

## Long Branch Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>January 2025</b>				
<p><b>Hours:</b> Monday thru Friday 9 am to 4 pm. Closed for County Holidays. <b>Lunch</b> served at 12:30 pm <b>Staff:</b> Mary Pelz – Recreation Specialist, Deloris King – Nutrition Manager, Recreation Assistants: Rocio Castro, Leah Kwait-Blank, Julia Ortega. 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.  <b>LONG BRANCH SENIOR CENTER, 8700 PINEY BRANCH ROAD SILVER SPRING, 240/777-6975</b></p>		<b>1</b> <b>Center Closed</b>  <b>New Years Day</b>	<b>2</b> <b>9 - 10:30 Coffee and Conversation</b> <b>9 Chair Yoga</b> <b>10 Superpower Dance Circle</b> <b>11 Senior Fit</b> <b>12 Lunch</b> <b>11-4 Tech Help</b>	<b>3</b> <b>9 – 10:30 Coffee and Conversation</b> <b>10 – 11 Seated Volleyball and Cornhole</b> <b>12 Lunch</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>9-10 Line Dancing</b> <b>9 – 10:30: Coffee and Conversation</b> <b>10 – 11 Bone Builders</b> <b>10 – 11 Tai Chi</b> <b>11-12 Chinese Dance</b> <b>11-12 Sing Along</b> <b>12 Lunch</b>	<b>9 – Coffee and Conversation</b> <b>10 – 11 Super Power Dance</b> <b>11 - 12 Senior Fit</b> <b>11 – 4 Tech help</b> <b>12 Lunch</b> <b>2 – 3 Zumba Gold</b>	<b>9-10:30: Coffee and Conversation</b> <b>10 – 11 Bone Builders</b> <b>11:05 Balance Fall Prevention class</b> <b>12 Lunch</b> <b>1:15 –2:15 Begin knitting</b>	<b>9 -10:30 Coffee and Conversation</b> <b>9 Chair Yoga</b> <b>10 Superpower Dance</b> <b>11 Senior Fit</b> <b>12 Lunch</b> <b>11-4 Tech Help</b>	<b>9 – 10:30: Coffee and Conversation</b> <b>10 – 11 Seated Volleyball and Cornhole</b> <b>12:00 Lunch</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>9-10 Line Dancing</b> <b>9 – 10:30 Coffee and Conversation</b> <b>10 – Bone Builder</b> <b>10 – 11 Tai Chi</b> <b>11-12 Sing Along</b> <b>11-12 Cassa Dance</b> <b>12 Lunch</b>	<b>9 – 10:30: Coffee and Conversation</b> <b>10-11 Super Power Dance Circle</b> <b>11 Senior Fit</b> <b>12 Lunch</b> <b>2 – 3 Zumba Gold</b> <b>11-4 Tech Help</b>	<b>9-10:30 Coffee and Conversation</b> <b>10 -11 Bone Builders</b> <b>11:05 Balance/Fall Prevention Class</b> <b>12 Lunch</b> <b>1:15 – 2:15, Beginners Knit</b>	<b>9 -10:30 Coffee and Conversation</b> <b>9 Chair Yoga</b> <b>10 Superpower Dance</b> <b>11 Senior Fit</b> <b>12 Lunch</b> <b>11-4 Tech Help</b>	<b>9 – 10:30 Coffee and Conversation</b> <b>10 – 11 Seated Volleyball and Cornhole</b> <b>12 Lunch</b>

<p style="text-align: right;"><b>20</b></p> <p style="text-align: center;">Center Closed</p> <p style="text-align: center;"><b>Martin Luther King Holiday</b></p>	<p style="text-align: right;"><b>21</b></p> <p>9 – 10:30 Coffee and Conversation 10 –11 Super Power Dance Circle 12 Lunch 2 – 3 Zumba Gold 11 – 4, Tech Help</p>	<p style="text-align: right;"><b>22</b></p> <p>9 – 10:30 Coffee and Conversation 9:30 – 2:00 Seniors on Strike Bowling Trip \$5.00 when registering. 10 Bone Build 11:05 Balance and Fall Prevent Class 12:00 Lunch 1:15 – 2:15 – Begin knitting.</p>	<p style="text-align: right;"><b>23</b></p> <p>9 -10:30 Coffee and Conversation 9 – 10 chair yoga. Superpower Dance Circle 11 Senior Fit 12 Lunch 11-4 Tech Help</p>	<p style="text-align: right;"><b>24</b></p> <p>9 – 10:30 Coffee and Conversation 10 – 11 Seated Volleyball and Cornhole 12 Lunch</p>
<p style="text-align: right;"><b>27</b></p> <p>9 - 10:30 Coffee and Conversation 10 Bone Builders 10 – 12 Cassa New year party 10-11 Tai Chi 11-12 Sing Along 12 Lunch.</p>	<p style="text-align: right;"><b>28</b></p> <p>9 – 10:30 Coffee and Conversation 10 –11 Super Power Dance Circle. 12 Lunch 2 – 3 Zumba Gold 11 – 4, Tech Help</p>	<p style="text-align: right;"><b>29</b></p> <p>9-10:30 Coffee and Conversation 10 -11 Bone Builders 11:05 Balance and Fall Prevent Class 12 Lunch 1:15 – 2:15, Beginners Knit</p>	<p style="text-align: right;"><b>30</b></p> <p>9 -10:30 Coffee and Conversation 9 – 10 chair yoga. 10 Super Power Dance Circle 11 Senior Fit 12 Lunch 11-4 Tech Help</p>	<p style="text-align: right;"><b>31</b></p> <p>9 – 10:30 Coffee and Conversation 10 – 11 Seated Volleyball and Cornhole 12:00 Lunch</p>