


Long Branch Senior Center Calendar

February Calendar 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9 - Table Games and Creative Coloring 9 - Coffee Social 9:45 - Bone Builders 11 - Sing Along 12 - Lunch 1 - Yoga	9 - Table Games and Creative Coloring 9 - Coffee Social 10 - Super Power Dance 11 - Bingo 11 - Senior Fit 12 - Lunch 2 - Zumba Gold	9 - Table Games and Creative Coloring 9 - Coffee Social 9:45 - Bone Builders 11:05 - Balance 12 - Lunch 1 - Begin knitting 2 - Tai Chi	9 - Table Games and Creative Coloring 9 - Chair Yoga 9 - Coffee Social 11 - Senior Fit 12 - Lunch	9 - Table Games and Creative Coloring 9 - Coffee Social 10 - VASA Vietnamese Discussion Group 12 - Lunch 1 Yogalates
9	10	11	12	13
9 - Table Games and Creative Coloring 9 - Coffee Social 9:45 - Bone Builders 11 - Sing Along 12 - Lunch 1 - Yoga	9 - Table Games and Creative Coloring 9 - Coffee Social 10 - Super Power Dance 11 - Bingo 11 - Senior Fit 12 - Lunch 12-2 - Tech Tutoring 2 - Zumba Gold	9 - Table Games and Creative Coloring 9 - Coffee Social 9:45 - Bone Builders 11:05 - Balance and Fall Prevention class 12 - Lunch 1 - Begin knitting 2 - Tai Chi	9 - Table Games and Creative Coloring 9 - Chair Yoga 9 - Coffee Social 11 - Senior Fit 12 - Lunch	9 - Table Games and Creative Coloring 9 - Coffee Social 10 VASA Vietnamese Discussion Group 12 - Lunch 1 - Yogalates
16	17	18	19	20
CLOSED PRESIDENTS DAY 	9 - Table Games and Creative Coloring 9 - Coffee Social 10 - Super Power Dance 11 - Senior Fit 11 - Bingo 12 - Lunch 2 - Zumba Gold	9 - Table Games and Creative Coloring 9 - Coffee Social 9:45 - Bone Builders 11:05 - Balance and Fall Prevention Class	9 - Table Games and Coloring 9 - Coffee Social 9 - Chair Yoga 11 - Senior Fit 12 - Lunch	9 - Table Games and Creative Coloring 9 - Coffee Social 10 - VASA Vietnamese Discussion Group 12 - Lunch 1 - Yogalates

<p style="text-align: right;">23</p> <p>9 - Table Games and Creative Coloring 9 - Coffee Social 9:45 - Bone Builders 10 - Tai Chi 10:30 - Chinese Folk Dance 11 - Sing Along 12 - Lunch</p>	<p style="text-align: right;">24</p> <p>9 - Table Games and Creative Coloring 9 - Coffee Social 10 - Super Power Dance Circle 11 - Senior Fit 11 - Bingo 12-2 - Super Power Dance 12 - Lunch 2 - Zumba Gold</p>	<p style="text-align: right;">25</p> <p>9 - Table Games and Creative Coloring 9 - Coffee Social 11:50 - Balance and Fall Prev. exercise class 12 - Lunch 1 - Begin knitting 2 - Tai Chi</p>	<p style="text-align: right;">26</p> <p>9 - Table Games and Creative Coloring 9 - Chair Yoga 9 - Coffee Social 11 - Senior Fit 12 - Lunch</p>	<p style="text-align: right;">27</p> <p>9 - Table Games and Creative Coloring 9 - Coffee Social 10 - VASA Vietnamese Discussion Group 12 - Lunch 1 - Yogalates</p>
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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

Willow Overly – Lunch Manager

Individuals with disabilities are encouraged to register for programs.

Early notification allows us to put accommodations in place.

