



# East Columbia 50+ Center March 2016 Events



6600 Cradlerock Way, Columbia, MD  
(410) 313-7680 (tel)  
(410) 313-7688 (fax)

Hours: Mondays and Wednesdays, 8:30 am-8:30 pm  
Tuesdays and Thursdays, 9am-4:30 pm  
Fridays, 8:30 am – 4 pm

[eastcolumbia50+@howardcountymd.gov](mailto:eastcolumbia50+@howardcountymd.gov)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>East Columbia 50+ Center Staff</b> Meridy McCague Ellen Brown Alma Blue Earl Saunders <b>At your service!</b>	9 Exercise w/Ease 10 Seated Yoga 10 Color with Us 11 Qigong Drop-in 11 Sew Who Cares 12 Poker 1 Zumba 2 Yoga 2 Short Stories 3 Urban Line Dance 6 Civil Law Services <b>1</b>	9 Morning Stretch 10 Mahjong 1 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance <b>2</b>	9 Exercise w/Ease 10 Tai Chi Practice 11 Tai Chi Sword P 12 Poker 12 Ballroom Dance 1 Latin Jam 1 Chess 2:30 Pilates 3:30 Tai Chi P <b>6:30 New Release Cinema</b> <b>3</b>	9:15 Draw & Paint 9:30 Advanced Walking 10:30 Creative Writing 1 Pinochle 1 Bridge 1 Watercolor <b>4</b>
9 LegalAid 10 Chinese Painting <b>10 Morning Express Workout</b> 11 & 12:15 Yoga 12 Mahjong 2 Tai Chi P 3 Cool Line Dance 4 Pinochle 5/6 Tai Chi 2 & Advance 7 Soul Line Dance <b>7</b>	9 Exercise w/Ease 10 Seated Yoga 10 Color with Us 11 Qigong Drop-in 11 Sew Who Cares 12 Poker <b>1 Weight Got You Down?</b> 1 Zumba 2 Yoga 3 Urban Line Dance <b>3:30 iPad Lab</b> 6 Family Law Services <b>8</b>	9 Morning Stretch 10 Mahjong 1 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance <b>9</b>	9 Exercise w/Ease 10 Tai Chi Practice 10 Spotlight on Seniors 11 Tai Chi Sword P 12 Poker 12 Ballroom Dance 1 Latin Jam 1 Chess 2:30 Pilates 3:30 Tai Chi P <b>6:30 New Release Cinema</b> <b>10</b>	9:15 Draw & Paint 9:30 Advanced Walking 10:30 Creative Writing 1 Pinochle 1 Bridge 1 Watercolor <b>11</b>
9 LegalAid 10 Chinese Painting <b>10 Morning Express Workout</b> 11 & 12:15 Yoga 12 Mahjong 1 Box Lunch Book Club 2 Tai Chi P 3:30 Nutrition Appts 5/6 Tai Chi 2 & Advance 7 Soul Line Dance 7 Caregivers Group <b>14</b>	9 Exercise w/Ease 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 Services <b>15</b>	<b>Staff Meeting Center Closed</b>  10 NARFE Meeting <b>16</b>	9 Exercise w/Ease 10 Tai Chi Practice 11 Tai Chi Sword P 12 Ballroom Dance 12 Poker 1 Chess 1 Latin Jam 2:30 Pilates 3:30 Tai Chi P <b>6:30 New Release Cinema</b> <b>17</b>	9:15 Draw & Paint 9:30 Advanced Walking 10:30 Creative Writing 1 Pinochle 1 Bridge 1 Watercolor <b>18</b>
9 LegalAid 10 Chinese Painting <b>10 Morning Express Workout</b> 11 & 12:15 Yoga 12 Mahjong 2 Tai Chi P 4 Pinochle 5/6 Tai Chi 2 & Advance 7 Soul Line Dance <b>21</b>	9 Exercise w/Ease 10 Seated Yoga 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba 2 Yoga 3 Urban Line Dance <b>3:30 iPad Lab</b> 7 Language Cafe <b>22</b>	9 Morning Stretch 10 Mahjong <b>12 Spring Tea &amp; Hydrenga Sale</b> 1 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5 Tai Chi w/Fan 6 Tai Chi w/Fan 7 Soul Line Dance <b>23</b>	9 Exercise w/Ease 10 Tai Chi Practice 11 Tai Chi Sword P 12 Ballroom Dance 12 Poker 1 Chess 1 Latin Jam 2:30 Pilates 3:30 Tai Chi P <b>6:30 New Release Cinema</b> <b>24</b>	<b>Good Friday Holiday</b>  <b>Center Closed</b>  <b>25</b>
9 LegalAid 10 Chinese Painting <b>10 Morning Express Workout</b> 11 & 12:15 Yoga 12 Mahjong 2 Tai Chi P 4 Pinochle 5/6 Tai Chi 2 & Advance 7 Soul Line Dance <b>28</b>	10 Seated Yoga 10 Color with Us 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba 1 Clutter Busters 2 Yoga 3 Urban Line Dance <b>29</b>	9 Morning Stretch 10 Mahjong <b>10:30 Living Healthy with Hypertension</b> 11 BYO Beads 1 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5/6 Tai Chi w/Fan 7 Soul Line Dance <b>30</b>	10 Tai Chi Practice 11 Tai Chi Sword P 12 Ballroom Dance 12 Poker 1 Chess 1 Latin Jam 2:30 Pilates 3:30 Tai Chi P <b>31</b>	Great Easter Gift!  <b>Hydrangea Flower Sale</b>  Wednesday, March 23 <sup>rd</sup> (after the Spring Tea)

