

Long Branch Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
October 2024				
	1	2	3	4
	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	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	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
7	8	9	10	11
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	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	9-10:30: Board Games, Color & Coffee 10 – 11 Bone Builders 11 Bingo 11:05 Fall PreventionClass 12:30 – Lunch 1:15 –2:15 Begin knitting	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
14	15	16	17	18
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21	22	23	24	25
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	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	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	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

28	29	30	31	Hours: Monday thru Friday 9 am to 4 pm. Closed for County Holidays <u>Lunch</u> served at 12:30 pm. LONG BRANCH SENIOR CENTER, 8700 PINEY BRANCH ROAD SILVER SPRING, 240/777-6975
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Hours: Monday thru Friday 9 am to 4 pm. Closed for County Holidays. Lunch served at 12:30 pm**Staff: 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.

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YOU CAN REGISTER ONSITE AT THE CLASS