


East Columbia 50+ Center

May 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 Maryland Law Day 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;">1</p>	10 Seated Yoga \$ 10 Color with Us 11 Qigong Drop-in 12 Sew Who Cares 12 Poker 2 Yoga \$ 3 Urban Line Dance \$ 6 Civil Law <p style="text-align: center;">2</p>	10 Sight & Sound Museum Bus Trip 10 Mahjong 2 Bid Whist 3 Strength Training \$ 4 Tai Chi Beginner \$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$ <p style="text-align: center;">3</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 \$ 3:30 Tai Chi P <p style="text-align: center;">4</p>	9 Beginner Writing \$ 9:15 Draw & Paint \$ 10 Knitting \$ 10:30 Advance Writing \$ 1 Pinochle 1 Bridge 1 Watercolors \$ <p style="text-align: center;">5</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;">8</p>	10 Seated Yoga \$ 11 Qigong Drop-in 12 Sew Who Cares 12 Poker 2 Yoga \$ 3 Urban Line Dance \$ 3:30 iPad Lab 6 Family Law <p style="text-align: center;">9</p>	10 Mahjong 2 Bid Whist 3 Strength Training \$ 4 Tai Chi Beginner \$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$ <p style="text-align: center;">10</p>	11 Tai Chi Sword P 11 AAUW 12 Tai Chi P/Poker 1 Chess 1 Ballroom Dance \$ 2:30 Strength, Stretch & Core \$ 6 New Release Cinema <p style="text-align: center;">11</p>	9 Beginner Writing \$ 9:15 Draw & Paint \$ 10 Knitting \$ 10:30 Advance Writing \$ 1 Pinochle 1 Bridge 1 Watercolors \$ <p style="text-align: center;">12</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;">15</p>	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;">16</p>	10 Mahjong 10 NARFE 2 Bid Whist 3 Strength Training \$ 4 Tai Chi Beginner \$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$ <p style="text-align: center;">17</p>	8:50 Exercise w/Ease \$ 9 Chair Massage \$ 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;">18</p>	9 Beginner Writing \$ 9:15 Draw & Paint \$ 10:30 Advance Writing \$ 1 Pinochle 1 Bridge 1 Watercolors \$ <p style="text-align: center;">19</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;">22</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 <p style="text-align: center;">23</p>	10 Mahjong 1 Remembering When: Fire Safety 2 Bid Whist 3 Strength Training \$ 4 Tai Chi Beginner \$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$ <p style="text-align: center;">24</p>	8:50 Exercise w/ Ease \$ 11 Tai Chi Sword P 12 Tai Chi P/ Poker 1 Chess 1 Ballroom Dance \$ 1:30 Activity Pals 2:30 Strength, Stretch & Core \$ 3:30 Tai Chi P <p style="text-align: center;">25</p>	9 Beginner Writing \$ 9:15 Draw & Paint \$ 10:30 Advance Writing \$ 1 Pinochle 1 Bridge 1 Watercolors \$ <p style="text-align: center;">26</p>
Memorial Day Holiday Center Closed  <p style="text-align: center;">29</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 \$ 7 World Language Café <p style="text-align: center;">30</p>	10 Mahjong 11 BYO Beads 2 Bid Whist 3 Strength Training \$ 4 Tai Chi Beginner \$ 5/6 Tai Chi Fan \$ 7 Soul Line Dance \$ <p style="text-align: center;">31</p>	East Columbia 50+ Center Staff Meridy McCague Ellen Brown Alma Blue Earl Saunders Kari Weidner	

Maryland Law Day

Volunteer attorneys will be available to offer free preparation of Maryland medical decision documents by appointment only. Ensure that your preferences for medical treatment are honored should you become incapacitated or unable to express your wishes. Please call (410) 313-7680 or stop by to register.

When: Monday, May 1

Time: 9am –2pm

Cost: Free

Chinese Painting

Learn how to paint with artist Liu Kwai using Traditional & Contemporary **Chinese Brush Painting** techniques. Liu Kwai will offer 5 weeks of painting classes at East Columbia 50+ Center. No experience is necessary. For more information or to register, please call: (410) 313-7680.

When: Monday, April 24, 30, May 1, 8 and 15

Time: 10am – 11:30am

Cost: \$64 for 5 classes

New Tai Chi for Beginner Class

Experience something new! Here's your chance to exercise your brain fitness and improve balance and strength. First class is free for new students only. There is still space in the class. Registration is required.

When: Wednesday, May 3, 10, 17, 24, 31

Time: 4pm

Cost: \$53 (month of May)

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-level exercise class using weights, stretch bands and floor exercises. Registration is required.

When: Thursday, May 4, 11, 18 and 25

Time: 2:30pm

Cost: \$23 (month of May)

iPad Lab and Technology Tune Up

Bring in your tablets, phones, laptops or any other device that baffles you. The Columbia Youth and Teen program will be here to assist you. Please stop by to register or call (410) 313-7680.

When: Tuesday, May 9 and 23

Time: 3:30 pm

Cost: Free

Chair Massage

Relieve stress and tension with a 20 minute chair massage. Rasheeda Bilal-Sanders, certified massage therapist, will be available to work her magic. Registration is required.

When: Thursday, May 18

Time: 9:00 am – 11:30am

Cost: \$23.00 (20 minutes)

Remembering When – Fire Safety Work

Older adults face a high risk of loss in fires and of falling in their homes. Learn quick tips on how to minimize the risk for falls, how to keep your home and yourself safe. This program is presented by a Howard County Fire and Rescue Specialist.

When: Wednesday, May 24

Time: 1pm

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.

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.