


Longwood 50+ Center
July 2016



6150 Foreland Garth
Columbia MD 21045
410-313-7217
Director: Kari Weidner

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

www.howardcountyyaging.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 4	中国运动 9:00am “步行是适” 10:00am 午餐 12Noon 乒乓与游戏 1:00-3:00pm 5	中国运动 9:00am 瑜伽 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:00-4:00pm 6	7	8
11	中国运动 9:00am 艺术 9:30am “步行是适” 10:00am 午餐 12Noon 乒乓与游戏 1:00-3:00pm 12	中国运动 9:00am 瑜伽 10:00am 午餐 12 Noon 面包 1:30pm 乒乓与游戏 1:00-4:00pm 13	14	15
18	中国运动 9:00am “步行是适合” 10:00am 午餐 12Noon 乒乓与游戏 1:00-3:00pm 19	中国运动 9:00am 答对了 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:00-4:00pm 20	21	22
25	中国运动 9:00am “步行是适合” 10:00am 午餐 12Noon 乒乓与游戏 1:00-3:00pm 26	中国运动 9:00am 瑜伽 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:00-4:00pm 27	28	29