Howard County Office on Aging and Independence

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.howardcountyaging.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
HAPPY LABOR DAY 5	Chinese Exercise 9:00am Smita- Chair Yoga 10:00am **Lunch 12Noon** Ping Pong & Games 1:00-3:00pm 6	Chinese Exercise 9:00am Chair Yoga 10:00am **Lunch 12Noon** Bread 1:30pm Ping Pong & Games 1:00-4:00pm 7	8	9
12	Chinese Exercise 9:00am "Walk to be Fit" 10:00am **Lunch 12Noon** Ping Pong & Games 1:00-3:00pm 13	Chinese Exercise 9:00am Chair Yoga 10:00am **Lunch 12 Noon** Bread 1:30pm Ping Pong & Games 1:00-4:00pm 14	15	16
19	Chinese Exercise 9:00am Smita- Chair Yoga 10:00am **Lunch 12Noon** Ping Pong & Games 1:00-3:00pm 20	Chinese Exercise 9:00am BINGO 10:00am **Lunch 12Noon** Bread 1:30pm Ping Pong & Games 1:00-4:00pm 21	22	23
26	Chinese Exercise 9:00am "Walk to be Fit" 10:00am **Lunch 12Noon** Ping Pong & Games 1:00-3:00pm 27	Chinese Exercise 9:00am Chair Yoga 10:00am **Lunch 12Noon** Bread 1:30pm Ping Pong & Games 1:00-4:00pm 28	29	30