

Longwood 50+ Center
October 2017



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.howardcountyaging.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	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	中国式健身操 9:00am 乔伊斯与工艺品 10:00am 午餐 12Noon 乒乓与游戏 1:30-4:00pm		6
9	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	中国式健身操 9:00am 乔伊斯与工艺品 10:00am 午餐 12Noon 韩国教会- 没有乒 乓球或游戏 1:30-4:00pm	12	13
16	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	中国式健身操 9:00am 乔伊斯与工艺品 10:00am 午餐 12Noon 乒乓与游戏 1:30-4:00pm	19	20
23	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	中国式健身操 9:00am 乔伊斯与工艺品 10:00am 午餐 12Noon 乒乓与游戏 1:30-4:00pm	26	27
30	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			
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