

**Longwood 50+ Center**  
**August 2017**



**Days of Operation: Tuesday 9:00am – 1:30pm**  
**Wednesday 9:00am – 2:00pm**

Columbia MD 21045  
410-313-7217

Director: Kari Weidner

[www.howardcountyaging.org](http://www.howardcountyaging.org)

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	Chinese Exercise 9:00am "Walk to be Fit" 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30-3:00pm  <b>1</b>	Chinese Exercise 9:00am Chair Yoga 10:00am <b>Lunch 12Noon</b> MAP (MD Access Pt) 1:30pm- 2:30pm  <b>2</b>		<b>3</b>
<b>7</b>	Chinese Exercise 9:00am "Walk to be Fit" 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30-3:00pm  <b>8</b>	Chinese Exercise 9:00am Chair Yoga 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30- 4:00pm  <b>9</b>	<b>10</b>	<b>11</b>
<b>14</b>	Chinese Exercise 9:00am Nutrition Tasting 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30-3:00pm  <b>15</b>	Chinese Exercise 9:00am Chair Yoga 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30- 4:00pm  <b>16</b>	<b>17</b>	<b>18</b>
<b>21</b>	Chinese Exercise 9:00am "Walk to be Fit" 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30-3:00pm  <b>22</b>	Chinese Exercise 9:00am Bingo 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30- 4:00pm  <b>23</b>	<b>24</b>	<b>25</b>
<b>28</b>	Chinese Exercise 9:00am "Walk to be Fit" 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30-3:00pm  <b>29</b>	Chinese Exercise 9:00am Chair Yoga 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30- 4:00pm  <b>30</b>	<b>31</b>	