2	Strength Training \$	3	Tai Chi I \$	4:30	TaiChi Practice	5:30	TaiChi Practice	6:30	Korean Support	6:30	Soul Line Dance \$	7	2		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Tai Chi w/Sword</td><td style="text-align: right;">11</td></tr> <tr><td>Tai Chi Practice</td><td style="text-align: right;">12</td></tr> <tr><td>Poker</td><td style="text-align: right;">12</td></tr> <tr><td>Chess</td><td style="text-align: right;">1</td></tr> <tr><td>Ballroom Dance \$</td><td style="text-align: right;">1</td></tr> <tr><td>Tai Chi Practice</td><td style="text-align: right;">3:30</td></tr> <tr><td colspan="2" style="text-align: center;">3</td></tr> </table>	Tai Chi w/Sword	11	Tai Chi Practice	12	Poker	12	Chess	1	Ballroom Dance \$	1	Tai Chi Practice	3:30	3		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Advanced Walk 9:30 <i>(Columbia Mall)</i></td></tr> <tr><td>Mahjong Lesson 11</td></tr> <tr><td>Pinochle</td><td style="text-align: right;">1</td></tr> <tr><td>Bridge</td><td style="text-align: right;">1</td></tr> <tr><td colspan="2" style="text-align: center;">4</td></tr> </table>	Advanced Walk 9:30 <i>(Columbia Mall)</i>	Mahjong Lesson 11	Pinochle	1	Bridge	1	4																										
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Introduction to Mahjong

Try this Chinese tile game of skill, strategy and calculation. Our mini session should bend your synapses and project you to new adventures. Registration is required. Please call: (410) 313-7680 or stop by the center.

When: Fridays, Aug 4, 11, 18, and 25

Time: 11am –2pm

Cost: \$10 (Materials Fee)

Senior Day at the Fair

We hope to see you at Senior Day at the Fair. Free all-day admission for ages 62+. Doors open at 10am. The location is Howard County Fairgrounds, 2210 Fairgrounds Rd, West Friendship, MD 21794.

When: Tuesday, August 8

Time: 10am – 3pm

Cost: Free (Ages 62+)

Grief and Poetry Workshop

Join Maryland's own Gayle Danley, award winning performance poet, as she offers tips on how to use poetry writing and sharing as an effective tool for enjoyment, stress relief and help with grief.

Registration is required. This soul touching workshop will show you the basics of poetry writing and leave you refreshed and ready to face tomorrow with confidence and hope. Please call (410) 313-7680 or stop in the center to register.

When: Wednesday, August 9

Time: 10:30am – 11:30am

Cost: Free

Plastic Free August / Clutter Busters

Come share a month-long challenge of living with less plastic in our lives. Stop by and learn how. Share your experiences.

When: Tuesday, August 15

Time: 1pm

Cost: Free

Summer BBQ on the Deck #3

Join us for our third summer BBQ. Drop by, escape the heat and play a few games. Registration is required.

When: Friday, August 18

Time: 12pm

Cost: Lunch Donation



Botanical Gardens Bus Trip to New York

Join East Columbia 50+ Center as we travel to the Botanical Gardens in Bronx, New York to see the breathtaking works of glass artist Dale Chihuly. Lunch will be at Antonio's Trattoria. Full payment is due on August 30, 2017. For more information, please contact East Columbia 50+ Center 410-313-7680.

When: Wednesday, October 11, 2017

Time: Depart 6:30am /Return 8:30pm

Cost: \$128

Sign up and Payment for classes

Please stop by the front office to pay for your classes at the beginning of the month or quarter. We accept cash, credit cards or checks made payable to: Howard County Director of Finance. Online registration can be done at the website: <https://apm.activecommunities.com/howardcounty>

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. 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.