


Long Branch Senior Center Calendar

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

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

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