

## East Columbia 50+ Center November 2017 Events



6660 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, 9am-4:30 pm  
Fridays, 8:30 am-4 pm

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																
<div style="border: 2px solid red; border-radius: 15px; padding: 5px; display: inline-block; color: white; font-weight: bold;">Register Now</div> <p style="text-align: center; margin-top: 20px;">Membership registration and updates to your contact information is required by the Office on Aging and Independence for all 50+ center participants. Please stop by the front office for more information.</p>		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td><b>Beginner Walk</b></td><td style="text-align: right;"><b>10</b></td></tr> <tr><td>Mahjong</td><td style="text-align: right;">10</td></tr> <tr><td>Bid Whist</td><td style="text-align: right;">2</td></tr> <tr><td><b>Ask Tax Expert</b></td><td style="text-align: right;"><b>3</b></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>Tai Chi Practice</td><td style="text-align: right;">5:30</td></tr> <tr><td>Tai Chi Practice</td><td style="text-align: right;">6:30</td></tr> <tr><td>Soul Line Dance \$</td><td style="text-align: right;">7</td></tr> </table> <p style="text-align: center; font-weight: bold;">1</p>	<b>Beginner Walk</b>	<b>10</b>	Mahjong	10	Bid Whist	2	<b>Ask Tax Expert</b>	<b>3</b>	Strength Training \$	3	Tai Chi I \$	4:30	Tai Chi Practice	5:30	Tai Chi Practice	6:30	Soul Line Dance \$	7	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Exercise w/Ease\$</td><td style="text-align: right;">8:50</td></tr> <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</td></tr> <tr><td>Getting Ahead</td><td style="text-align: right;">6</td></tr> </table> <p style="text-align: center; font-weight: bold;">2</p>	Exercise w/Ease\$	8:50	Tai Chi w/Sword	11	Tai Chi Practice	12	Poker	12	Chess	1	Ballroom Dance \$	1	Tai Chi Practice	3	Getting Ahead	6	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Draw &amp; Paint\$</td><td style="text-align: right;">9:15</td></tr> <tr><td>Advanced Walk</td><td style="text-align: right;">9:30</td></tr> <tr><td colspan="2" style="text-align: center;"><i>(Columbia Mall)</i></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>Watercolors \$</td><td style="text-align: right;">1</td></tr> </table> <p style="text-align: center; font-weight: bold;">3</p>	Draw & Paint\$	9:15	Advanced Walk	9:30	<i>(Columbia Mall)</i>		Pinochle	1	Bridge	1	Watercolors \$	1																																																		
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### **Ask the Tax Expert**

Get your tax questions answered and discover helpful tax calculators. Sample some mocktails and hors d'oeuvres! Registration required.

When: Wednesday, November 1

Time: 3pm

Cost: Free

### **Astrology Workshop**

This introductory workshop is facilitated by Linda Furiate, a long-time professional astrologer specializing in personality, relationships and addictive/repetitive behavior. For this workshop you will need date, place and exact time of birth. Registration required.

When: Wednesday, October 18, 25, November 1 & 8

Time: 1pm – 2pm

Cost: \$43

### **Beginner Walk Group**

Challenge yourself! This is an easy, low-stress way to get fit, connect with other walkers, receive support and health tips. Registration required. (410) 313-7680.

When: Wednesdays, November 1, 8, 15, 22 & 29

Time: 10 – 11am

Cost: Free

### **Tech Café (formerly iPad Lab)**

Learn how to maximize the use of your digital devices with the help of tech-savvy students from Columbia Association's Youth and Teen Center. Registration required. (410) 313-7680

When: Tuesday, November 7

Time: 3:30 – 4:30pm

Cost: Free

### **Emotional Wellness Survey**

Take a short confidential, emotional wellness survey and meet professionals from the Office on Aging and Independence, HC Mental Health Authority, and Grassroots. Staying healthy means all of you!

When: Tuesday, November 14

Time: 10am – 12pm

Cost: Free

### **Financial Wellness and Happy Hour**

Increase your knowledge on budgeting, retirement planning, debt elimination, saving for emergencies. Get your questions answered and enjoy mocktails and hors d'oeuvres! Registration required.

When: Tuesday, November 14

Time: 5pm – 6pm

Cost: Free

### **Thanksgiving Luncheon and Dance**

The Howard County Office on Aging and Independence invites you to a Thanksgiving celebration, *Giving Thanks Luncheon and Dance* at Ten Oaks Ballroom. Please bring a non-perishable food item for the Howard County Food Bank. Tickets on sale at all Howard County 50+ centers.

When: Wednesday, November 15

Time: 10:30 am doors open (*program begins at 11am*)

Cost: \$14

### **Important Numbers and Information**

If you require accommodations to attend events at East Columbia 50+ or need 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.