


## East Columbia 50+ Center February 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

East Columbia 50+ Center Staff  Meridy McCague Ellen Brown Alma Blue Earl Saunders		10 Mahjong 2 Bid Whist 3 Strength Trg \$ 4 Tai Chi Beg \$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$  <p style="text-align: center;"><b>1</b></p>	10 Bridge Lesson \$ 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Ballroom Dance \$ 1 Chess 3:30 Tai Chi Practice  <p style="text-align: center;"><b>2</b></p>	9 Beginner Writing \$ 9:15 Draw & Paint \$ 9:30 Advanced Walk Columbia Mall 10:30 Advanced Writing \$ 1 Pinochle 1 Bridge 1 Watercolor \$  <p style="text-align: center;"><b>3</b></p>	
9 Legal Aid 10 Chinese Painting \$ 10 Morning Workout \$ 11 & 12:15 Yoga \$ 12 Mahjong 1:30 Bridge 2 Tai Chi P 4 Pinochle 5 Tai Chi Beg 2 \$ 6 Tai Chi Advance \$ 7 Soul Line Dance \$  <p style="text-align: center;"><b>6</b></p>	8:50 Exercise w/Ease \$ 10 Seated Yoga \$ 10 Color with Us 11 Qigong Drop-in 12 Sew Who Cares 12 Poker 2 Yoga \$ 3 Urban Line Dance \$ <b>6:30 Chinese New Year Celebration \$</b>  <p style="text-align: center;"><b>7</b></p>	9 AARP Tax Appts 10 Mahjong 2 Bid Whist 3 Strength Trg \$ 4 Tai Chi Beg. \$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$  <p style="text-align: center;"><b>8</b></p>	8:50 Exercise w/Ease \$ 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Ballroom Dance \$ Chess 3:30 Tai Chi Practice  <p style="text-align: center;"><b>9</b></p>	9 Beginner Writing \$ 9:15 Draw & Paint \$ 9:30 Advanced Walk Columbia Mall 10:30 Advanced Writing \$ 1 Pinochle 1 Bridge 1 Watercolor \$  <p style="text-align: center;"><b>10</b></p>	
9 Legal Aid 10 Chinese Painting \$ 10 Morning Workout \$ 11 & 12:15 Yoga \$ 12 Mahjong 2 Tai Chi P 3 Cool Line Dance \$ 4 Pinochle 5 Tai Chi Beg 2 \$ 6 Tai Chi Advance \$ 7 Caregiver Support 7 Soul Line Dance \$  <p style="text-align: center;"><b>13</b></p>	8:50 Exercise w/Ease \$ 10 Seated Yoga \$ 10 Color with Us 11 Qigong Drop-in 12 Sew Who Cares 12 Poker 2 Yoga \$ 3 Urban Line Dance \$  <p style="text-align: center;"><b>14</b></p>	9 AARP Tax Appts 10 Mahjong <b>11 BYO Beads \$</b> 2 Bid Whist 3 Strength Trg \$ 4 Tai Chi Beginner\$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$  <p style="text-align: center;"><b>15</b></p>	8:50 Exercise w/Ease \$ 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess 1 Ballroom Dance \$ 3:30 Tai Chi Practice <b>6:30 New Release Cinema</b>  <p style="text-align: center;"><b>16</b></p>	9 Beginner Writing \$ 9:15 Draw & Paint \$ 9:30 Advanced Walk Columbia Mall 10:30 Advanced Writing \$ 1 Pinochle 1 Bridge 1 Watercolor \$  <p style="text-align: center;"><b>17</b></p>	
<b>President's Day</b>  <b>Center Closed</b>  <p style="text-align: right;"><b>20</b></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 \$  <p style="text-align: center;"><b>21</b></p>	9 AARP Tax Appts 10 Mahjong <b>12 Lunch /Marian Anderson: A Legacy of Hope \$</b> 2 Bid Whist 3 Strength Trg \$ 4 Tai Chi Beginner\$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$  <p style="text-align: center;"><b>22</b></p>	8:50 Exercise w/Ease \$ 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess 1 Ballroom Dance \$ 3:30 Tai Chi Practice  <p style="text-align: center;"><b>23</b></p>	9 Beginner Writing \$ 9:15 Draw & Paint \$ 9:30 Advanced Walk Columbia Mall 10:30 Advanced Writing \$ 1 Pinochle 1 Bridge 1 Watercolor \$  <p style="text-align: center;"><b>24</b></p>
9 Legal Aid 10 Chinese Painting \$ 10 Morning Workout \$ 11 & 12:15 Yoga \$ 12 Mahjong 1:30 Bridge 2 Tai Chi P 3 Cool Line Dance \$ 3:30 Nutrition Appts. 4 Pinochle 5 Tai Chi Beg 2 \$ 6 Tai Chi Advance \$ 7 Soul Line Dance \$  <p style="text-align: center;"><b>27</b></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 \$ <b>3:30 iPad Lab</b> 7 World Language Café  <p style="text-align: center;"><b>28</b></p>	<div style="text-align: center;">  </div> <p>Classes and activities with a (\$) dollar sign indicates there is a fee. Any activity without a (\$) dollar sign is free.</p> <p>Please feel free to stop by the Front Office or call 410-313-7680 if you have questions about any of the programs, classes or activities.</p>			

