East Columbia 50+ Center
July 2016 Events

Howard County Office on Aging and Independence

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
East Columbia 50+ Center Staff Meridy McCague Ellen Brown Alma Blue Earl Saunders	**Membership at 50+ Centers** Membership is required to attend or register for all classes, programs or activities. Please stop by the Front Office to pick-up an application.	**Sign-up and Payment for Classes** Sign-up and payment for classes can be done at the Front Office. 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		9:15 Draw & Paint 9:30 Advanced Walking 1 Pinochle 1 Bridge 1 Watercolor **1**
4th of July Holiday **Center Closed** **4**	10 Seated Yoga 10 Color with Us 11 Qigong Drop-in 11 Sew Who Cares 12 Poker 1 Zumba **1 To Health** 2 Yoga 3 Urban Line Dance 6 Civil Law **5**	10 Mahjong **11 Estate Planning** **1 Stay Connected** 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance **6**	9:15 Beginner Walk 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Latin Jam 1 Chess **7**	9:15 Draw & Paint 9:30 Advanced Walking 1 Pinochle 1 Bridge 1 Watercolor **8**
10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga 12 Mahjong 1 Box Lunch Book **1:30 Bridge Drop-in** 2 Tai Chi P 3 Cool Line Dance 4 Pinochle 7 Soul Line Dance **11**	10 Seated Yoga 10 Color with Us 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba 2 Short Stories 2 Yoga 3 Urban Line Dance 6 Family Law **12**	9:15 Beginner Walk 10 Mahjong 10:30 BYO Beads **1 Hula Drop-in** 2 Bid Whist 3 Strength Trg. 4 Tai Chi Beg. 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance **13**	9 Farmers' Market Coupons 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess 1 Latin Jam **14**	9:15 Draw & Paint 9:30 Advanced Walking 1 Pinochle 1 Bridge 1 Watercolor **15**
9 LegalAid 10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga 12 Mahjong **1:30 Bridge Drop-in** 2 Tai Chi P 3 Cool Line Dance 4 Pinochle 5 Tai Chi 2 6 Tai Chi Advance 7 Caregiver Support 7 Soul Line Dance **18**	10 Color with Us 10 Seated Yoga 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Clutter Busters 1 Zumba 2 Yoga 3 Urban Line Dance 6 Family Law **19**	10 Mahjong **1 Stay Connected** 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance **20**	11 AAUW Book club 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess 1 Latin Jam **21**	9:15 Draw & Paint 9:30 Advanced Walking 1 Pinochle 1 Bridge 1 Watercolor **22**
9 LegalAid 10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga 12 Mahjong **1:30 Bridge Drop-in** 2 Tai Chi P 3 Cool Line Dance 3:30 Nutrition Consults 4 Pinochle 5 Tai Chi 2 6 Tai Chi Advance 7 Soul Line Dance **25**	10 Color with Us 10 Seated Yoga 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba 2 Yoga 2 Short Stories 3 Urban Line Dance 7 World Language Café **26**	10 Mahjong **12:30 Ice Cream Social** 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance **27**	11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess 1 Latin Jam **28**	9:15 Draw & Paint 9:30 Advanced Walking 1 Pinochle 1 Bridge 1 Watercolor **29**

To Health

Let's continue to share our successes and encourage each other as we develop healthy habits.

When: Tuesday, July 5

Time: 1pm

Cost: Free

Nuts and Bolts of Estate Planning

The East Columbia 50+ Center, invites you to attend a seminar presented by attorney Andre O. McDonald of the McDonald Law Firm. Identify your estate planning needs based on your situation and wishes. Reserve your space now. Registration is required.

When: Wednesday, July 6

Time: 11:00am – 12pm

Cost: Free

Stay Connected Electronically

Stay connected to your children, grandchildren, and friends. This event is presented by Kaitlyn Shaw, Ambassador Girl Scout. Learn how to use Text Messenger, Facebook, and Skype. Bring your tablet, laptop or phone for individual attention. Registration is required. Please call (410) 313-7680.

When: Wednesday, July 6

Time: 1pm – 2pm

Cost: Free

Drop-in Bridge

If you are looking for a mentally-challenging activity that provides great social interaction and a lot of fun, consider stopping by on Monday afternoons for a game of Bridge. We are looking for new players with a general understanding of the game.

When: Mondays, July 11, 18, 25

Time: 1:30pm – 3:30pm

Cost: Free

Music and Movement with Hula

It's good for your circulation, stress and your heart. Hula boosts self-esteem and eases arthritis. Try a drop-in session led by instructor, Lesley J. Hubbard.

When: Wednesday, July 13

Time: 1pm – 2pm

Cost: Free

Farmers' Market Coupon Distribution

A limited number of farmers' market coupons will be distributed to low-income Howard County Older Adults on a first come, first-serve basis.

When: Thursday, July 14

Time: 9am

Cost: Free

Clutter Busters

Learn tips on organizing and how to move from busy to balanced. Lot's of fun!

When: Wednesday, July 19

Time: 1pm – 2pm

Cost: Free

Summer Breeze Ice Cream Social

Celebrate our new freezer! Cool down with a few games and a little ice cream. Registration is required.

When: Wednesday, July 27

Time: 12:30pm – 2pm

Cost: Donation

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*.*