

Longwood 50+ Center
September 2016



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.howardcountyyaging.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
HAPPY LABOR DAY 5	中国运动 9:00am Smita-椅子瑜伽上午 10:00am 午餐 12Noon 乒乓与游戏 1:00-3:00pm 6	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 7	8	9
12	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 13	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 14	15	16
19	中国运动 9:00am Smita-椅子瑜伽上午 10:00am 午餐 12Noon 乒乓与游戏 1:00-3:00pm 20	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 21	22	23
26	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 27	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 28	29	30