



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

Want to figure out what's holding you back from feeling ridiculously healthy? Let's approach this with our signature humor – a genuine examination of our triumphs and downfalls as related to food.

When: Tuesday, January 5

Time: 1pm

Cost: Free

### **Chinese Painting**

Learn how to paint with artist Liu Kwai using Traditional & Contemporary **Chinese Brush Painting** techniques.

Liu Kwai will offer 6 weeks of painting classes at East Columbia 50+ Center. No experience is necessary.

This is an on-going class. For more information or to register, please call: (410) 313-7680.

When: Mondays, January 4, 11<sup>th</sup> and 25<sup>th</sup>

Time: 10am – 11:30am

Cost: \$76 for 6 classes

### **New Beginner Tai Chi Class**

Here's your chance to exercise your brain fitness, balance and every muscle in your body. First class on January 6 is free! Come experience something new! Please stop by or call (410) 313-7680 to register.

When: Wednesday, January 6

Time: 4pm

Cost: \$33 for January

### **Legal Aid Services**

Maryland Legal Aid provides a full range of free civil legal services to financially qualified Marylanders and people over 60. Maryland Legal Aid handles civil, **not criminal**, cases including: consumer and elder rights, unlawful evictions, dangerous housing conditions, maintaining custody of children, foreclosure prevention, unpaid wages recovery, unemployment benefits, and dealing with debts and debt collectors. For further information, please call 410.480.1057.

When: Mondays, January 4, 11, 25

Time: 9am – 12pm

Cost: Free

### **Ballroom Dancing**

Start your New Year dancing! A new session of Ball Room Dance will heat up your January. Please stop by or call (410) 313-7680 to register.

When: Thursdays, January 7 – January 28

Time: 12pm

Cost: \$35

### **World Language Café at East Columbia 50+ Center**

Monthly evenings of conversation in a language you are learning or one you don't have the opportunity to use. Meet new people; increase your fluency by speaking and listening. Formerly held at Wegmans, this event is brought to you in partnership with Columbia Association.

When: Tuesday, January 26

Time: 7pm

Cost: Free

### **Sign-Up and Payment for Classes**

Payment for classes can be done at East Columbia 50+ Center. Payments may be cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done at the following ActiveNet website: <https://apm.activecommunities.com/howardcounty>.

### **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.