Long Branch Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
•	•	July 2024		
9 – 10:30 a.m. Board	9 – 10:30 a.m. Board	3	4	5 9 – 10:30 a.m. Board Games,
Games, Color and Coffee	Games, Coffee	9 - 10:30 a.m. Board Games, Color and Coffee		Color and Coffee
9 – 10 a.m. Chair Yoga	10 a.m. Dance with Danny	9:30 a.m. Fall Prevention	CLOSED JULY 4th	10:30 – 11:30 a.m. Seated
11 a.m. – Noon Sing Along	11 a.m. Senior Fit	and Balance exercise class	CLOSED JULY 4"	Volleyball and Cornhole
with Hong	12 – 2 p.m. Tech Tutoring	9:45 a.m. – 1 p.m. July 4 at		Noon – 2 p.m. Tech Tutoring
12:30p.m. Lunch	12:30 p.m. Lunch	MSSC		12:30 p.m. Lunch
12.00pmin Lanon	12.00 p 20.1011	12:30 p.m. Lunch		12.00 piiii 2diioii
8	9	10	11	12
9 – 10:30 a.m. Board	9 – 10:30 Board Games,	9 - 10:30 Board Games,	9 - 10:30 a.m. Board	9 – 10:30 a.m. Board Games,
Games, Color and Coffee	Coffee	Color and Coffee	Games, Coffee	Color and Coffee
9 – 10 a.m. Chair Yoga	10 a.m. Dance with Danny	9:30 a.m. Fall Prevention	9 a.m. Chair Yoga	10:30 - 11:30 a.m. Seated
11a.m Noon Sing Along	11 a.m. Senior Fit	and Balance exercise class	10 a.m. Superpower Dance	Volleyball and Cornhole
with Hong	11 - 11:30 a.m. VR Class A	10:30 a.m Noon	12 – 2 p.m. Tech Tutoring	Noon – 2 p.m. Tech Tutoring
12:30 p.m. Lunch	12 – 2 p.m. Tech Tutoring	Crossroads	11 a.m. Senior Fit	11 – 11:30 a.m. VR Class C
	12:30 p.m. Lunch	12:30 p.m Lunch	11 – 11:30 a.m. VR Class B	12:30 p.m. Lunch
			12:30 p.m. Lunch	
15	16	17	18	19
9 – 10:30 a.m. Board	9 – 10:30 Board Games,	9 - 10:30 a.m. Board Games,	9 - 10:30 a.m. Board	9 – 10:30 a.m. Board Games,
Games, Color and Coffee	Coffee	Color and Coffee	Games, Coffee	Color and Coffee
9 – 10 a.m. Chair Yoga	10 a.m. Dance with Danny	9:30 a.m. Fall Prevention	9 a.m. Chair Yoga	10:30 – 11:30 a.m. Seated
11 a.m Noon Sing Along	10 a.m. Trip to Thrift Store	and Balance exercise class	10 a.m. Superpower Dance	Volleyball and Cornhole
with Hong	11 a.m. Senior Fit	10 a.m. Bingo	12 – 2 p.m. Tech Tutoring	Noon – 2 p.m. Tech Tutoring
12:30 p.m Lunch	12 – 2 p.m. Tech Tutoring	12:30 p.m. Lunch	11 a.m. Senior Fit	12:30 p.m. Lunch
	12:30 p.m. Lunch		12:30 p.m. Lunch	
22	23	24	25	26
9 – 10:30 a.m. Board	9 – 10:30 a.m. Board	9 - 10:30 a.m. Board Games,	9 -10:30 a.m. Board	9 – 10:30 a.m. Board Games,
Games, Color and Coffee	Games, Coffee	Color and Coffee	Games, Coffee	Color and Coffee
9 – 10 a.m. Chair Yoga	10 a.m. Dance with Danny	9:30 a.m. Fall Prevention	9 a.m. Chair Yoga	10:30 – 11:30 a.m. Seated
11 a.m Noon Sing Along	11 a.m. Senior Fit	and Balance exercise class	10 a.m. Superpower Dance	Volleyball and Cornhole
with Hong	12 – 2 p.m. Tech Tutoring	10 a.m. Bingo	12 – 2 p.m. Tech Tutoring 11 a.m. Senior Fit	Noon – 2 p.m. Tech Tutoring
12:30 p.m. Lunch	12:30 p.m. Lunch	12:30 p.m. Lunch	12:30 p.m. Lunch	12:30 p.m. Lunch
28	29	31	_	m. to 4 p.m. Closed on County
9 – 10:30 a.m. Board	9 – 10:30 a.m. Board	9 - 10:30 a.m. Board Games,	Holidays. <u>Lunch</u> served at 12:30 p.m.	
Games, Color and Coffee	Games, Coffee	Color and Coffee	Staff: Mary Pelz - Recreation Specialist, Deloris King -	
9 – 10 a.m. Chair Yoga	10 – 11 a.m. Dance with Danny	9:30 a.m. Fall Prevention	Nutrition Manager, Recreation Assistants: Rocio Castro,	
11 am Noon Sing Along	11 a.m. Senior Fit	and Balance exercise class	Leah Kwait-Blank, Julia Ortega.	
with Hong	12 – 2 p.m. Tech Tutoring	10 a.m. Crossroads Trip		
12:30 p.m. Lunch	12:30 p.m. Lunch	12:30 p.m. Lunch		
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Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as large print, electronic format, ASL or cued speech) please call a Mainstream Facilitator at 240-777-4925 to discuss your need. LONG BRANCH SENIOR CENTER, 8700 PINEY BRANCH ROAD SILVER SPRING, 240-777-6975