Welcome to our Year of Lasts

🌞 Our last summer to enjoy our existing garden. Bring your scissors and snip a few herbs!

🌞 Our last pool party on this site, July 6 at noon

🌞 Last Hot Summer Game Day: “The Game of Life” you have lived it, now come and play it. Great game day make new friends. Stop in register choose your car! Rootbeer floats and snacks! August 5, 1:00pm

🌞 Ice Cream Social, Featuring “Name That Tune Live” August 26, 1:00pm

Lots of celebrations, stop by, thank our construction workers. It’s closer than you think!
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, Administrative Support Tech II, Digital Access Specialist
rjoffe@howardcountymd.gov
410-313-7682

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 right click below:
https://visitor.r20.constantcontact.com/manage/optin?v=001_BS31v9uBHPl2tMLUbUbwGVlv7eYKcnSrLO4XkPw6FipDpiD1ypecIR3ULyzedUv94jSMKmnjNj2P-2H7jaBbgRr_ppPVM-pPinwMkoI0TwZ0%3D

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.
### July at a Glance Calendar

#### Monday
- **9am to 11:30am**
  - Legal Aid Services
  - Family Law Assistance Program by appointment
  - 410-313-2135 or 410-313-2225

#### Tuesday
- **9am to 11:30am**
  - Family Law Assistance Program by appointment
  - 410-313-2135 or 410-313-2225

#### Wednesday
- **9am to 11:30am**
  - Legal Aid Services
  - Family Law Assistance Program by appointment
  - 410-313-2135 or 410-313-2225

#### Thursday
- **9am to 11:30am**
  - Legal Aid Services
  - Family Law Assistance Program by appointment
  - 410-313-2135 or 410-313-2225

#### Friday
- **9am to 11:30am**
  - Legal Aid Services
  - Family Law Assistance Program by appointment
  - 410-313-2135 or 410-313-2225

#### July 1
- **10am**
  - Pool Party Wednesday, July 6, 12pm
  - Must register

#### July 4
- **Center Closed**

#### July 8
- **10am**
  - Pool Party Wednesday, July 6, 12pm
  - Must register

#### July 12
- **10am**
  - Pool Party Wednesday, July 6, 12pm
  - Must register

#### July 15
- **10am**
  - Pool Party Wednesday, July 6, 12pm
  - Must register

#### July 18
- **10am**
  - Pool Party Wednesday, July 6, 12pm
  - Must register

#### July 22
- **10am**
  - Pool Party Wednesday, July 6, 12pm
  - Must register

#### July 25
- **10am**
  - Pool Party Wednesday, July 6, 12pm
  - Must register

#### Yoga Classes
- **9am to 11:30am**
  - Tai Chi Beginner II $10
  - Tai Chi Beginner I $10
  - Tai Chi Intermediate II $10
  - Tai Chi Intermediate I $10
  - Tai Chi Advanced $10
  - Soul Line Dance Party $10

#### Other Activities
- **12pm**
  - Pinochle
  - Bridge
  - Mah Jong Class
  - Fresh Conversations: Battle of the Carbohydrates
  - Family Law Assistance Program
  - Tai Practice
  - Tai Chi Practice
  - Tai Chi Practice
  - Poker
  - Chess

#### Key
- *Outdoor Class*
- **Hybrid live and Virtually**
- ***Streaming***

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**Legend:**
- **Necessary**
- **Appointment**
- **Hybrid**
- **Streaming**
### AUGUST AT A GLANCE CALENDAR

<table>
<thead>
<tr>
<th>MONDAY</th>
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<td>9 Tai Chi Practice</td>
<td>10 Color with Us</td>
<td>*10 MAP Services</td>
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<td>10 Movin Mondays $</td>
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| 11:45 Yoga $ | 11 Seated Yoga $ | 11:45 Yoga $ | 2 Bid Whist | 1 The Game of Life  
| 12 Mahjong | 12 Sew Who Cares | 12 Mahjong | *3 Tai Chi Intermediate II $ | 
| 1:30 Chinese Brush Stroke Painting $ | 12 Poker | 1:30 Chinese Brush Stroke Painting $ | *4 Tai Chi Intermediate I $ | 
| 2:30 Pinochle | 6 Family Law | 2:30 Pinochle | *5 Tai Chi advanced $ | 
| 3 Soul Line Dance $ | 6 Family Line Dance | 3 Soul Line Dance $ | 6 Soul Line Dance Party $ | 

