

## Long Branch Senior Center Calendar

### February Calendar 2026

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

23	24	25	26	27
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	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	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	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

**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.

