

LONG BRANCH Senior Center

8700 Piney Branch Rd., Silver Spring, MD 20901 • 240-777-6975

March 2024

Holy Cross Health Presents: Road to Health Workshop

How to Prevent or Delay Type 2 Diabetes Topics covered include:

- Types of diabetes including symptoms and complications
- How to prevent or delay Type 2 diabetes
- How to identify at least five risk factors for Type 2 diabetes
- How to make small lifestyle changes that have a big health impact.
- How to read food labels to make better food choices
- How to plan meals
- How to increase physical activity.

Wednesdays in the conference room at the Long Branch Senior Center: March 13, 20, 27, April 3, 10 and 17. From 10:30 – 12pm. Course # R07028 328

TECH TUTORING

Free 30 - minute tutoring sessions for help with using your smart phone, laptop, or desktop computer. Mondays, Wednesdays and Fridays from 1 to 4 pm. Signup on the second-floor welcome desk or call the center at 240/777- 6975 to reserve your spot. #R07084 206

Celebrate the Irish and Greek Cultures

11am – 12pm With Musical performing artists: Sean Healy and Abbie Palmer & the Karpouzi Trio: Spyros Koliavasilis, Margaret Loomis, and Len Newman.

Long Branch Community Center and Long
Branch Senior Center

Wednesday March 20th

All Ages Welcome

10:30 - 11 am snacks



Presented as part of Carpe Diem Arts Cultural Heritage Series in collaboration with the Montgomery County Recreation Department.

Made possible by a grant from the National Endowment for the Arts. #R03027-322



Cheer on the Long Branch entry into the Cardboard Boat Regatta. Thursday March 14th from 9:30am – 12:30 pm.MLK Swim Ctr. 1201 Jackson Rd. SS. .# R07107 229.

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) in order to participate, please call a Mainstream Facilitator at 240-777-4925 to discuss your need.

LONG BRANCH SENIOR CENTER CALENDAR

MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday
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LONG BRANCH SENIOR CENTER, & County Holidays <u>Lunch</u> served at 1: Castro, Leah Kwait-Blank, Julia Ortoneed auxiliary aids or services (such a your need.	9 – 10:30: Board Games, Color & Coffee 10:30 Caso Cerrado – TV show 11:00 Cardboard Boat Building 11:45 – 2:30 Pickleball 10 – 1 Viet. Amer. Sr Association 12:30 Lunch			
9 – 10:30: Bd Games, Col. & Coff. 10 – 10:50 Chinese Tai Chi 9:30 – 10 am, 10-11 Chinese Folk Dance 11 – 12 Sing Along with Hong 11-11:45 Brainworks 12:30- Lunch 1 – 4 Tech Tutoring with Armando	9 – 10:30: Bd Games & Coffee 9 – 9:50: Chair Yoga 10-10:50 Line Dance w/Danny 10 Watercolor Painting 11-11:50 Senior Fit 12:30 – Lunch	9 – 10:30: Bd Games, Color &Coffee 9:30 – 10:20: Fall Prevention and Balance Exercise Class 11-11:45 Bingo 12:30 – Lunch 1 – 4 Tech Tutor with Armando	9 -10:30 Board Games, Color & Coffee 9-9:50: Chair Yoga 10-10:50 Superpower Dance Circle 11-11:50Senior Fit 12:30 – Lunch	9 – 10:30: Bd Games, Color & Coffee 11:45 – 2:30 Pickleball 10 – 1: Viet. Amer. Sr Association 12:30 Lunch 1 – 4 Tech Tutor with Armando
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PROGRAM DESCRIPTIONS & SENIOR RESOURCES

Note: All programs are free except when indicated. All programs are subject to change. Call our office at 240-777-6975 if you have any question, thank you.

Exercise and Weight Room

Use the Long Branch Community Center's exercise and weight room or any Montgomery County Recreation Senior or Community Center. Appropriate attire is required. No hard-soled shoes please. Free

Fall Prevention and Balance Class

Taught by multi-skilled wellness instructor Julien Elie, this class challenges the musculoskeletal systems while improving balance to reduce the risk of falling. WED, 9:30 – 10:20 #R07060-316

Dancing with Danny

Combine fun and fitness by taking this fun dance class, taught by The Music in Me Foundation International's Artistic Director, Danny Soto, who performed, danced and choreographed on Broadway for over 15 years. Learn at your own pace. Tuesdays from 10 – 10:50. R07011-316

<u>Lunch Program</u>: Served daily at 12:30 pm. Ages 55 – 59 pay full cost of \$7.99, those 60 and over, pay with a donation. Sign up with nutrition manager on the second floor.

Senior Fit: Rebecca Leung is the instructor of this free 45-minute exercise program that starts with a warm-up, cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, and flexibility This program is co-sponsored by Holy Cross Hospital and Kaiser Permanente.TU and TH 11 – 11:50

Caso Cerrado TV Show and Discussion in Sp. Watch reruns of this popular Spanish Language Courtroom Drama Show produced by Telemondo.

Fridays 10:30 – 11:30. #R07016-301

Superpower Dance Class

Join our dance party atmosphere to popular music, incorporating various dance styles including, hip-hop, jazz, Latin, international. modern, scarf-drumstick Unleash your superpowers through music, dance, storytelling and guided meditatio. Students are encouraged to participate at their own comfort level. Thursday mornings 10-10:50 #R07012-334

Tech Tutoring with Armando

Sign up for 30- minute individual tutoring sessions about how to use your smart phone, laptop, or desktop computer, Mondays, Wednesdays and Fridays between 1 and 4. Sign-up sheet is at the welcome desk on the second floor,or call 240/777-6975 to reserve your spot. #R07084-308

Chair Yoga

This is a 50 minutes Gentle Yoga practice led by Edgar Porras in English and Spanish to meet the needs of the participants. The class includes accessible exercises for legs, arms, back and neck designed to increase strength, flexibility, balance and body-mind coordination. Chairs are provided for use as needed. Tuesdays and Thursdays from 9 – 9:50, R07032-314

.Mini Trips

Join us for monthly trips to nearby destinations. Transportation is on a 20 passenger bus that departs and returns from the Center. Check the monthly calendar for scheduled trips. Register online or at the center.

BrainWorks

Exercise your brain with word games in the lounge. Mondays 11 – 11:45. R07023 308

Board Games, Puzzles and Coffee

Take a seat with others at a table in the second floor social hall where we have a variety of games, puzzles and adult coloring pages to enjoy. M-F, 9-1 pm #R07112-311

Watercolor Painting with Dereje.

All levels are invited to join this weekly free class and explore the art of Watercolor Painting with teacher Dereje Maryam. Tuesdays from 10 – 11. Free #R07052-308

OTHER SENIOR RESOURCES

Montgomery County Recreation senior programs: 240 777 4925 montgomery countymd.gov/rec.

Aging and Disability Resource Center

For questions about services call Health and Human Services: 240-777-3000.

<u>Connect a Ride</u> – Call 301 738 3252 for answers to all of your transportation questions. M-F, 9 – 5. <u>County Information and Services Call 311</u>