### **Beginner and Advanced Creative Writing Classes**

Spring into something new! Learn and explore the art of creative writing through various out-of-the-box exercises and techniques. Please call 410-313-7680.

When: Friday, February 3, 10, 17 and 24

Time: Beginner, 9 – 10am

Advanced, 10:30

Cost: \$64 (Beginner)

\$116 (Advanced)

### **Chinese New Year Celebration**

You are invited to celebrate the 2017 Chinese New Year at East Columbia 50+ Center. This will be the Year of the Rooster. Hors d' oeuvres and refreshments will be available at 6:30pm and the Lion Head Dance performance will perform at 7pm. Please stop by to RSVP or call 410-313-7680 and we will include your name.

When: Tuesday, February 7

Time: 6:30 pm

Cost: Lunch Donation

### **AARP Income Tax Preparation**

Once again, AARP volunteers will be available for income tax preparation by appointment only. Please stop by or call 410-313-7680 to schedule an appointment.

When: Wednesdays, February 8, 15, 22, 28

Wednesdays, March 8, 15, 22, 29 and April 5

Time: 9 am – 12 pm

Cost: Free

### **Laughter and Lunch with the Stress Doctor**

Take the stress out of your day and let someone else do the cooking! Please stop by to register or call 410-313-7680 to RSVP.

When: Wednesday, February 8

Time: 12 noon

Cost: Lunch Donation

### **Valentine's Day Special – Chair Massage**

Elevate your mood, relieve the stress and treat yourself to a complimentary massage. Certified massage therapist Rasheedah Bilal-Sanders will give a 10-minute introductory chair massage, by appointment only. Space is limited, so please stop by or call 410-313-7680 for an appointment.

When: Tuesday, February 14

Time: 9am – 11:15am

Cost: Free

### **Black History Month Celebration**

#### **Marian Anderson: A Legacy of Hope**

The Lyric Opera will present a tribute to the first African singer to perform at the Metropolitan Opera in New York City.

When: Wednesday, February 22

Time: 12pm Lunch, 1pm Concert

Cost: Free

#### **Sight and Sound Theatre Bus Trip**

Join East Columbia 50+ Center as we travel to Lancaster, Pennsylvania to see **Jonah** at the Sight and Sound Theatre. Lunch is at Hershey Farm Restaurant. **A deposit of \$50 is due by December 9, 2016** and final payment, March 15, 2017. Depart from East Columbia 50+ at 10 am and return at 7:30 pm. For more information, please call 410-313-7680.

When: May 3, 2017

Time: 10 am depart and 7:30 pm return

Cost: \$135

### **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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