



### **Weight Got You Down?**

Join us for this fun filled hour as we work on our best selves in 2016. Rona Martiyan, MS, RD, LDN will provide the skinny on good nutrition, target RDA's, tips, etc. Please stop by or call to register your attendance: (410)313-7680.

When: Tuesday, February 2

Time: 1pm

Cost: Free

### **AARP Tax Appointments**

Representatives from AARP will be here to assist with tax preparation. Appointments are required. Please call or stop in to make your appointment: (410) 313-7680.

When: Wednesdays - February 3, February 17, March 2 & March 30

Time: 9am – 12 pm

Cost: Free

### **Living Healthy with High Blood Pressure**

An interactive 2.5 hour workshop designed for people who have been diagnosed with hypertension or high blood pressure wanting to learn how to better manage their condition. To register please contact Wendy Farthing at (410) 313-3506.

When: Wednesday, February 17

Time: 10am – 12:30pm

Cost: \$5

### **Chinese New Year Celebration and Tai Chi Graduation**

Join East Columbia 50+ Center in celebration of Chinese New Year 2016 and the Tai Chi students graduation. Celebration includes: Chinese Lion Dance, Tai Chi/Qigong Demos, Hors D'oeuvres and refreshments. Please reserve your attendance by stopping by or calling (410) 313-7680.

When: Thursday, February 18

Time: 6pm – 8pm

Cost: Donations Accepted

### **LETUSS (Leave Everything to us Shopping Service) and Box Lunch Presentation**

A representative from LETUSS, a local shopping and delivery company will do a presentation at East Columbia 50+ Center. The company's mission is to help save you time in managing the task of grocery shopping, bulk goods, household items and much more. Please call or stop by to register your attendance: (410) 313-7680.

When: Tuesday, February 23

Time: 12pm – 12:30pm

Cost: Lunch donation

### **Care for a Club?**

Howard County Vehicle Theft Specialist Kevin Bridgeman will share his wisdom, reveal the top most frequently stolen vehicle list for 2015, and offer a free club to fit the steering wheel of your car. Tea and sweets will be provided. Please call or stop by to register your attendance: (410) 313-7680.

When: Wednesday, February 24

Time: 1pm

Cost: Free

### **The Color Purple**

Join East Columbia 50+ Center as we take a bus trip to New York City to see **The Color Purple** on Wednesday, April 13, 2016. Dinner will be at Virgil's Family Style Restaurant. A non-refundable deposit of \$100 is due now and the balance is due March 18, 2016. For more information, please call (410) 313-7680.

When: Wednesday, April 13

Time: 8am depart East Columbia 50+ and 11pm return

Cost: \$235 (\$100 deposit due now)

### **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.