

**Longwood 50+ Center**  
**September 2017**



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

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

Director: Kari Weidner

[www.howardcountyaging.org](http://www.howardcountyaging.org)

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
				<b>1</b>
<b>4</b>	Chinese Exercise 9:00am "Walk to be Fit" 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30-3:00pm	Chinese Exercise 9:00am Chair Yoga 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30- 4:00pm	<b>7</b>	<b>8</b>
<b>11</b>	Chinese Exercise 9:00am "Walk to be Fit" 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30-3:00pm	Chinese Exercise 9:00am Chair Yoga 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30- 4:00pm	<b>14</b>	<b>15</b>
<b>18</b>	Chinese Exercise 9:00am "Walk to be Fit" 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30-3:00pm	Chinese Exercise 9:00am Bingo 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30- 4:00pm	<b>21</b>	<b>22</b>
<b>25</b>	Chinese Exercise 9:00am "Walk to be Fit" 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30-3:00pm	Chinese Exercise 9:00am Chair Yoga 10:00am <b>Lunch 12Noon</b> Ping Pong & Games 1:30- 4:00pm	<b>28</b>	<b>29</b>