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### Legal Aid Services

- **Mondays**: 9am to 11:30am
- **No appointment necessary**: 410-480-1057
- **Family Law Assistance Program by appointment**: August 9 & 12
- **410-313-2135 or 410-313-2225**

### Notes

- * indicates an additional fee
- $ indicates a special event
# SEPTEMBER AT A GLANCE CALENDAR

<table>
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<td><img src="image" alt="Legal Aid Services" /></td>
<td><img src="image" alt="Family Law Assistance Program" /></td>
<td>DIY Handmade Paper w/Eileen September 14, 11am</td>
<td>10 Tai Chi Practice 11 Tai Chi Practice 12 Tai Chi Practice 12 Poker</td>
<td>2 12 Pinochle 1 Bridge</td>
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<tr>
<td><img src="image" alt="HAPPY LABOR DAY" /></td>
<td>5 Center Closed</td>
<td>6 10 Color with Us 10 MAP Services *10 Qigong 11 Seated Yoga $ 12 Sew Who Cares 12 Poker</td>
<td>7 *9 Tai Chi Beginner II $ *10 Tai Chi Beginner I $ 12 Seasoned Sisters 2 Bid Whist *3 Tai Chi Intermediate II $ *4 Tai Chi Intermediate I $ *5 Tai Chi advanced $ 6 Soul Line Dance Party $</td>
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<td>30 10 Draw &amp; Paint $ 12 Pinochle 1 Bridge</td>
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ONGOING PROGRAMS

Chinese Brush Stroke Painting
Mondays, 1:30pm
Cost: $138 11 classes
(No class on 7/4 & 9/5)
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. #A04500.800

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.

Nutrition Consultation, Thursday,
July 14, August 11, September 8
10am to 12pm
Sign up for 1/2 hour consultations
Nutrition Consultation with dietician Carmen Roberts, RD, LDN by appointment

World Language Café
Tuesday, 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.

Seasoned Sisters Group
Wednesdays 12pm
Summer Dates 7/13 & 8/17
Led by a trained facilitator.
Come laugh, learn, and grow with other women in a welcoming setting to uplift and create connections. Discussions focus on sharing life lessons and the joys of being seasoned.

*Qi Gong Practice
Tuesday, 10am,
Cost: Free
Note: This class is held outside, inclement weather class is held on Zoom.
No experience necessary.
Qi Gong is the art and science of using breathing techniques, gentle movement, and meditation cleanse,
**Pool Party**
Wednesday, July 6, 12pm
Cost: Donation
(must register for lunch)
Join us poolside for games, music and lunch!

**Mah Jong**
Learn to Play
American Mah Jong
Fridays, July 8, 1pm to 2:30pm
(4 weeks)
Cost: $15 Materials Fee
Enter the fun and challenging world of this tile game of strategy and skill.

**Wordle**
Come and learn how to play the hottest new online word game.
Wednesday, July 27, 1pm
Wordle is an online word game in which the player has to guess a five-letter word in six attempts. Join the fun bring your phone!

**Paper Making**
Cost: Free
Every third Wednesday at 11am,
This quarter the Paper Crafting Class is all about the paper!
Join us July 20, faux rice paper from napkins or tissue paper
On August 17, Washi tape and September 21 making new paper from old scraps!

**“The Game Of Life”**
Friday, August 5, 1pm
Cost: Free
You have lived it, now come and play it! Great game day, win prizes, make new friends. Stop to register choose your car!
Root Beer floats and snacks!

