

EAST COLUMBIA 50+ CENTER

January-February-March 2020

 Howard County Office on
Aging and Independence
Department of Community Resources and Services



**6600 Cradlerock Way
Columbia, MD 21045**

410-313-7680

Hours

Monday - Thursday
8:30 am - 8:30 pm

Friday

8:30 am - 4 pm

Center Email

eastcolumbia50@
howardcountymd.gov

Newsletters Online

www.howardcountymd.
gov/eastcolumbia50

Volunteer Website

www.hocovolunteer.org

Inclement Weather

Program Line

410-313-7777

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Welcome to our new quarterly publication. We look forward to filling it with new classes, experiences and opportunities to further enrich lives and benefit our greater community. We have an exciting future with a new state of the art center on the horizon.

The advocacy of the East Columbia 50+ Centers members continues as people came out to testify at the Capital Budget hearing on December 9, 2019, at the George Howard Building. A special thank you to John Slater, Fran LoPresti and Barry Mehta, who offered testimony in support of a fully funded new East Columbia 50+. This strong show of support makes all things possible.



[View plans for a new East Columbia 50+ Center.](#)

General Information

50+ Center Staff

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SIGN-UP and PAYMENT

Payments can be made by cash, credit card, or a check made payable to Howard County Director of Finance at the Front Office. Online registration can be done at the ActiveNet website:

<http://apm.activecommunities.com/howardcounty>.

Membership Cards

A card scanning process is conducted at all 50+ centers. Your membership card must be scanned each time you visit a center. Please complete registration and obtain your membership card from the Front Office.

Inclement Weather Status Line 410-313-7777

The Department of Community Resources and Services facilities, including Patuxent Woods, the Multi-Service Center, the Loan Closet of Howard County and the 50+ Centers now uses an inclement weather program status line. The number is 410-313-7777.

In the event of inclement weather, the public is advised to call the status line to find out if the 50+ Centers, and/ other facilities are operating, have a delayed opening, or are closed.

CENTER CLOSURES

Wednesday,	January 1	CLOSED (New Year's Day)
Monday,	January 20	CLOSED (Martin Luther King, Jr. Day)
Wednesday	January 15	CLOSED at 1:30 pm for Staff Meeting
Monday,	February 17	CLOSED (President's Day)

Disclaimer: Howard County Government does not endorse or recommend the products of services associated with programs held at Howard County and 50+ Centers. Howard County Government is not responsible for the performance of program sponsors.

On-going Programs

Coffee and Tea Service

Monday-Friday

9 am-8 pm

Coffee and tea service is available idaily. A donation box is provided and your contribution is appreciated.

Legal Aid

Mondays (as available)

9am-12pm

First come - first served. No appointment is necessary. Maryland Legal Aid provides a full range of free civil legal services to financially eligible individuals

Mahjong

Mondays 12 pm, - 4pm ,

Wednesdays 10am —2pm & 12pm - 3pm

Experienced players enjoy this game of competition and stategy played with tiles based on Chinese characters and symbols. Instruction not provided.

Pinochle

Mondays 4pm—8:30pm

Fridays 12-4 pm

Drop in and make new friends in this lively trick-

Bridge

Mondays 1pm—3:30pm

Fridays 1pm—4pm

Open Bridge is available twice a week for those who enjoy playing in a casual

Color with Us

Tuesdays 10am- 11am

Meet new friends in this popular drop-in social group. We provide materials or bring your own.!

Qigong Drop-in

Tuesdays

11am –12pm

Drop in for an enjoy this Chinese exercise with healing techniques that involle controlled breathing and movement

Sew who Cares

Tuesdays

12pm-1:50pm

Knitting, crocheting or do-it-yourself projects. Come join in the fun and make new friends.

Poker

Tuesdays & Thursdays

12 - 4pm

Poker is a family of card games that involve strategy and different skills, It can improves your concentration and observation skills.

Bidwhist

Wednesdays

2-8:30 pm

Drop in and try this popular card game that is similar to the game of Bridge

Chess

Thursdays

1-4:30pm

Enjoy an afternoon of open game play. Playing Chess can improve concentration and mental acuity.

Walking Group,

Fridays, 9:30 – 11am

Join in this brisk-pace walking group. Meet up at Columbia Mall and walk upper level and lower level 2 times.

Programs, Events and Classes

A.M. Express Workout

Mondays 10 –10:50am

Winter Session 11 classes: \$59

January 6—March 30, 2020

This is a high-energy aerobic type exercise using small hand weights and bands.

A04412.600

Chinese Brush Stroke Painting

Mondays, 10 –10:50am

Winter Session 11 classes: \$138

January 6 –March 30, 2020

The characteristic of the brush stroke painting are to use realistic techniques to depict an object's natural harmony while providing room for the viewer's imagination.

