Department of Citizen Services
Office on Aging

6600 Cradlerock Way
Columbia 21045
410-313-7680

East Columbia 50+ Center
February, 2012 Events

Hours: Monday and Wednesday, 9 am to 9 pm
Tuesday and Thursday, 9 am to 4:30 pm / Friday, 9 am to 4 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 4, 2012 **Meet** **Author** **Dorothy Bailey** **1-3 PM** **To Celebrate** **African American** **History Month**	**Shingles** **Vaccine** **Here** **Feb. 13, 2012** **Register** **Early!**	9 Harmonize Exercise 10 Mahjong **12 Healthy Eating** **Rona Martiyan** 1 Bid Whist 4 Tai Chi 3 5 Tai Chi 1 6 Tai Chi 2 7 Soul Line **1**	**9 Exercise Ease** **10 Agewell** 11 Tai Chi Sword P 12 Tai Chi P 2 12 Poker 1 Chess 1 Latin Jam 2:30 Pilates ***Welcome Back!** **2**	9 Reflexology 9:30 Draw & Paint 1 Watercolor 1 Bridge 1 Pinochle **3**
Closed Staff Meeting **6**	**9 Exercise Ease** **10 Agewell** 9:30 Chair Yoga **11 Sew who Cares** **12 Book Club** 12 Poker 1 Belly Dance 2 Yoga 3 Urban Line **7**	9 Harmonize Exer. 10 Mahjong 1 Bid Whist 4 Tai Chi 3 5 Tai Chi 1 6 Tai Chi 2 7 Soul Line 1 **8**	**9 Exercise Ease** **10 Agewell** **10 Spotlight Seniors** **10 Valentine Treats** 11 Tai Chi Sword P 12 Tai Chi P 2 12 Poker/1 Chess 1 Latin Jam 2:30 Pilates **9**	9:30 Draw & Paint 1 Watercolor 1 Bridge 1 Pinochle **10**
9 Legal Aid 9 Harmonize 10 Tai Chi P 11 Yoga 12 Mahjong **12:30 Kukuwa Dance** 2 Tai Chi 2 P 3:30 Mary McCormick 6 Tai Chi 1 P 7 Soul Line Dance 2 **13**	9 Exercise Ease **10 Agewell** 9:30 Chair Yoga **11 Sew Who Cares** **12 Book Club** 12 Poker 1 Belly Dance 2 Yoga 3 Urban Line **14**	9 Harmonize Exer. 10 Mahjong 1 Bid Whist 4 Tai Chi 3 **5 Tai Chi 1** 6 Tai Chi 2 7 Soul Line Dance 1 **15**	9 Exercise Ease **10 Agewell** 11 Tai Chi Sword P 12 Tai Chi 2 P 12 Poker/1 Chess 1 Latin Jam 2:30 Pilates **7 Robert's** **New Release Cinema** **16**	9 Reflexology 9:30 Draw & Paint 1 Watercolor 1 Bridge 1 Pinochle **17**
Closed President's Day **20**	9 Exercise Ease 9:30 Chair Yoga **10 Agewell** **11 Sew Who Cares** 12 Poker 1 Belly Dance 2 Yoga 3 Urban Line **21**	9 Harmonize Exer. 10 Mahjong 1 Bid Whist 4 Tai Chi 3 **5 Tai Chi 1** 6 Tai Chi 2 7 Soul Line Dance 1 **22**	9 Exercise Ease **10 Agewell** 11 Tai Chi Sword P 12 Tai Chi 2 P 12 Poker/1 Chess 1 Latin Jam 1:30 Activity Pals 2:30 Pilates 7 Anime Club **23**	9:30 Draw & Paint 1 Watercolor 1 Bridge 1 Pinochle **24**
9 Legal Aid 9 Harmonize 10 Tai Chi P 11 Yoga 12 Mahjong **12:30 Kukuwa** 2 Tai Chi 2 P 3:30 Mary McCormick 6 Tai Chi 1 P 7 Soul Line 2 **27**	9 Exercise Ease 9 9:30 Chair Yoga **10 Agewell** **10 NARF Newsletter** **11 Sew Who Cares** 12 Poker 1 Belly Dance 2 Yoga 3 Urban Line **28**	9 AARP Tax Help 9 Harmonize Exer. 10 Mahjong 1:30 Bid Whist 4 Tai Chi 3 **5 Tai Chi 1** 6 Tai Chi 2 7 Soul Line Dance 1 **29**	**Valentine Treats** **For** **Your Sweetie** **Tastings,** **Recipes,** **Sharing.** **Join Us!** **Thursday** **February 9, 2012** **10:00 AM** **Cost: $5.00**	**Meridy McCague** **Director** **Ellen Brown** **Assistant Director** **Earl Saunders** **Evening/Weekend** **Manager**

Lunch with Rona Martiyan, RD, MS, LDN
Join us for robust conversation and a great box lunch to discuss healthy eating for the New Year! Rona offers great tips and realistic suggestions. Please call to reserve your spot at the table.
When: Wednesday, February 1, 2012
Time: Noon

One on one consultations: February 13, 2012
Appointments from 4-6 PM

Meet Author Dorothy Bailey
Author of *In a different Light: Reflections and Beauty of Wise Women of Color, talks* about how her book highlights the wisdom, beauty, strength and courage of 90 women, aged 70 and over, who live in Maryland.
Books will be available for purchase
When: Saturday, February 4, 2012
Time: 1-3 PM
Register: 410-313-7700

Register To Vote!
Make sure your voter registration is current. Closing date to vote in the Primary Election or change your party affiliation is March 13, 2012. Election day is Tuesday, April 2, 2012. Help available here.
When: Wednesday, February 8, 2012
Time: 1-2:30 PM

Valentine Treats for Your Sweetie
Tired of giving the same old box of chocolates? Surprise your sweetie with a new gift. We will taste and share some great recipes. All fun, no stress. Join us!
When: Thursday, February 9, 2012
Time: 10:00 AM
Cost: $5.00

Shingles Vaccine. Don't miss this great opportunity. Shingles can lead to severe pain, eye issues, nerve damage and skin infections. People over 60 are at greatest risk.
Provided by MedStar Visiting Nurse Association. Bring all insurance information and Medicare Part D proof for coverage.
When: Monday, February 13, 2012
Time: 9:30 AM

Box Lunch Book Club
This month's book is: the *Immortal Life of Henrietta Lacks, by* Rebecca Skloot
Pick the book up at the Information Desk of the library and join us.
Box Lunch available; could it be any easier than that?
When: Tuesday, February 14, 2012
Time: Noon
Cost: Lunch Donation for box lunch

Robert's New Release Cinema
This is a film event that shows critically acclaimed new DVD Movies. View new release films in the comfort of your own center. Drinks, snacks and a great flick…..all within your budget.
When: Thursday, February 16, 2012
Time: Film at 7 PM
Cost: Free

Sew Who Cares
Join this highly motivated group of people who want to improve their knitting, crocheting and sewing skills while working on special projects for the community. Bring your own needles or hooks. Join us for this supportive, relaxing and fun morning.
Yarn is available for project use.
When: Tuesday's
Time: 11 AM-1 PM

If you need this calendar/newsletter in an alternative format please contact:
Meridy McCague, 410-313-7684 or email at mmccague@howardcountymd.gov