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Please call to register for events and programs
410-313-7680.
Or Online registration can be done via the ActiveNet website: [http://apm.activecommunities.com/howardcounty](http://apm.activecommunities.com/howardcounty)

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**CENTER CLOSURE**
MONDAY, July 4th, Independence Day
MONDAY, September 5th, Labor Day
**Events & Programs**

**Ice Cream Social, featuring “Name That Tune”**
Friday, August 26, 1pm
Cost: $5
Come and enjoy our ice cream bar while playing this interactive game of guessing popular tunes from the 50’s, 60’s and 70’s.

**Tik Tok University**
Wednesday, August 31, 12pm
Cost: Free
Join the fun as we teach you fast and easy recipes our staff has learned on TikTok.

**Alcohol Ink**
Friday, September 9, 10am
Cost: $12, Materials Fee: $10
Join Rachel McCracken and learn to use alcohol inks on a variety of surfaces to make beautiful and unique art. Alcohol inks can make stand alone works of art or can serve as the background for other projects.

**Cards for Kindness**
Wednesday, September 21, 11am
Please join us as we participate in Cards for Kindness, a global initiative to spread kindness through handmade cards. Scrapbook.com is collecting handmade blank cards for several organizations. The cards we make will go to hospitals, crisis centers, cancer foundations, and other places where people are in need of some kindness. East Columbia will provide the card bases and envelopes and will mail the completed cards. We will have decorative paper, stamps & ink, glue and ephemera on hand and you are welcome to bring your own, or supplies to share. Also bring your creativity and love to create Thinking of you; Happy Hello or blank/no sentiment cards.

**DIY Handmade paper w/Eileen.**
Wednesday, September 14, 11am
Join Eileen Heefner as she teaches you how to make handmade paper from recycled materials.
EVENTS & PROGRAMS

Fresh Conversations with Karen Basinger
2:30PM
Join the conversation as Karen talks about:
July 12 - Battle of the Carbohydrates
August 16 - The Sunshine Vitamin
September 13 - What’s New in Nutrition

“Care Talks”
Third Tuesdays at 10am
The Caregiver Support Program is to meet in-person with caregivers offering information and resources to assist you in your journey.
Please contact Earnestine Thomas
At 410-313-5969 or ethomas@howardcountymd.gov.

Let’s Do Lunch
The congregate meal program has returned to the East Columbia 50+ Center! Howard County residents aged 60 and over and their spouses of any age are eligible to participate in this program and are asked to make a voluntary, confidential donation. All the Howard County 50+ Centers serve meals that have been planned and approved by a registered dietitian.
Schedule: Meals are available Tuesday through Friday each week based on availability. Please ask an East Columbia 50+ Center staff member if you would like to receive a meal.

Legal Aid
Mondays, 9am to 11:30am
No appointment necessary
410-480-1057

Family Law Assistance
Tuesdays, 6pm
July 12 & 19
August 9 & 16
September 13 & 20
By Appointment Only
410-313-2135 or 410-313-2225

MARYLAND ACCESS POINT (MAP)
A MAP specialist is available at East Columbia 50+ every Tuesday from 10am to 4pm.

Maryland Access Point (MAP) of Howard County is a gateway for information and assistance for older adults, persons with disabilities, family members, and caregivers who need or want to plan for future needs.
• Caregiver Resources, Support and Education
• Short-and Long-Term Planning
• Medicare Counseling
• Transportation Options
• Alternate Community Living Options
• Benefits Eligibility Assistance
• Aging in Place Consultations
**EXERCISE AND FITNESS**

**Movin’ Mondays**  
Mondays, 10am  
Cost: $59, 11 classes  
(no class 7/4, 9/5)  
Get your week off to a great start with some low-impact cardio: Muscle conditioning; agility and balance work; and finish up with stretching! #A04402.800

**Yoga**  
Mondays, 11:45am  
Cost: $70 11 classes  
(no class on 7/4, 9/5)  
Learn basic yoga poses. Enjoy breathing and relaxation techniques. Benefits include: greater flexibility, improved strength, energy, concentrations, clarity, and overall health. #A04401.800

