

## Long Branch Senior Center Calendar November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>9- Table Games and Creative Coloring</b> <b>9- Coffee Social</b> <b>9:45- Bone Builders</b> <b>10:30-Chinese Folk Dance</b> <b>10 Tai Chi</b> <b>11-Sing Along</b> <b>12 -Lunch</b> <b>1- Yoga</b>	<b>9- Table Games and Creative Coloring</b> <b>9 Coffee Social</b> <b>10 Water Color</b> <b>10 Super Power Dance</b> <b>11 Bingo</b> <b>11-Senior Fit</b> <b>12 Lunch</b> <b>2 – Zumba</b>	<b>9- Table Games and Creative Coloring</b> <b>9-Coffee Social</b> <b>9:45- Bone Builders</b> <b>10:30-Brainworks</b> <b>11:-05 Balance and Fall Prevention class</b> <b>12- Lunch</b> <b>1:00- Begin knitting</b> <b>2 – Tai Chi</b>	<b>9 - Table Games &amp; Creative Coloring</b> <b>9 – Coffee Social</b> <b>9- Chair Yoga</b> <b>11- Senior Fit</b> <b>12-Lunch</b>	<b>9- Table Games and Creative Coloring</b> <b>9-Coffee Socia</b> <b>10-VASA</b> <b>10-Seated Volleyball and Cornhole</b> <b>12 -Lunch</b> <b>1 Yogalates</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>9- Table Games and Creative Coloring</b> <b>9- Coffee Social</b> <b>9:45- Bone Builders</b> <b>10-Tai Chi</b> <b>10:30 Chinese Folk Dance</b> <b>11-Sing Along</b> <b>12 -Lunch</b> <b>1- Yoga</b>	<b>CLOSED FOR VETERAN'S DAY</b> 	<b>9- Table Games and Creative Coloring</b> <b>9-Coffee Social</b> <b>9:45 Bone Builders</b> <b>10:30-Brainworks</b> <b>11:05- Balance and Fall Prevention class</b> <b>12 Lunch</b> <b>2 – Tai Chi</b>	<b>9 - Table Games &amp; Creative Coloring</b> <b>9- Chair Yoga</b> <b>9 – Coffee Social</b> <b>11- Senior Fit</b> <b>12-Lunch</b>	<b>9- Table Games and Creative Coloring</b> <b>9-Coffee Social</b> <b>10 VASA Vietnamese</b> <b>10-Seated Volleyball and Cornhole</b> <b>12 -Lunch</b> <b>1-Yogalates</b>

<p style="text-align: right;"><b>17</b></p> <p>9 Table Games and Creative Coloring 9 Coffee Social 9:45- Bone Builders 10 Tai Chi 10:30- Chinese Folk Dance 11-Sing Along 12 -Lunch 1 Yoga</p>	<p style="text-align: right;"><b>18</b></p> <p>9 - Table Games and Creative Coloring 9 Coffee Social 10 Super Power Dance Circle 10 Water Color 11-Senior Fit 11- Bingo 12- Lunch 2 – Zumba Gold</p>	<p style="text-align: right;"><b>19</b></p> <p>9- Table Games and Creative Coloring 9 Coffee Social 9:45–Bone Builders 11:05- Balance &amp; Fall Prevention Class 12- Lunch 1- Begin knitting 2 – Tai Chi</p>	<p style="text-align: right;"><b>20</b></p> <p>9 -Table Games and Coloring 9- Coffee Social 9-Chair Yoga 11-Senior Fit 12 Lunch</p>	<p style="text-align: right;"><b>21</b></p> <p>9- Table Games and Creative Coloring 9-Coffee Social 10 VASA Vietnamese 10-Seated Volleyball and Cornhole 12 - Lunch 1 - Yogalates</p>
<p style="text-align: right;"><b>24</b></p> <p>9 Table Games and Creative Coloring 9-Coffee Social 9:45- Bone Builders 10:30-Chinese Folk Dance 11 Tai Chi 11-Sing Along 12 -Lunch 1 Yoga</p>	<p style="text-align: right;"><b>25</b></p> <p>9- Table Games and Creative Coloring 9- Coffee Social 10- Super Power Dance Circle 10 Water Color 11-Senior Fit 11 -Bingo 12- Lunch 2 – Zumba Gold</p>	<p style="text-align: right;"><b>26</b></p> <p>9- Table Games and Creative Coloring 9- Coffee Social 9:45- Bone Builders 10:30-Brainworks 11:50- Balance&amp; Fall Prev. exercise class. 12- Lunch 1:00- Begin knitting 2 – Tai Chi</p>	<p style="text-align: right;"><b>27</b></p> <p style="text-align: center;"><b>CLOSED FOR THANKSGIVING</b></p> 	<p style="text-align: right;"><b>28</b></p> <p style="text-align: center;"><b>CLOSED</b></p> 

**LONG BRANCH SENIOR CENTER, 8700 PINEY BRANCH ROAD SILVER SPRING, 240/777-6975 Staff:  
Mary Pelz – Recreation Specialist,  
Recreation Assistants: Leah Kwait-Blank, Julia Ortega**