

East Columbia 50+ Center October 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																																																																																																				
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Technology Café

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 is required. Please call: (410) 313-7680.

When: Tuesday, October 3

Time: 3:30pm

Cost: Free

Rocking Through the Decades Luncheon Featuring Johnny Powell

Take a stroll through the 1950's with music industry veteran Johnny Powell. It's a presentation filled with melodies and memories! Registration required. (410) 313-7680

When: Wednesday, October 4

Time: 12pm

Cost: Lunch Donation

Poetry and Grief Workshop

Maryland's top performance poet, Gayle Danley, returns to East Columbia 50+ Center to present "Turning Hurt into Words, How to Heal Your Heart". Relaying your grief experiences with words can have a healing power.

Registration required. (410) 313-7680.

When: Thursday, October 5, 12 & 19

Time: 10:30 am

Cost: \$33 (3 sessions)

The Gift of Forgiveness

Learn a simple, ancient forgiveness process that can transform your health, relationships and happiness.

Registration required.

When: Tuesday, October 10

Time: 1pm

Cost: Free

Remember When - Fire and Safety Workshop

Learn important safety tips to avoid falls and precautions to prevent fires. Presented by the Howard County Fire and Rescue Services. Registration required.

When: Wednesday, October 18

Time: 11am

Cost: Free

Cardio Latin Dance

Refine your Latin moves in this high energy class. The steps are danced solo, so you don't even need a partner!

This class is filled with great music. Registration required.

When: Thursday, October 19, 26, November 2 & 9

Time: 2pm

Cost: \$43 (4 weeks)

Ted Talk: Ageism

Stereotyping and discriminating against individuals or groups on the basis of their age is ageism. This is a must do seminar and discussion! Registration required.

When: Wednesday, October 25

Time: 12 pm

Cost: Free

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.