

Long Branch Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
July 2024				
1	2	3	4	5
9 – 10:30 a.m. Board Games, Color and Coffee 9 – 10 a.m. Chair Yoga 11 a.m. – Noon Sing Along with Hong 12:30p.m. Lunch	9 – 10:30 a.m. Board Games, Coffee 10 a.m. Dance with Danny 11 a.m. Senior Fit 12 – 2 p.m. Tech Tutoring 12:30 p.m. Lunch	9 - 10:30 a.m. Board Games, Color and Coffee 9:30 a.m. Fall Prevention and Balance exercise class 9:45 a.m. – 1 p.m. July 4 at MSSC 12:30 p.m. Lunch	CLOSED JULY 4th	9 – 10:30 a.m. Board Games, Color and Coffee 10:30 – 11:30 a.m. Seated Volleyball and Cornhole Noon – 2 p.m. Tech Tutoring 12:30 p.m. Lunch
8	9	10	11	12
9 – 10:30 a.m. Board Games, Color and Coffee 9 – 10 a.m. Chair Yoga 11a.m. - Noon Sing Along with Hong 12:30 p.m. Lunch	9 – 10:30 Board Games, Coffee 10 a.m. Dance with Danny 11 a.m. Senior Fit 11 – 11:30 a.m. VR Class A 12 – 2 p.m. Tech Tutoring 12:30 p.m. Lunch	9 - 10:30 Board Games, Color and Coffee 9:30 a.m. Fall Prevention and Balance exercise class 10:30 a.m.- Noon Crossroads 12:30 p.m. - Lunch	9 - 10:30 a.m. Board Games, Coffee 9 a.m. Chair Yoga 10 a.m. Superpower Dance 12 – 2 p.m. Tech Tutoring 11 a.m. Senior Fit 11 – 11:30 a.m. VR Class B 12:30 p.m. Lunch	9 – 10:30 a.m. Board Games, Color and Coffee 10:30 – 11:30 a.m. Seated Volleyball and Cornhole Noon – 2 p.m. Tech Tutoring 11 – 11:30 a.m. VR Class C 12:30 p.m. Lunch
15	16	17	18	19
9 – 10:30 a.m. Board Games, Color and Coffee 9 – 10 a.m. Chair Yoga 11 a.m. - Noon Sing Along with Hong 12:30 p.m. - Lunch	9 – 10:30 Board Games, Coffee 10 a.m. Dance with Danny 10 a.m. Trip to Thrift Store 11 a.m. Senior Fit 12 – 2 p.m. Tech Tutoring 12:30 p.m. Lunch	9 - 10:30 a.m. Board Games, Color and Coffee 9:30 a.m. Fall Prevention and Balance exercise class 10 a.m. Bingo 12:30 p.m. Lunch	9 - 10:30 a.m. Board Games, Coffee 9 a.m. Chair Yoga 10 a.m. Superpower Dance 12 – 2 p.m. Tech Tutoring 11 a.m. Senior Fit 12:30 p.m. Lunch	9 – 10:30 a.m. Board Games, Color and Coffee 10:30 – 11:30 a.m. Seated Volleyball and Cornhole Noon – 2 p.m. Tech Tutoring 12:30 p.m. Lunch
22	23	24	25	26
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28	29	31	Hours: Monday - Friday 9 a.m. to 4 p.m. Closed on County Holidays. Lunch served at 12:30 p.m. Staff: Mary Pelz – Recreation Specialist, Deloris King – Nutrition Manager, Recreation Assistants: Rocio Castro, Leah Kwait-Blank, Julia Ortega.	
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