## Long Branch Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday			
JUNÉ 2025							
2	3	4	5	6			
9- Table Games and	9- Table Games and	9- Table Games and	9 - Table Games,	9- Table Games and			
Creative Coloring	Creative Coloring	Creative Coloring	Creative Coloring	Creative Coloring			
9- Coffee Social	9 Coffee Social	9-Coffee Social	9-Coffee Social	9-Coffee Social			
9:30- Mah Jong	10 Watercolor	9:45 Bone Builders	9- Chair Yoga	10-Seated Volleyball			
9:30-Walking Club	10 Super Power Dance	10:30-Brainworks	10-Superpower Dance	and Cornhole			
9:45- Bone Builders	Circle	11:05- Balance and	Circle	10-Vietnamese			
10:30-Chinese Dance	11-Senior Fit	Fall Prevention	11-Senior Fit	Discussion Group			
10:30- Karaoke	12 Lunch	exercise class	12- Lunch	12 -Lunch			
11-Sing Along	12:45 Bingo	12 Lunch	12:45-Move to the Beat	1-Yogalates			
12 -Lunch	1-Tech Tutoring	1:15- Begin knitting	1-4 Tech Tutoring				
1- Yoga	2 – Zumba Gold	2 – Tai Chi					
9	10	11	12	13			
9- Table Games and	9- Table Games and	9- Table Games and	9 - Table Games &	9- Table Games and			
Creative Coloring	Creative Coloring	Creative Coloring	Creative Coloring	Creative Coloring			
9- Coffee Social	9 Coffee Social	9-Coffee Social	9- Chair Yoga	9-Coffee Social			
9:30-Walking Club	10 Watercolor	9:45 Bone Builders	9 - Coffee Social	10-Seated Volleyball			
9:30- Mah Jong	10 Super Power Dance	10:30-Brainworks	10-SuperpowerDance	and Cornhole			
9:45- Bone Builders	Circle	11:05- Balance and	11- Senior Fit	10-Vietnamese			
10:30-Chinese Dance	11-Senior Fit	Fall Prevention	12:45-Move to the Beat	Discussion Group			
10:30- Karaoke	12 Lunch	exercise class	12-Lunch	12 -Lunch			
11-Sing Along	1 Bingo	12 Lunch	1-Tech Tutoring	1-Yogalates			
12 -Lunch	1-Tech Tutoring	1:15- Begin knitting	1 – Senior Nutrition				
1- Yoga	2 – Zumba Gold	2 – Tai Chi	Program Update ZOOM				

16	17	18	19	20
9 Table Games and	9 - Table Games and	9- Table Games and	The Center is Closed	9- Table Games and
Creative Coloring	Creative Coloring	Creative Coloring	for the Juneteenth	Creative Coloring
9 Coffee Social	9 Coffee Social	9 Coffee Social	Holiday	9-Coffee Social
9 Mobile Dentist.	10 Super Power Dance	9:45-Bone Builders	_	10-Seated Volleyball
Register at welcome	Circle	10:30-Trip to		and Cornhole
desk on 2 <sup>nd</sup> floor	11-Senior Fit	Crossroads	* * *	10-Vietnamese
9:30 Walking Club	12- Lunch	11:05- Balance &Fall	JUNETEENTH	Discussion Group
9:45- Bone Builders	1- Tech Tutoring	Prevention Class	FREEDOM DAY	12 - Lunch
11-Sing Along	2 – Zumba Gold	12- Lunch	JUNE 19	1 - Yogalates
12 -Lunch		1:15- Begin knitting		
1 Yoga		2 – Tai Chi		
23	24	25	26	27
9-Table Games and	9- Table Games and	9- Table Games and	9 -Table Games and	9- Table Games and
Creative Coloring	Creative Coloring	Creative Coloring	Coloring	Creative Coloring
9- Coffee Social	9- Coffee Social	9- Coffee Social	9- Coffee Social	9-Coffee Social
9:30-Walking Club	10- Super Power Dance	9:45- Bone Builders	9-Chair Yoga	10-Seated Volleyball,
9:45 Bone Builders	Circle	10:30-Brainworks	10- Superpower Dance	Cornhole
11-Sing Along	11-Senior Fit	11:05- Balance& Fall	Circle	10-Vietnamese
12- Lunch	12- Lunch	Prevention exercise	11-Senior Fit	Discussion Group
1- Yoga	1-Tech Tutoring	class.	12:45-Move to the Beat	12 -Lunch
	2 – Zumba Gold	12- Lunch	12 Lunch	1 – Yogalates
		1:15- Begin knitting 2 – Tai Chi	1- Tech Tutoring	

9-Table Games and Creative Coloring
9- Coffee Social
9:30 Walking Club
9:45 Bone Builders
11-Sing Along
12- Lunch
1- Yoga

Hours: Monday thru Friday 9 am to 4 pm. Closed for County Holidays. Lunch served at 12:00 pm Staff: Mary Pelz – Recreation Specialist, Deloris King – Nutrition Manager, Recreation Assistants: Armando Ortega, Leah Kwait-Blank, Julia Ortega. Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxilary 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