

# Long Branch Senior Center Calendar

## December Calendar 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>9- Table Games and Creative Coloring</b> <b>9- Coffee Social</b> <b>9:45- Bone Builder</b> <b>11-Sing Along</b> <b>12 -Lunch</b> <b>1- Yoga</b>	<b>9- Table Games and Creative Coloring</b> <b>9 Coffee Social</b> <b>10 Super PowerDance</b> <b>11 Bingo</b> <b>11Senior Fit</b> <b>12 Lunch</b> <b>2 Zumba</b>	<b>9- Table Games and Creative Coloring</b> <b>9-Coffee Social</b> <b>9:45- Bone Builders</b> <b>10:30 International Holiday Bash</b> <b>12- Lunch</b> <b>2 – Tai Chi</b>	<b>9 - Table Games &amp; Creative Coloring</b> <b>9 – Coffee Social</b> <b>9- Chair Yoga</b> <b>11- Senior Fit</b> <b>12-Lunch</b>	<b>9- Table Games and Creative Coloring</b> <b>9-Coffee Social</b> <b>10-VASA Vietnamese Discussion Group</b> <b>12 -Lunch</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>9- Table Games and Creative Coloring</b> <b>9- Coffee Social</b> <b>9:45- Bone Builders</b> <b>11-Sing Along</b> <b>12 -Lunch</b> <b>1- Yoga</b>	<b>9 - Table Games and Creative Coloring</b> <b>9 Coffee Social</b> <b>10 Super Power Dance Circle</b> <b>11 Bingo</b> <b>11-Senior Fit</b> <b>12- Lunch</b> <b>2 – Zumba Gold</b>	<b>9- Table Games and Creative Coloring</b> <b>9-Coffee Social</b> <b>9:45 Bone Builders</b> <b>11:05- Balance and Fall Prevention class</b> <b>12 Lunch 1:00- Begin knitting</b> <b>2 – Tai Chi</b>	<b>9 - Table Games &amp; Creative Coloring</b> <b>9- Chair Yoga</b> <b>9 – Coffee Social</b> <b>11- Senior Fit</b> <b>12-Lunch</b>	<b>9- Table Games and Creative Coloring</b> <b>9-Coffee Social</b> <b>10 VASA Vietnamese discussion Group</b> <b>12 -Lunch</b> <b>1-Yogalates</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>9 Table Games and Creative Coloring</b> <b>9 Coffee Social</b> <b>9:45- Bone Builders</b> <b>10 Tai Chi</b> <b>10:30- Chinese Folk Dance</b> <b>11-Sing Along</b> <b>12 -Lunch</b> <b>1 Yoga</b>	<b>9 - Table Games and Creative Coloring</b> <b>9 Coffee Social</b> <b>10 Super Power Dance Circle</b> <b>11-Senior Fit</b> <b>11- Bingo</b> <b>12- Lunch</b> <b>2 – Zumba Gold</b>	<b>9- Table Games and Creative Coloring</b> <b>9 Coffee Social</b> <b>9:45–Bone Builders</b> <b>11:05- Balance &amp;Fall Prevention Class</b> <b>12- Lunch</b> <b>1- Begin knitting</b> <b>2 – Tai Chi</b>	<b>9 -Table Games and Coloring</b> <b>9- Coffee Social</b> <b>9-Chair Yoga</b> <b>11-Senior Fit</b> <b>12 Lunch</b>	<b>9- Table Games and Creative Coloring</b> <b>9-Coffee Social</b> <b>10 VASA Vietnamese Discussion Group</b> <b>12 - Lunch</b> <b>1 - Yogalates</b>

<b>22</b> 9 Table Games and Creative Coloring 9-Coffee Social 9:45- Bone Builders 10:30-Chinese Folk Dance 11 Tai Chi 11-Sing Along 12 -Lunch 1 Yoga	<b>23</b> 9- Table Games and Creative Coloring 9- Coffee Social 10- Super Power Dance Circle 11-Senior Fit 11 -Bingo 12- Lunch 2 – Zumba Gold	<b>24</b> 9- Table Games and Creative Coloring 9- Coffee Social 11:50- Balance& Fall Prev. exercise class. 12- Lunch 1:00- Begin knitting 2 – Tai Chi	<b>25</b> CLOSED FOR THE HOLIDAYS 	<b>26</b> CLOSED
<b>29</b> 9 Table Games and Creative Coloring 9-Coffee Social 9:45- Bone Builders 10:30-Chinese Folk Dance 11 Tai Chi 11-Sing Along 12 -Lunch 1 Yoga	<b>30</b> 9- Table Games and Creative Coloring 9- Coffee Social 10- Super Power Dance Circle 11-Senior Fit 11 -Bingo 12- Lunch 2 – Zumba Gold	<b>31</b> 9- Table Games and Creative Coloring 9- Coffee Social 11:50- Balance& Fall Prev. exercise class. 12- Lunch 1:00- Begin knitting 2 – Tai Chi	<b>1</b> CLOSED	

**LONG BRANCH SENIOR CENTER, 8700 PINEY BRANCH ROAD SILVER SPRING, 240/777-6975 Staff:**  
**Mary Pelz – Recreation Specialist,**  
**Recreation Assistants: Leah Kwait-Blank, Julia Ortega**