Department of Citizen Services
Office on Aging

6150 Foreland Garth
Columbia MD 21045
410.313.7217
Michelle Feng, Director

Longwood Senior Center

March 2012

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HAPPY ST. PATRICK'S DAY		Game Day 10:00 am Grab 'n' Go Breakfast 11:00 am Photography Social 1:30 pm **1**	Chinese Free Exercise 9:00 am Blood Pressure Screening 1:00 pm **2**
STAFF MEETING CENTER CLOSED **5**	Bread Day 10:00 am Lunch 12 noon Ballroom Dance 1:00 pm Ping Pong 1:00 pm **6**	**TRIP**- Wilde Lake High School Spring Musical: Smokey Joe's Café; FREE Leave 9:00 am Return 1:15 pm **7**	**TRIP**- Walmart Leave 10:00 am Return 1:00 pm **8**	Chinese Free Exercise 9:00 am IMAGINATION Art Therapy Class 11:00 am Lunch 12 noon **TRIP-**Bain Center: Bain Council Dance 1:30 pm-3:30 pm **9**
English Class 10:30 am Lunch 12 noon Line Dancing 1:00 pm **12**	Bread Day 10:00 am Lunch 12 noon Ballroom Dance 1:00 pm Ping Pong 1:00 pm **13**	Chinese Free Exercise 9:00 am Laughing Yoga 10:00 am Columbia Community Exchange Information Session 11:00 am Shamrock Cookie Party 12 noon Daytime Delights 1:00 pm **14**	Planning Meeting 11:00 am "Go Green" Lunch 12 noon Photography Social 1:30 pm **15**	**TRIP**- Mt. Hebron High School Musical: Annie; FREE Leave 9:00 am Return 1:15 pm **16**
English Class 10:30 am Lunch 12 noon Line Dancing 1:00 pm **19**	Bread Day 10:00 am Lunch 12 noon Ballroom Dance 1:00 pm Ping Pong 1:00 pm **20**	Chinese Free Exercise 9:00 am Laughing Yoga 10:00 am "Get Your Plate in Shape" and food tasting 11:00 am-1:00 pm Chorus 1:00 pm **21**	**TRIP**-Application & Research Lab: Computer Class Leave 10:30 am Return 2:00 pm **22**	Chinese Free Exercise 9:00 am IMAGINATION Art Therapy Class 11:00 am Lunch 12 noon Blood Pressure Screening 1:00 pm **23**
English Class 10:30 am Lunch 12 noon Line Dancing 1:00 pm **26**	Bread Day 10:00 am Lunch 12 noon Ballroom Dance 1:00 pm Ping Pong 1:00 pm **27**	Chinese Free Exercise 9:00 am Laughing Yoga 10:00 am Lunch 12 noon **28**	Movie Day 10:00 am Birthday Social 12 noon Bingo 1:00 pm **29**	Chinese Free Exercise 9:00 am Blood Pressure Screening 1:00 pm **30**

Department of Citizen Services Office on Aging

Longwood Senior Center March 2012 Events

CALENDAR NOTES:

Photography Social

Mr. En-pu Yang professor of Beijing Film Academy will discuss photographic techniques necessary to produce captivating shots and share some of his work experiences. Participants are encouraged to bring their own photos for sharing. Thursday, March 1st and 15th at 1:30pm. Free Program.

Columbia Community Exchange Information Session

The Columbia Community Exchange has more than 200 members offering a variety of services via the Time Bank, including rides to appointments, household help, phone pal, and pet care. Time Banking values everyone's contributions equally and encourages neighborliness. For more information please join us for an information session on Wednesday, March 14th at 11:00 am. Free Program.

Shamrock Cookie Party

Even better than a pot of gold is the gathering of friends both old and new! Join us for a special lunch featuring traditional Irish favorites and for a little extra luck enjoy a selection of cheerful shamrock cookies. Wednesday, March 14th at 12 noon. Lunch donation; please call (410) 313-7217 to register.

Daytime Delights

Decorate fun desserts this St. Patty's Day with Columbia Art Center's Instructor Susan Kieffer. Wednesday, March 14th at 1:00 pm. Please call to reserve a seat. Free program; donations welcome.

"Go Green" Lunch

Green fruits and vegetables contain many health promoting benefits and are a great source of fiber. Join us for a healthy green lunch and learn how you can incorporate greens into your meals. Thursday, March 15th at 12 noon. Lunch donation; please call (410) 313-7217 to register.

"Get Your Plate in Shape"

March is National Nutrition Month and this year's theme is "Get Your Plate in Shape." Dietitian Rona Martiyan will share tips on how to creatively incorporate healthy food choices onto your plate. Then Join us for some tasty samples. Free; please call (410) 313-7217 to register.

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 as generously as you can.

REMINDERS

To reserve a meal, please make lunch reservations one week in advance.
60 years or older: Anonymous contribution, please donate as generously as you can. Actual price of meal is $3.77 regular meal, $5.66 special meal.
Under 60: Full cost of meal is $3.77 regular meal, $5.66 special meal.
Please contribute generously to ensure the viability of this important service.

strong • savvy • sage
WOMENFEST
A Health & Wellness Event for Women

Save the date for WomenFest: Saturday, June 16, from 9 am to 3 pm at the Glenwood 50+ Center. Visit www.howardcountyaging.org/WomenFest for more information.

FIND US ON FACEBOOK
www.facebook.com/HoCoCitizen

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