

EAST COLUMBIA 50+ CENTER

December 2021



Howard County
Office on Aging & Independence

6600 Cradlerock Way
Columbia, MD 21045
410-313-7680

Center Email
eastcolumbia50@
howardcountymd.gov

Monday– Tuesday
Thursday

9am - 4:30pm

Wednesday

9am - 7pm

Friday

9am - 4pm

50+ Center Hotline
410-313-5400

Newsletters Online
www.howardcountymd.
gov/eastcolumbia50

Volunteer Website
www.hocovolunteer.org

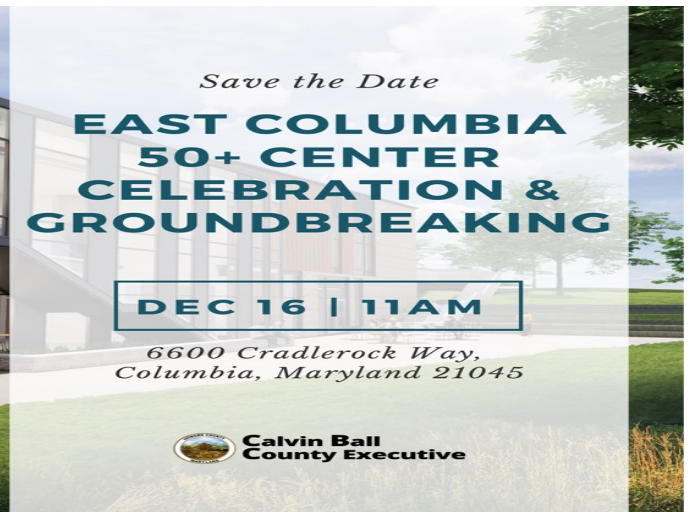
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Howard County
50+ CENTERS
Enrichment. Engagement. Connection. Growth.



**From Hanukkah to New Years,
We are celebrating Everything!
Join Us!**



2021 *Virtual*
50+ EXPO

Join us online! Speakers, Classes, Entertainment, and 100+ Exhibitors

MARK YOUR CALENDAR

RUNS NOVEMBER 1, 2021, THROUGH JANUARY 21, 2022

— www.thebeaconnewspapers.com for details —

The Beacon
IN FOCUS FOR PEOPLE OVER 50

BCDA
Living Longer • Living Well
Baltimore County Department of Aging

Howard County
Office of Aging & Independence

GENERAL INFORMATION

50+ Center Staff

Meridy McCague, Director

mmccague@howardcountymd.gov
410-313-7684

Ellen Brown, Assistant Director

ebrown@howardcountymd.gov
410-313-7685

Regina Joffe, Program Assistant, Digital Access Specialist

rjoffe@howardcountymd.gov
410-313-7682

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet.

Regardless of where one registers, membership is valid at all Howard County 50+ Centers.

Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the staff to assure that your membership is current. **Please inform the staff if there have been any changes to your address, phone number or your emergency contact information.**

Sign-Up & Payment

For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to

Howard County Director of Finance. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. Account must be established prior to registering for class.

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

Would you like your newsletter delivered to your inbox? Just click below:

[Sign Up for Constant Contact](#)



Inclement Weather Policy

For the operating status of the Center, call the inclement weather status line at 410-313-7777, visit the County website or call the Center Front Desk.

If Howard County Public Schools are delayed or closed:

- ◆ 1-hour delay, Center will strive to open at 9:30 am
- ◆ 2-hour delay, Center will strive to open at 10:30 am.
- ◆ All classes and programs before 11 am are canceled
- ◆ Closed, Center will strive to open at 10:30 am. All classes and programs are canceled. Status Line will be updated at 7 am, 12 pm and 3 pm.