**Chair Yoga**  
Tuesdays 11am  
Cost: $64, 12 classes  
(no class 7/5)  
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. #A04403.800

**Soul Line Dance Beginner/Intermediate**  
Mondays, 3pm  
Cost: $59, 11 classes  
(no class 7/4, 9/5)  
Be inspired by soul music and creative and challenging moves. Dance your way to a fitter “you” #A04400.800

**Soul Line Dance Party with Jessie Barnes**  
Wednesdays, 6pm  
Cost: $7 drop in fee.  
Learn all the latest soul line dances. You could be a big hit at the next party! #A04410.800

**Tai Chi Wednesdays**

*Beginner II, 9am  
*Beginner I, 10am  
Cost: $136, 13 classes  
Learn the easy, gentle, slow circular movements of Tai Chi that help improve balance and concentration.

*Intermediate II, 3pm  
*Intermediate I, 4pm  
Cost: $136, 13 classes  
Intermediate Tai Chi focuses on balance in the body, mind, and spirit. Swords are incorporated in this Tai Chi practice.

*Advanced 5pm  
Cost: $136, 13 classes  
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.
### Virtual Programs on Webex

**National Park Series: Agate Fossil Beds National Monument**
**Thursday, July 28, 2 pm**
Join an Education Ranger as they introduce several species of mammals that once roamed the Nebraska plains during the Miocene epoch some 26-15 Million Years ago. Learn about how climate change, geology and other environmental factors contributed to the evolution and extinction of these species. Learn some other fun facts as well.
Click link below to join:
https://howardcountymd.webex.com/howardcountymd/l.php?lhID-mf0931a96361a4a82d028d023dc16ee6
Meeting # 2319 094 0184 Password: Summer50+

**National Park Series: Mammoth Cave National Park**
**Thursday, August 25, 2 pm**
Join National Park Ranger McDowell to learn about the history and geology of Mammoth Cave and west-central Kentucky.
Click link below to join:
https://howardcountymd.webex.com/howardcountymd/l.php?lhID=m35108712cd044f2ec74f0b752e8d7167
Meeting # 2310 253 9184 Password: Summer50+

### Virtual Fitness Pass

Are you interested in joining our Virtual Community of Fitness Classes? Sign up for our Paid Virtual Fitness Class Pass and enjoy 17 different classes per week, for only $38 a month. To sign up and for more details on classes and instructors, call 410.313.1400 or 410.313.5440. You can also sign up online at: [https://apm.activecommunities.com/howardcounty/](https://apm.activecommunities.com/howardcounty/)
Search: Virtual 50+ Virtual Exercise Classes/A02490.801 for July, A02490.802 for August and A02490.803 for September. Below is the weekly schedule. Please note in August, Kickboxing moves to 8:30 am.

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<th><strong>Tuesday</strong></th>
<th><strong>Wednesday</strong></th>
<th><strong>Thursday</strong></th>
<th><strong>Friday</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>FLOOR, CORE &amp; MORE 8:30 AM</td>
<td>POWER 8:30 AM</td>
<td>KICKBOXING 8 AM</td>
<td>POWER 8:30 AM</td>
<td>FLOOR, CORE &amp; MORE 8:30 AM</td>
</tr>
<tr>
<td>MINDFUL MONDAYS 10 AM</td>
<td>CARDIO &amp; CORE 10 AM</td>
<td>PILATES 10 AM</td>
<td>CARDIO &amp; CORE 10 AM</td>
<td>ZUMBA GOLD® 10 AM</td>
</tr>
<tr>
<td>SEATED STRENGTH AND BALANCE 11 AM</td>
<td>YOGA WITH MARY 11 AM</td>
<td>CIRCUIT CONDITIONING 5:30 PM</td>
<td>SEATED STRENGTH AND BALANCE 11 AM</td>
<td>FRIDAY POWER 11 AM</td>
</tr>
<tr>
<td>CIRCUIT CONDITIONING 5:30 PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Saturday**

HATHA YOGA 9:30 AM

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[Howard County 50+ Centers](https://apm.activecommunities.com/howardcounty/)