

Longwood 50+ Center
July 2016



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

6150 Foreland Garth
Columbia MD 21045
410-313-7217

Director: Kari Weidner

www.howardcountyaging.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
 4	Chinese Exercise 9:00am "Walk to be Fit" 10:00am Lunch 12Noon Ping Pong & Games 1:00-3:00pm 5	Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:00-4:00pm 6	7	8
11	Chinese Exercise 9:00am Color Me- Art 9:30am "Walk to be Fit" 10:00am Lunch 12Noon Ping Pong & Games 1:00-3:00pm 12	Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12 Noon Bread 1:30pm Ping Pong & Games 1:00-4:00pm 13	14	15
18	Chinese Exercise 9:00am "Walk to be Fit" 10:00am Lunch 12Noon Ping Pong & Games 1:00-3:00pm 19	Chinese Exercise 9:00am BINGO 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:00-4:00pm 20	21	22
25	Chinese Exercise 9:00am "Walk to be Fit" 10:00am Lunch 12Noon Ping Pong & Games 1:00-3:00pm 26	Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:00-4:00pm 27	28	29