DECEMBER AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Legal Aid Services Mondays 9am to 11:30am No appointment necessary</p>	<p>Family Law Assistance Program by appointment December 7 & 14 410-313-2135 or 410-313-2225</p>	<p>1 9 *Tai Chi Beginner II \$ 10 *Tai Chi Beginner I \$ 11 Fresh Conversations 2 Bid Whist 3 *Tai Chi Intermediate II \$ 4 *Tai Chi Intermediate I \$ 5 *Tai Chi Advanced \$</p>	<p>2 10 Tai Chi Practice 11 Tai Chi Practice 12 Tai Chi Practice Note: Tai Chi Practice are for our intermediate and advanced students. 12 Poker 1 Chess</p>	<p>3 8:30 *Go Walk Beginner Group 12 Pinochle 1 Bridge</p>
<p>6 9 Legal Aid Services 9 Tai Chi Practice 12 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 3 Soul Line Dance \$</p>	<p>7 9:30 Qigong Practice 10 Color with Us 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker 1** Clutter Busters 6 Family Law</p>	<p>8 9 *Tai Chi Beginner II \$ 10 *Tai Chi Beginner I \$ 2 Bid Whist 3 *Tai Chi Intermediate II \$ 4 *Tai Chi Intermediate I \$ 5 *Tai Chi Advanced \$</p>	<p>9 10 Tai Chi Practice 11 Tai Chi Practice 12 Tai Chi Practice Note: Tai Chi Practice are for our intermediate and advanced students. 12 Poker 1 Chess</p>	<p>10 8:30 *Go Walk Beginner Group 12 Pinochle 1 Bridge</p>
<p>13 9 Legal Aid Services 9 Tai Chi Practice 12 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 3 Soul Line Dance \$</p>	<p>14 9:30 Qigong Practice 10 Color with Us 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker 2 Floral Arranging \$ 6 Family Law</p>	<p>15 9 *Tai Chi Beginner II \$ 10 *Tai Chi Beginner I \$ 11 Paper Crafting 2 Bid Whist 3 *Tai Chi Intermediate II \$ 4 *Tai Chi Intermediate I \$ 5 *Tai Chi Advanced \$</p>	<p>16 10 Tai Practice 11 Tai Chi Practice 12 Tai Chi Practice Note: Tai Chi Practice are for our intermediate and advanced students. 12 Poker 1 Chess</p>	<p>17 8:30 *Go Walk Beginner Group 12 Pinochle 1 Bridge</p>
<p>20 9 Legal Aid Services 9 Tai Chi Practice 12 Yoga \$ 12 Mahjong 1:30 Chinese Brush Stroke Painting \$ 3 Soul Line Dance \$</p>	<p>21 9:30 Qigong Practice 10 Color with Us 11 Seated Yoga \$ 12 Sew Who Cares 12 Poker 7 Language Cafe</p>	<p>22 9 *Tai Chi Beginner II \$ 10 *Tai Chi Beginner I \$ 2 Bid Whist 3 *Tai Chi Intermediate II \$ 4 *Tai Chi Intermediate I \$ 5 *Tai Chi Advanced \$</p>	<p>23 10 Tai Practice 11 Tai Chi Practice 12 Tai Chi Practice Note: Tai Chi Practice are for our intermediate and advanced students. 12 Poker 1 Chess</p>	<p>24  <i>Christmas Eve</i> Center Closed</p>
<p>27 9 Legal Aid Services 9 Tai Chi Practice 12 Mahjong</p>	<p>28 9:30 Qigong Practice 10 Color with Us 12 Sew Who Cares 12 Poker</p>	<p>29 2 Bid Whist Key *Outdoor Class **Hybrid live and Virtually ***Streaming</p>	<p>30 10 Tai Practice 11 Tai Chi Practice 12 Tai Chi Practice Note: Tai Chi Practice are for our intermediate and advanced students. 12 Poker 1 Chess</p>	<p>31  Center Closed</p>

ONGOING PROGRAMS

Chinese Brush Stroke Painting

Mondays, 1:30pm

Cost: \$39 (no class on 12/27)

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.

(no experience required) #A04418.500

Color with Us

Tuesdays, 10am

Adult Coloring

No talent or prior experience, just good conversation, relaxation in a stress free place.

Sew Who Cares

Tuesdays, 12pm

Join this fun creative social group who gets together and share their passion for crocheting, knitting, sewing and other needlecraft skills.

Paper Crafting

Wednesday, December 15, 11am

Every third Wednesday of the month all paper crafters are welcomed.

All paper crafters are welcomed. Bring a project you are working on, a technique you are perfecting, supplies you'd like to share, or anything paper related. Want to learn a new way to work with paper, but don't want to learn it alone? Bring your idea and let's do it together.

Nutrition Consultation

Thursday, December 9

10am to 12pm

Sign up for 1/2 hour consultations

Nutrition Consultation with dietician Carmen Roberts, RD, LDN by appointment

World Language Café

Tuesday, December 21, 7pm

Every 4th Tuesday of the month.

Converse in a friendly atmosphere, meet new people, increase your fluency by speaking and listening while picking up useful phrases to use when traveling.

CARDS & GAMES (Drop In)

◆ **Mahjong, Monday 12pm**
(intermediate/advanced)

◆ **Poker, Tuesday/Thursday 12pm**

◆ **Bid Whist, Wednesday 2pm**

◆ **Chess, Thursday 1pm**

◆ **Pinochle, Friday 12pm**

◆ **Bridge, Friday 1pm**



Note: Howard County does not endorse or recommend the 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 program sponsors.

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-0380 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.

EVENTS AND PROGRAMS

Fresh Conversations with Karen Basinger

Wednesday, December 1, 11am

Join the conversation as Karen talks about Macular Degeneration: Sight Saving Strategies



Floral Arrangement

Tuesday, December 14, 2pm

Materials Fee: \$8

Create a gorgeous floral centerpiece just in time for the holidays. Get inspired with these beautiful yet easy arrangements from the Howard County Garden Club.

Please call to register for events and programs 410-313-7680.

Streaming on WebEx Hosted/Presented by East Columbia 50+ Staff

**Clutter Busters

Tuesday, December 7, 1pm

Gift giving without giving the gift of clutter.

Note: This class will be presented live and virtually.

Meeting# 2319 506 3123

Password: Fall50+

***National Park Series

Cape Cod National Seashore

Thursday, December 9, 2pm

Meeting# 2301 977 4743

Password: Fall50+

***Alaska Wildlife & More

Thursday, December 21, 2pm

Meeting# 2303 811 9720

Password: Fall50+



Tai Chi Beginner

(with Ray Lee)

Mondays, 11am

Starts January 10, 2022

**Cost \$106 (10 classes)
(no class on 1/17, 2/21)**

Learn the easy, gentle, slow circular movements of Tai Chi that help improve balance and concentration. #A04402.600

Morning Express

Mondays, 10am

Starts January 10, 2022

Cost \$53 (no class on 1/17, 2/21)

Get your week off to a great start with some low-impact cardio; muscle conditioning; agility and balance work; and finish up with stretching! #A04400.600

Center Closures

Friday, December 24, Christmas Observed
Friday, December 31, New Year's Observed
Monday, January 17, Martin Luther King Jr. Day

EXERCISE AND FITNESS

Yoga

Mondays, 12pm

Cost: \$18 (no class on 12/27)

Learn basic yoga poses. Enjoy breathing and relaxation techniques. Benefits include: greater flexibility, improved strength, energy, concentrations, clarity, and overall health. #A04415.500

Chair Yoga

Tuesdays 11am

Cost: \$18 (no class on 12/28)

In this gentle class, yoga poses are done seated or standing using the chair as a prop for support. Benefits include: greater flexibility, improved strength, energy, concentration, clarity, and overall health. #A04417.500



Effective January 2022 all class fees will be quarterly. Register online at <http://apm.activecommunities.com/howardcounty>

Soul Line Dance Beginner/Intermediate

Mondays, 3pm,

Cost: \$18 (no class on 12/27)

Be inspired by soul music and creative and challenging moves. Dance your way to a fitter "you" #A04414.500

Qi Gong Practice

Tuesday, 9:30am

Cost: Free

Qi Gong is the art and science of using breathing techniques, gentle movement, and meditation cleanse, strengthen, and circulate the life energy.

*Go Walk Beginner Group

Fridays, 8:30am

Start your day right with some exercise! Walking is one of the best forms of exercise and it's easy to do and safe!

*Tai Chi Wednesdays

***Beginner II, 9am** #A04443.500

***Beginner I, 10am** #A04444.500

Cost: \$43 (no class on 12/29)

Learn the easy, gentle, slow circular movements of Tai Chi that help improve balance and concentration.

***Intermediate I, 4pm** #A044412.500

***Intermediate II, 3pm** #A044411.500

Cost: \$43 (no class on 12/29)

Intermediate Tai Chi focuses on balance in the body, mind, and spirit. Swords are incorporated in this Tai Chi practice.

***Advanced 5pm** #A04413.500

Cost: \$43 (no class on 12/29)

Advance Tai Chi focuses on balance in the body, mind and spirit. Swords and fans are incorporated in this Tai Chi practice.

***Tai Chi classes are held outdoors weather permitting.**