Monday	Tuesday	Wednesday	Thursday	Friday	
		October 2024			
	1 9 – 10:30: Board Games, Coffee and Color 10 – 11 Watercolor 10 – 11 Super Power Dance 11 Senior Fit 12:30 – Lunch 11-4 Tech Help	2 9-10:30: Board Games, Color & Coffee 10 – 11 Bone Builders 11:05 Fall Prevention and Balance exercise class 12:30 – Lunch 1:15-2:15 Beginner knitting	3 9 -10:30 Bd Games,Coffee 9 Chair Yoga 10:00 Superpower Dance 11 Senior Fit 12:30 Lunch 11-4 Tech Help	9 – 10:30: Board Games, Color & Coffee 10:30 – 11:30 Seated Volleyball and Cornhole 12:30 Lunch	4
7 9-10 Line Dancing 9 – 10:30: Board Games, Color & Coffee. 10 – 11 Bone Builders 10 – 11 CASSA Tai Chi 11-12 Chinese Dance 11-12 Sing Along w/ Hong 12:30- Lunch	8 9 – 10:30: Bd Games,Coffee 10 – 11 Super Power Dance 10 - 11 Watercolor 11 - 12 Senior Fit 11 – 4 Tech help 12:30 – Lunch 2 – 3 Zumba Gold	9 9-10:30: Board Games, Color & Coffee 10 – 11 Bone Builders 11 Bingo 11:05 Fall PreventionClass 12:30 – Lunch 1:15 –2:15 Begin knitting	10 9 -10:30 Bd Games,Coffee 9 Chair Yoga 10:00 Superpower Dance 11 Senior Fit 12:30 Lunch 11-4 Tech Help	9 – 10:30: Board Games, Color & Coffee 10:30 – 11:30 Cornhole 12:30 Lunch	11
14 9-10 Line Dancing 9 – 10:30: Board Games, Color & Coffee. 10 – 11 Bone Builders 10 – 11 CASSA Tai Chi 11-12 Sing Along w/ Hong 11-12 Chinese Dance 12:30- Lunch	15 9 – 10:30: Bd Games,coffee 10-11 Super Power Dance 10 – 11 Watercolor 11 Senior Fit 12:30 – Lunch 2 – 3 Zumba Gold 11-4 Tech Help	16 9-10:30: Board Games, Color & Coffee 10 -11 Bone Builders 11:05Fall Prevention Class 12:30 – Lunch 1:15 – 2:15, Beginners Knit	17 9 -10:30 Bd Games,Coffee 9 Chair Yoga 10:00 Superpower Dance 11 Senior Fit 12:30 Lunch 11-4 Tech Help	9 – 10:30: Board Games, Color & Coffee 10:30 – 11:30 Seated Volleyball and Cornhole 12:30 Lunch	18
21 9-10 Line Dancing 9 – 10:30: Board Games, Color & Coffee. 10 Bone Builders 10 – 11 CASSA Tai Chi 11-12:30 Senior Safety 11-12 Chinese Dance 11-12 Sing Along w/ Hong 12:30- Lunch	22 9 – 10:30: Bd Games,coffee 10 –11 Super Power Dance 10 Watercolor 11 Senior Fit 12:30 – Lunch 2 – 3 Zumba Gold 11 – 4, Tech Help	23 9-10:30: Board Games, Color & Coffee 10-11 Bone Builders 11 Bingo 11:05Fall Prevention Class 12:30 – Lunch 1:15 – 2:15 Begin Knitting	24 9-10:30: Board Games, Color & Coffee 9 - 10 Chair Yoga 10 – 11 Super Power Dance Circle 12:30 – Lunch 11-4 Tech Help	9 – 10:30: Board Games, Color & Coffee 10:30 – 11:30 Seated Volleyball and Cornhole 12:30 Lunch	25

28	29	30	31	Hours: Monday thru Friday 9
9-10 Line Dancing	9 – 10:30: Bd Games, Coffee	9-10:30: Board Games,	9-10:30: Board Games, Color	am to 4 pm. Closed for
9 – 10:30: Board Games,	10 – 11 Superpower Dance	Color & Coffee	& Coffee	County Holidays Lunch
Color & Coffee.	10 Watercolor	10-11 Bone Builders	9-10 Chair Yoga	served at 12:30 pm. LONG
10 Bone Builders	11 Senior Fit	11:05 Fall Prev &Balance	10-11 Superpower Dance	BRANCH SENIOR CENTER,
10 – 11 CASSA Tai Chi	12:30 – Lunch	12:30 – Lunch	11-12 Senior Fit	8700 PINEY BRANCH ROAD
11-12 Chinese Dance	2 – 3 Zumba Gold	1:15 – 2:15 Begin Knitting	12:30 – Lunch	SILVER SPRING, 240/777-
11-12 Sing Along w/ Hong	11 – 4 Tech Help		11 – 4 Tech help	6975
12:30- Lunch				

Hours: Monday thru Friday 9 am to 4 pm. Closed for County Holidays. Lunch served at 12:30 pm<u>Staff</u>: 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.

LONG BRANCH SENIOR CENTER, 8700 PINEY BRANCH ROAD SILVER SPRING, 240/777-6975 YOU CAN REGISTER ONSITE AT THE CLASS