

Long Branch Senior Center Calendar

March Calendar 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Chinese Mahjong 9:45 Bone Builders 10:00 Tai Chi 10:30 Chinese Folk Dance 11:00 Karaoke (Mandarin) 1:00 Yoga</p>	<p style="text-align: right;">3</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:15 Mini Trip: Thrift Store 11:00 Bingo 11:00 Senior Fit 12:00-2:00 Tech Tutoring 1:00 Watercolor Practice 2:00 Zumba</p>	<p style="text-align: right;">4</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Blood Pressure Screen 9:45 Bone Builders 10:00 Seated Meditation and Movement 10:30 Brainworks 11:00 Fall Prevention Balance Exercise 12:00 Lunch and Learn 1:00 Beginning Knitting 2:00 Tai Chi</p>	<p style="text-align: right;">5</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:00 Chair Yoga 11:00 Senior Fit 2:00 Yoga- Slow Flow</p>	<p style="text-align: right;">6</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 10:00 Vietnamese Discussion Group 1:00 Yogalates</p>
<p style="text-align: right;">9</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Chinese Mahjong 9:45 Bone Builders 10:00 Tai Chi 10:30 Chinese Folk Dance 11:00 Karaoke (Mandarin) 1:00 Yoga</p>	<p style="text-align: right;">10</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 10:00 Superpower Dance 11:00 Bingo 11:00 Senior Fit 12-2:00 Tech Tutoring 1:00 Watercolor 2:00 Zumba</p>	<p style="text-align: right;">11</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Blood Pressure Screen 9:45 Bone Builders 10:00 Seated Meditation and Movement 10:30 Brainworks 11:00 Fall Prevention Balance Exercise 12:00 Lunch and Learn 1:00 Beginning Knitting 2:00 Tai Chi</p>	<p style="text-align: right;">12</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:00 Chair Yoga 10:00 Aging and Disability Resource Assistance 11:00 Senior Fit 2:00 Yoga- Slow Flow</p>	<p style="text-align: right;">13</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 10:00 Vietnamese Discussion Group 1:00 Yogalates</p>
<p style="text-align: right;">16</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Chinese Mahjong 9:45 Bone Builders 10:00 Tai Chi 10:30 Chinese Folk Dance 11:00 Karaoke (Mandarin) 1:00 Yoga</p>	<p style="text-align: right;">17</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 10:00 Superpower Dance 11:00 Bingo 11:00 Senior Fit 12:00-2:00 Tech Tutoring 1:00 Watercolor Practice 2:00 Zumba</p>	<p style="text-align: right;">18</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Blood Pressure Screen 9:45 Bone Builders 10:00 Seated Meditation and Movement 10:30 Brainworks 11:00 Fall Prevention Balance Exercise 12:00 Lunch and Learn 1:00 Beginning Knitting 2:00 Tai Chi</p>	<p style="text-align: right;">19</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:00 Chair Yoga 11:00 Senior Fit 2:00 Yoga- Slow Flow</p>	<p style="text-align: right;">20</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 10:00 Vietnamese Discussion Group 1:00 Yogalates</p>

<p style="text-align: right;">23</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Chinese Mahjong 9:45 Bone Builders 10:00 Tai Chi 10:30 Chinese Folk Dance 11:00 Karaoke (Mandarin) 1:00 Yoga</p>	<p style="text-align: right;">24</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 10:00 Superpower Dance 11:00 Bingo 11:00 Senior Fit 12-2:00 Tech Tutoring 1:00 Watercolor 2:00 Zumba</p>	<p style="text-align: right;">25</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 – 2:30 Mobile Health Unit 9:30 Blood Pressure Screen 9:45 Bone Builders 10:00 Seated Meditation and Movement 10:30 Brainworks 12:00 Lunch and Learn 1:00 Beginning Knitting 2:00 Tai Chi</p>	<p style="text-align: right;">26</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:00 Chair Yoga 11:00 Senior Fit 2:00 Yoga- Slow Flow</p>	<p style="text-align: right;">27</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Mini Trip: Amish Market 10:00 Vietnamese Discussion Group 1:00 Yogalates</p>
<p style="text-align: right;">30</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Chinese Mahjong 9:45 Bone Builders 10:00 Tai Chi 10:30 Chinese Folk Dance 11:00 Karaoke (Mandarin) 1:00 Yoga</p>	<p style="text-align: right;">31</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 10:00 Superpower Dance 11:00 Bingo 11:00 Senior Fit 12:00-2:00 Tech Tutoring 1:00 Watercolor Practice 2:00 Zumba</p>	<p>LONG BRANCH SENIOR CENTER 8700 PINEY BRANCH ROAD SILVER SPRING, 240/777-6975</p> <p>Staff: Kathleen Lieberson, Supervisor</p> <p>Recreation Assistants: Leah Kwait-Blank, Julia Ortega, Willow Overly, Alex Gomez, Maribel Oran-Marquez</p>		