

Long Branch Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
June 2024				
3	4	5	6	7
9 – 10:30: Board Games, Color & Coffee. 10 - 11 Chinese Tai Chi 11 – 12 Chinese Folk Danc 11 – 11:45 Brainworks 11-12 Sing Along w/ Hong 12:30- Lunch	9 – 10:30: Board Games, Coffee 10 – 11 Dancing with Danny 11 Senior Fit 12:30 – Lunch	9-10:30: Board Games, Color & Coffee 9:30 Fall Prevention and Balance exercise class 11 Bingo 12:30 Lunch	9 -10:30 Board Games, Color & Coffee. 10:00 Superpower Dance Circle 12:30 Lunch	9 – 10:30: Board Games, Color & Coffee 10:30 – 11:30 Seated Volleyball and Cornhole 11:45 – 2:30 Pickleball 12:30 Lunch
10	11	12	13	14
9 – 10:30: Board Games, Color & Coffee. 9 – 10 Chair yoga 10 - 11 Chinese Tai Chi 11 – 12 Chinese Folk Danc 11 Sing Along With Hong 11 Brainworks 12:30- Lunch	9 – 10:30: Board Games, Coffee 10 – 11 Dancing with Danny 11 Senior Fit 12:30 – Lunch	9-10:30: Board Games, Color & Coffee 9:30 Fall Prevention and Balance exercise class 11-12 Cultural Heritage Series with Duo From Cuba 12:30 – Lunch 1 – 4 Tech Tutoring	9 -10:30 Board Games, Coffee. 9 Chair Yoga 10:00 Superpower Dance Circle 11 Senior Fit 12:30 Lunch	9:00 – 10:30 Board Games, Coffee 10:30 – 11:30 Seated Volleyball and Cornhole 11:45 – 2:30 Pickleball 12:30 Lunch
17	18	19	20	21
9 – 10:30: Board Games, Color & Coffee. 9 – 10 Chair yoga 10 – 11 Chinese Tai Chi 11 – 12 Chinese Folk Danc 11 Sing Along with Hong 11 Brainworks 12:30- Lunch	9 – 10:30: Board Games, Coffee 10 – 11 Dancing with Danny 11 Senior Fit 11:45 – 2:30 Pickleball 12:30 – Lunch	CENTER CLOSED JUNETEENTH	9 -10:30 Board Games, Color & Coffee. 9 Chair Yoga 10:00 Superpower Dance Circle 11 Senior Fit 12:30 Lunch	9:00 – 10:30 Board Games, Coffee 10:30 – 11:30 Seated Volleyball and Cornhole 10 – 11:00 – Trip to Amish Market 12:30 Lunch
24	25	26	27	28
9 – 10:30: Board Games, Color & Coffee. 9 – 10 Chair yoga 11 Sing Along with Hong 11 Brainworks 12:30- Lunch	9 – 10:30: Board Games, Coffee 10 – 11 Dancing with Danny 11 Senior Fit 12:30 – Lunch	9-10:30: Board Games, Color & Coffee 9:30 Fall Prevention and Balance exercise class 10 – 12 Crossroads Farmer' 12:30 Lunch	9 -10:30 Board Games, Color & Coffee. 9-Chair Yoga 10:00 Superpower Dance Circle 10 – 1:30 Trip to North Potomac SC 11 Senior Fit 12:30 Lunch	9 – 10:30 Board Games, Color & Coffee 10:30 – 11:30 Seated Volleyball and Cornhole 12:30 Lunch
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.

LONG BRANCH SENIOR CENTER, 8700 PINEY BRANCH ROAD SILVER SPRING, 240/777-6975