

Longwood 50+ Center
September 2017

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



www.howardcountyaging.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	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	7	8
11	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	14	15
18	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 宾果 10:00am 午餐 12Noon 乒乓与游戏 1:30-4:00pm	21	22
25	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	28	29