

Longwood 50+ Center

May 2017

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	中国式健身操 9:00am 走路健身 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm 2	中国式健身操 9:00am 瑜伽 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:30-4:00pm 3	4	5
8	中国式健身操 9:00am 走路健身 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm 9	中国式健身操 9:00am 瑜伽 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:30-4:00pm 10	11	12
15	中国式健身操 9:00am 走路健身 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm 16	中国式健身操 9:00am 宾果 10:00am 午餐 12Noon 没有面包没有乒乓 球 韩国教会 1:30- 3:30pm 下午 17	18	19
22	中国式健身操 9:00am 走路健身 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm 23	中国式健身操 9:00am 瑜伽 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:30-4:00pm 24	25	26
29	中国式健身操 9:00am 走路健身 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm 30	中国式健身操 9:00am 瑜伽 10:00am 午餐 12Noon 面包 1:30pm 乒乓与游戏 1:30-4:00pm 31		