A04460.600

Yoga

Mondays, 11 –12:15pm

Winter Session 11 classes: \$70

January 6 –March 30, 2020

A series of postures and breathing exercises

A04416.600

Yoga

Mondays, 12:15– 1:15 pm

Winter Session 11 classes: \$70

January 6 –March 30, 2020

A series of postures and breathing exercises

A04474.600

Soul Line Dance Afternoon

Mondays 3 –3:50pm

Winter Session 11 classes: \$70

January 6—March 30, 2020

A series of dance steps to the sound of soul music.

A04477.600

Tai Chi Beg 2

Mondays 5 –5:50pm

Winter Session 11 classes: \$116

January 6—March 30, 2020

A martial art and meditative exercise, characterized by slow circular, stretching movements.

A04461.600

Tai Chi Beg 2

Mondays 6 –6:50pm

Winter Session 11 classes: \$116

A martial art and meditative exercise, characterized by slow circular, stretching movements.

A04459.600

Soul Line Dance Evening

Mondays 7 –8:30pm

Winter Session: 11 classes: \$59

January 6—March 30, 2020

A series of dance steps in which people line up and dance to the sounds of soul music.

A04415.600.

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-1400** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

Programs, Events and Classes

Howard County Recreation & Parks

Exercise with Ease

Tuesday/Thursday, January 7, 2020

8:50 – 9:50am (18 classes)

This fitness class for active seniors include low-impact aerobics, stretching, muscle tone, and strength activities aimed at improving endurance, body alignment, balance and proper breathing. Listen to upbeat music while learning.

RP8060.602

You Can Draw & Paint with Carol Zika

Friday, January 10, 2020

9:15 – 11:45am (10 classes)

Let your artistic expression soar in this fun and supportive open studio atmosphere. Bring watercolors, acrylics, oils, pastels or other materials. Instructor provides direction/instruction in drawing and painting for beginners and experienced dabblers. RP0304.601

Watercolors with Carol Zika

Friday, January 10, 2020

9:15 – 11:45am (10 classes)

For those who completed Watercolor Basics for the Very Beginner and those with previous watercolor experience. Instructor provides guided lessons, building technique and confidence. Bring materials.

RP0303.601

***Class Registration through Recreation & Parks.**

Online: www.howardcountymd.gov/rap

Phone: 410-313-7275

Fax: 410-313-4660

Mail: Howard County Recreation & Parks

7120 Oakland Mills Road

Columbia, MD 21046

Walk in: Any Recreation & Parks facility

Ballroom Dance

1pm – 2pm

Winter Session Fee: \$101 (12 classes)

A set of partner dances, which are enjoyed both socially and competitively. (no partner required)

Activenet Code: A04408.600

Caregivers Support Group

Mondays: January 13, February 11, & March 16, 2020 - 7 -8:30pm

Sponsored by the SeniorsTogether peer outreach program.

Find support and share the caregiver experience.

Contact Karen Hull, 410.313.7466 or khull@howardcountymd.gov

for more information or to register .

Cost: Free

Korean Support Group

Wednesdays January 8, February 11 & March 11, 2020

6:30 –8:30pm

Being aware of available services and resources is key to providing the best care possible for a loved one.

This group focuses on the needs of the Korean community.

Cost: Free

Technology Café

Tuesday, January 14, 2020,

February 11, 2020

and March 10, 2020

3:30 - 4:30pm

Bring your smart phone, tablets and questions . The Columbia Teen

Center students will work their magic .

Cost: Free

Programs, Events and Classes

Seated Yoga

Tuesdays 10 – 10:50am

Winter Session 13 classes: \$69

January 7–March 31, 2020

Posture and breathing exercises is practiced in this class to achieve control of the body all while sitting in the chair. A04407.600

Mat Yoga

Tuesdays 2 – 2::50am

Winter Session 13 classes: \$69

January 7–March 31, 2020

This class combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress.
A04440.600

Urban Line Dance

Tuesdays 3 –4:30pm

Winter Session 13 classes: \$69

January 7–March 31, 2020

Instructor Jessie Barnes teaches dance steps to soul music. Beginners are welcome.
A04425.600

Strength Training

Wednesdays 3 -3:50pm

Winter Session

Winter Session: 12 classes \$64

January 8-March 31, 2020

A moderate impact exercise class using 2-5 pounds weights and stretch bands.
A04410.600

Tai Chi Intermediate

Wednesdays 4-5pm

Winter Session Fee: \$126

January 8-March 31, 2020

A martial arts form meditative exercise that involve stretching movements, 24 form yang style and 32 form sword
A04458.600



TAI CHI EXERCISES

Tai Chi Advance

Wednesdays 5-5pm 12 classes

Fee: \$126

January 8-March 31, 2020

A martial arts form meditative exercise that involve stretching movements, 24 form yang style and 32 form sword
A04458.600

Tai Chi Intermediate II

Wednesdays 6-7pm

Winter Session Fee: 12 classes \$126

January 8-March 31, 2020

A martial arts form meditative exercise that involve stretching movements, 24 form yang style and 32 form sword
A044414.600

Soul Line Dancing

Wednesdays 7-8:30pm

Winter Session Fee: 12 classes \$64

January 8-March 31, 2020

Join local home improvement contractor, Skip Conrey, as he provides helpful hints on how to keep the value in your home. Feel free to bring your questions with you.
A04419.600

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Highlights



AARP Income Tax Preparation Through April 15 - Appointments Required

AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Each appointment is for one single or joint return.

