Department of Citizen Services
Office on Aging

6150 Foreland Garth
Columbia MD 21045
410.313.7217
Michelle Feng, Director

Longwood Senior Center

February 2012

Hours: Monday through Friday 9:00am – 2:00pm
longwoodsc@howardcountymd.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HAPPY VALENTINE'S DAY	Chinese Free Exercise 9:00 am Heart Healthy Breakfast 10:00 am Lunch 12 noon **1**	Game Day 10:00 am Planning Meeting 11:00 am Emergency Meal Kit Distribution 10:00 am-2:00 pm **2**	Chinese Free Exercise 9:00 am Blood Pressure Screening 1:00 pm **3**
STAFF MEETING CENTER CLOSED **6**	Bread Day 10:00 am Lunch 12 noon Ballroom Dance 1:00 pm Ping Pong 1:00 pm **7**	Chinese Free Exercise 9:00 am Laughing Yoga 10:00 am Lunch 12 noon Chorus 1:00 pm **8**	**TRIP**- Walmart Leave 10:00 am Return 1:00 pm **9**	Chinese Free Exercise 9:00 am "Share the Love" Card Making Session 11:00 am Lunch 12 noon Blood Pressure Screening 1:00 pm **10**
English Class 10:30 am Lunch 12 noon Line Dancing 1:00 pm **13**	Bread Day 10:00 am Lunch 12 noon Sweet Treats Social & Dance 1:00 pm **14**	Chinese Free Exercise 9:00 am Laughing Yoga 10:00 am "Changing Times of the African American Diet" 11:00 am Special Lunch 12 noon **15**	Movie Day –The Help 10:00 am Lunch 12 noon Bingo 1:00 pm **16**	Chinese Free Exercise 9:00 am Blood Pressure Screening 1:00 pm **17**
PRESIDENTS' DAY HOLIDAY CENTER CLOSED **20**	Bread Day 10:00 am Lunch 12 noon Ballroom Dance 1:00 pm Ping Pong 1:00 pm **21**	Chinese Free Exercise 9:00 am Laughing Yoga 10:00 am Lunch 12 noon Chorus 1:00 pm **22**	**TRIP**-Application & Research Lab: Computer Class Leave 10:30 am Return 2:00 pm **23**	Chinese Free Exercise 9:00 am IMAGINATION Art Therapy Class 11:00 am Lunch 12 noon Blood Pressure Screening 1:00 pm **24**
English Class 10:30 am "Exercise for a Healthy Heart" 11:00 am Lunch 12 noon Line Dancing 1:00 pm **27**	Bread Day 10:00 am Lunch 12 noon Ballroom Dance 1:00 pm Ping Pong 1:00 pm **28**	Chinese Free Exercise 9:00 am Laughing Yoga 10:00 am Lunch 12 noon Daytime Delight 1:00 pm **29**		

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Longwood Senior Center February 2012 Events

CALENDAR NOTES:

"Share the Love" Card Making Session
Join Art Therapy instructor Kerri Irvine for a hand-made Valentine's Day card-making session. Donated cards will be distributed to members in the community. Friday, February 10th at 11:00 am. Free Program.

Sweet Treats Social and Dance
Enjoy an afternoon of dance and sweet treats. Free-donations are welcome. Tuesday, February 14th at 1:00 pm. Please call 410-313-7217 to reserve a seat.

"Changing Times of the African American Diet"
Join dietitian Rona Martiyan MS, RD, LDN for healthy cooking and meal preparation tips as she discusses the origins of the African American diet, traditional cooking methods, and general dietary influences that continue to this present day. Wednesday, February 15th at 11 am. Free Program.

Application & Research Lab: Computer Class
Interested in learning about personal computers? Then join the students of the PC Systems Academy as they offer one on one lesson on how to setup, use and maintain your personal computer. Learn about internet surfing, applications/games, social networking, uploading photos and much more. All levels welcome. If interested please call (410) 313-7217 to register. Lunch is available by donation; please donate generously as you can.

"Exercise for a Healthy Heart"
Exercise can improve the health of our heart. Join Jennifer Lee, Exercise Specialist, to discuss the best type of exercise for a healthy heart and learn tips to help achieve results. Monday, February 27th at 11:00 am. Free Program.

REMINDERS

To reserve a meal, please make lunch reservations one week in advance
60 years or older: Anonymous contribution suggested $3.77 regular meal, $5.66 special meal
Under 60: Full cost of meal $3.77 regular meal, $5.66 special meal

Please contribute generously to ensure the viability of this important service

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INCLEMENT WEATHER POLICY

If Howard County Schools are **Closed**, Longwood Senior Center will be **Closed.** No Lunch.
If Howard County Schools have a **2 Hour Delay**, Longwood Senior Center will open at 10am, lunch will be served. No para-transit transportation; programs may be limited.
If Howard County Schools have a **1 Hour Delay**, Longwood Senior Center will open as usual at 9:00 am

If you need accommodations to attend a program or event at Longwood Senior Center, please contact us one week prior to the date of the event at 410-313-7217