### **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 - March 2, March 30 and April 13

Time: 9am – 12 pm

Cost: Free

### **Morning Express Workout**

Jump start your day with this energizing workout incorporating strength, cardio and flexibility. Get your metabolism moving and your workout over before the day gets behind you. Please call (410) 313-7680 or stop by to register.

When: Mondays, March 7, March 14, March 21 and March 28

Time: 10am

Cost: Monthly Fee (*Free class on March 7*)

### **The Color Purple**

Join East Columbia 50+ Center on a bus trip to New York City to see ***The Color Purple***. Oscar, Golden Globe and Grammy winner, Jennifer Hudson, makes her long-awaited Broadway debut as the sultry Shug Avery in this joyous and triumphant musical. Dinner at Virgil's Family Style Restaurant is included. Please stop by to reserve your space ***Payment in full is due by March 18***. For more information, please call: (410) 313-7680.

When: Wednesday, April 13

Time: 8am - depart, return at 11pm

Cost: \$235

### **World Language Cafe**

Columbia Association's World Language Café is a place to speak a language you know or one you are learning, converse in a friendly atmosphere, meet new people who enjoy learning about other cultures, pick up useful phrases to use when traveling and recall your childhood language. World Language Cafes are held on the fourth Tuesdays at East Columbia 50+ Center.

When: Tuesday, March 22

Time: 7pm

Cost: Free

### **Sensational Spring Tea & Hydrangea Sale**

Join us for an afternoon of savories and sweets. This is a lovely way to meet new people. Reservations are required. Please call (410) 313-7680 or stop by to register. Emerge Greenhouse will once again energize the center with amazing Hydrangeas. Sit back, relax and indulge your senses. Buy a flower for Easter or as a gift.

When: Wednesday, March 23

Time: 12 Noon

Cost: \$8 Suggested Donation for Tea

### **Living Healthy with High Blood Pressure (Hypertension)**

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, March 30

Time: 10:30am – 1:00pm

Cost: \$5

### **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.

# National Nutrition Month – Savor the Flavor of Eating Right!

Menu Notes  
March 2016

March is National Nutrition Month® and this year the theme is Savor the Flavor of Eating Right! This theme encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives. How, when, why and where we eat are just as important as what we eat. It is healthy to have a mindful eating pattern that includes nutrition and flavorful foods as the best way to savor the flavor of eating right!

1. Add fresh-squeezed lemons and limes to your cooking. Citrus fruits are naturally low in sodium and high in vitamin C. Their flavorful juices will provide an extra boost to any meal.
2. Experiment with different herbs and spices like rosemary, oregano and basil to enhance vegetable stir-fries and fish dishes. Don't be afraid to try new things!
3. Fried chicken is crispy, but oven fried chicken can also give you that crunch and tastes good, too. To make this, simply coat drumsticks with egg whites and crushed whole grain cereal; then bake until crispy. This heart-healthy alternative saves a lot of calories and fat without sacrificing taste.
4. Be sure to get a minimum of two servings of fruits daily. An easy way to do this is to cut up a banana and some berries and add them to a fiber-rich cereal. The fruit provides a sweet, distinctive contrast to the crunchy cereal.



5. Also have at least three servings of vegetables daily. If you like eggs for breakfast, add as many vegetables as you can in an egg omelet. And throw in different spices to mix it up.
6. Want to eat vegetables without even knowing it? Try kale chips instead of potato chips. They're naturally high in potassium, iron, fiber and vitamin A and much lower in calories than potato chips.
7. Be aware of your salad dressing. Two tablespoons of ranch dressing has 144 calories and 14 grams of fat. Instead, try a creamy Greek yogurt salad dressing. Two tablespoons has only 80 calories and six grams of fat.
8. Do you ever get tired of cooking and eating vegetables in the same way? Use a spiral slicer to make squash, carrots and zucchini into noodles. Or make a stuffed bell pepper with your favorite ingredients. Add mushrooms, onions, spices and low-fat cheese for a healthy, hearty meal.
9. And lastly, think about when and where you eat. Eating in front of the television often makes you overeat. Be sure that you are hungry before grabbing a snack and wait 20 minutes before having another portion. And don't forget to invite a friend for lunch or dinner, especially if you live alone. It's always more fun to share food with others!

