



Longwood 50+ Center

October 2019

**Days of Operation: Tuesday 8:30am – 3:00pm
Wednesday 8:30am – 4:00pm**

**6150 Foreland Garth
Columbia, MD 21045
410-313-7217**

Director: Kari Weidner

www.howardcountyaging.org

Monday December 2, 2019	Tuesday December 3, 2019	Wednesday December 4, 2019	Thursday December 5, 2019	Friday December 6, 2019
	中国式健身操 9:00am 钩编/针织/尊巴舞 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm	中国式健身操 9:00am 尊巴 10:00am 午餐 12Noon 乒乓与游戏 2:00-4:00pm		
Monday December 9, 2019	Tuesday December 10, 2019	Wednesday December 11, 2019	Thursday December 12, 2019	Friday December 13, 2019
	中国式健身操 9:00am 钩编/针织/尊巴舞 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm	中国式健身操 9:00am 尊巴 10:00am 午餐 12Noon 乒乓与游戏 2:00-4:00pm		
Monday December 16, 2019	Tuesday December 17, 2019	Wednesday December 18, 2019	Thursday December 19, 2019	Friday December 20, 2019
	中国式健身操 9:00am 钩编/针织/尊巴舞 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm	中国式健身操 9:00am 尊巴 10:00am 午餐 12Noon 乒乓与游戏 2:00-4:00pm		
Monday December 23, 2019	Tuesday December 24, 2019	Wednesday December 25, 2019	Thursday December 26, 2019	Friday December 27, 2019
	中国式健身操 9:00am 钩编/针织/尊巴舞 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm	CENTER CLOSED		
Monday December 30, 2019	Tuesday December 31, 2019			
	中国式健身操 9:00am 钩编/针织/尊巴舞 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm			