



Longwood 50+ Center

September 2019

Days of Operation: Tuesday 8:30am – 3:00pm
Wednesday 8:30am – 4:00pm

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

Director: Kari Weidner

www.howardcountyaging.org

Monday September 2, 2019	Tuesday September 3, 2019	Wednesday September 4, 2019	Thursday September 5, 2019	Friday September 6, 2019
中心关闭 HAPPY LABOR DAY	中国式健身操 9:00am 钩编/针织/尊巴舞 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm	中国式健身操 9:00am 尊巴 10:00am 午餐 12Noon 层压医疗卡 1:30- 3:30pm 乒乓与游戏 2:00-4:00pm		
Monday September 9, 2019	Tuesday September 10, 2019	Wednesday September 11, 2019	Thursday September 12, 2019	Friday September 13, 2019
	中国式健身操 9:00am 钩编/针织/尊巴舞 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm	中国式健身操 9:00am 尊巴 10:00am 午餐 12Noon 乒乓与游戏 2:00-4:00pm	韩国教堂 无乒乓球	
Monday September 16, 2019	Tuesday September 17, 2019	Wednesday September 18, 2019	Thursday September 19, 2019	Friday September 20, 2019
	中国式健身操 9:00am 钩编/针织/尊巴舞 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm	Chinese Exercise 9:00am Bingo 10:00am Lunch 12 Noon Ping Pong & Games 2:00- 4:00pm		
Monday September 23, 2019	Tuesday September 24, 2019	Wednesday September 25, 2019	Thursday September 26, 2019	Friday September 27, 2019
	中国式健身操 9:00am 钩编/针织/尊巴舞 10:00am 午餐 12Noon 乒乓与游戏 1:30-3:00pm	中国式健身操 9:00am 尊巴 10:00am 午餐 12Noon 乒乓与游戏 2:00-4:00pm		
Monday September 30, 2019				