## Long Branch Senior Center Calendar November 2025

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

17	18	19	20	21
9 Table Games and	9 - Table Games and	9- Table Games and	9 -Table Games and	9- Table Games and
Creative Coloring	Creative Coloring	Creative Coloring	Coloring	Creative Coloring
9 Coffee Social	9 Coffee Social	9 Coffee Social	9- Coffee Social	9-Coffee Social
9:45- Bone Builders	10 Super Power Dance	9:45–Bone Builders	9-Chair Yoga	10 VASA Vietnamese
10 Tai Chi	Circle	11:05- Balance &Fall	11-Senior Fit	10-Seated Volleyball
10:30- Chinese Folk	10 Water Color	Prevention Class	12 Lunch	and Cornhole
Dance	11-Senior Fit	12- Lunch		12 - Lunch
11-Sing Along	11- Bingo	1- Begin knitting		1 - Yogalates
12 -Lunch	12- Lunch	2 – Tai Chi		
1 Yoga	2 – Zumba Gold			
24	25	26	27	28
9 Table Games and	9- Table Games and	9- Table Games and	CLOSED FOR	
Creative Coloring	Creative Coloring	Creative Coloring	THANKSGIVING	CLOSED
9-Coffee Social	9- Coffee Social	9- Coffee Social	180-1	
9:45- Bone Builders	10- Super Power	9:45- Bone Builders		
10:30-Chinese Folk	Dance Circle	10:30-Brainworks		
Dance	10 Water Color	11:50- Balance& Fall		
11 Tai Chi	11-Senior Fit	Prev. exercise class.		
11-Sing Along	11 -Bingo	12- Lunch		
12 -Lunch	12- Lunch	1:00- Begin knitting		
1 Yoga	2 – Zumba Gold	2 – Tai Chi		

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