Appointments will be accepted starting January 15, 2020 . To set up an appointment, call **443-741-1220**. Specify that you would like your appointment at the East Columbia 50+ Center. For all other tax questions, call AARP directly at **888-227-7669**.

TAX APPOINTMENTS ARE NOT SCHEDULED BY CENTER STAFF

Nutrition Consultation Mondays, January 13 February 10, March 9

Carmen Roberts, RD, LDN, is available for individual 30-minute consultation sessions to answer questions you may have about your diet.

Make a resolution to improve your health through better nutrition.

30-minute appointments are scheduled between 4 and 5:30 pm

Sign-up at the front desk.
Cost: Free

Men Talk - "What Do You Do Well?"

Tuesday, January 7 7:30pm

Thursday, January 16 2:30pm

Tuesday, February 18 7:30pm

Thursday, February 27 2:30pm

Discuss various topics of interest.

Speak listen, learn and get to know one another. Cost: Free

Don't Miss

Lunar New Year Celebration Year of the White Rat

Tuesday, January 21, 2020

6 pm – 8pm

Reserve your space for the Lunar New Year celebration. 2020 represents the year of the White Rat. Enjoy refreshments and the festive Lion dancers performed by Jow Ga Martial Arts.

Cost: Free

Hugo Keesing Presents Broadway Band Music

Wednesday, February 5, 2020

11:30am – 1:30pm Sign-up in front office

Civil Law

Tuesdays, January 7, February 4 & March 3, 2020

6pm – 8pm

Free walk-in legal advice. Meet with attorneys for landlord tenant, debt collect, foreclosures, etc.

Family Law

Tuesdays, January 14, 21 & 28, February 11, 18 & 25, March 10, 17 & 24

Free walk-in legal advice. Meet with attorneys for child support, alimony, custody, divorce, name change, etc.

Menu Notes and Noteworthy News

5 Things You Can Do to Reduce Your Risk for Diverticulitis

Diverticulitis, an inflammation of the small pouches found along the wall of your colon, is a common yet painful condition. More than half of gastrointestinal-related hospital admissions in the United States each year are due to diverticulitis. Research shows that there are simple but effective changes that you can make in your diet and lifestyle to reduce your risk of this condition:

#1: Decrease Your Intake of Red Meat

Research shows that excessive red meat consumption is a risk factor for developing diverticulitis. People who consume less than two ounces of red meat each day are at the lowest risk for this disease. If you are looking to lower your intake of red meat, try substituting chicken, seafood, and meat alternatives (such as soy, tofu, or other plant-based proteins) to decrease the amount of red meat in your diet.

#2: Increase Dietary Fiber Intake

Research studies show that Americans who consume more than 23 grams of fiber each day are at the lowest risk for developing diverticulitis. Fresh fruits, vegetables, whole grains, nuts, and

legumes are among the best sources of dietary fiber. A high fiber diet is also linked to a lower risk of heart disease and some types of cancer.

#3: Increase Physical Activity

Adults who have the lowest risk for developing diverticulitis exercise vigorously for at least two hours each week. This means that you only have to do about 20 minutes of daily aerobic activity such as cycling, brisk walking, or swimming to dramatically decrease your risk of disease.

#4: Don't Smoke

Research demonstrates that people who are at the lowest risk for developing diverticulitis have never smoked. But if you currently smoke, it's never too late to quit to reap the health benefits.

#5: Achieve a Healthy Weight

Adults at the lowest risk for this disease have a healthy body mass index (BMI) of 18.5-24.9 kg/m². If you are overweight, a modest weight loss can not only decrease your risk for diverticulitis, but can also reduce your risk of other diseases including some types of cancer, type 2 diabetes, and cardiovascular disease.

The Bottom Line

Long-term research on these diet and lifestyle changes suggests that a healthy lifestyle can dramatically reduce your risk of developing diverticulitis. A well-balanced diet, regular cardiovascular exercise, abstaining from smoking, and maintaining a healthy weight are the best things you can do to reduce your risk of chronic disease. Talk with your healthcare provider or a registered dietitian if you need guidance on making positive diet and lifestyle changes.

Carmen Roberts, RD, LDN is a nutritionist under contract with Howard County Office on Aging and Independence and is available for individual consultation once a month on Monday evenings by appointment.