

MONTGOMERY COUNTY RECREATION DEPARTMENT

LONG BRANCH SENIOR CENTER

LONG BRANCH COMMUNITY CENTER
8700 PINEY BRANCH ROAD, SILVER SPRING, MD 20901
301-431-5708 [HTTP://MONTGOMERYCOUNTYMD.GOV/REC](http://MONTGOMERYCOUNTYMD.GOV/REC)



October 2009

Staff: Lola Skolnik, Director, Martha Amorin, Barbara Dodson, Mariette Ward



Anniversary Party: Hollywood Hit Parade Friday, October 9, 10:30 am – 2:00 pm

Be a star for the day as we roll out the red carpet for Long Branch Senior Center's 15th anniversary party! All the stars will be out dancing with DJ Good Vibrations playing hit tunes from the past through the present, so wear your elegant attire. Special luncheon prepared by Barbara Dodson & Co. consists of hot hors d'oeuvres, oven-fried chicken, mashed potatoes, mixed vegetables, roll, butter, cake, iced tea, tea and coffee. **Please make reservations with Barbara and pay in advance by October 6th, cost \$8.00.**

Mini Trip Baltimore Inner Harbor # 255794, Tuesday, October 20, 2009, 9:30 am – 3:00 pm

Spend a day in and around the Baltimore Harbor and its attractions. There are many activities (for an extra cost), such as, the Aquarium, the Science Center, the USS Constellation, etc. You can purchase lunch at one of the many vendors or restaurants or bring your own. **Fee:** \$10.00 for transportation, non-county residents \$12. When the trip is full, a waiting list is maintained and vacancies are filled in the order they were received. Minimum 12 participants. **To register for mini trips:** Register in advance by filling out a registration form and mail checks to the MCRD registrar or register online at <http://recweb.montgomerycountymd.gov>.

Hispanic Heritage Month continues with films and talks about Latin America.

Memory Academy, Fridays in October 10:30 am – 12:30 pm, Price Reduced

Five-week course to improve memory skills, \$15. Call Holy Cross Hospital 301-754-8800 to register.

Flu Clinic by Adventist Healthcare, Tuesday, October 27, 10 am – 12 pm

Flu shots (\$25) and pneumonia shots (\$35) are available at a walk-in clinic. First come, first served. Medicare Part B will pay for your annual flu shot and pneumonia shots are covered once every 5 years. Bring your Medicare card or payment in cash or by check if you are not covered.

Maximizing the Quality of Life, New Twice a Month Discussion Group Now Forming

This publication is sponsored by Holiday Park Seniors, Inc., a private non-profit corporation. Information contained in the advertisements does not constitute any involvement, support or endorsement by Montgomery County Government, the Department of Recreation, or the individual facility or program referenced.

October Highlights

Speakers, Entertainers and Special Events

Thursday, October 1, 11:00 am

Join bi-lingual artist Maria Gonzalez, Arts for the Aging, the first Thursday of the month. Free

12:00 pm

Astrid Humanez focuses this interactive group on developing skills to help cope with everyday life.

12:00 pm

Drawing and Painting Class

Santé Discussion Group

Long Branch Advisory Committee Meeting

Friday, October 2, 10:30 am

Five-week course to improve memory skills, \$15. Call Holy Cross Hospital 301-754-8800 to register.

12:00 pm

Breaking the code of the mysterious ancient hieroglyphics gives insights into the Mayan civilization.

Memory Academy Begins

Cracking the Maya Code (Video)

Monday, October 5, 11:00 am

Game playing keeps the mind sharp and helps make new friends. Newcomers are welcome.

Games Club

Tuesday, October 6, 10:30 am

With your assistance Carol Clatterbuck creates a work of art to commemorate Long Branch Senior Center's 15th anniversary. Materials will be provided. Artwork to be installed at the center.

Anniversary Art

Wednesday, October 7, 11:00 am

Celebrate autumn with poetry and discussion lead by Julia Burger from Arts for the Aging.

Poetry with Julia: Celebration of Fall

Thursday, October 8, 10:30 am

11:00 am

Edie Mahlmann, MSW, leads a discussion group to discover the best that life has to offer.

Anniversary Art Continued

Maximizing the Quality of Life

Friday, October 9, 10:30 am

Hollywood Hit Parade begins with dance music provided by DJ Vinny Colbert of Good Vibrations.

Anniversary Party

Monday, October 12

Long Branch Senior Center Closed for Columbus Day

Tuesday, October 13, 11:00 am

Don't despair. There are many ways to combat depression. Washington Adventist Hospital speaker.

Beating the Blues

Wednesday, October 14, 11:00 am

Join Julia Burger, Arts for the Aging in an exploration of more poetry about the fall season.

Encore Poetry

Thursday, October 15, 11:00 am

Globe Trekker visits Central America from rainforests in Costa Rica to festivals in Nicaragua.

1:00 pm

Costa Rica and Nicaragua (Video Travelogue)

October Birthday Celebration

Friday, October 16, 12:00 pm

Learn more about the diversity of Latin America from its many countries to its varied cultures as told by Long Branch Senior Center participants.

Latin Americans: Personal Stories

Monday, October 19, 10:30 am

Play a fun, fast and friendly team game of seated volleyball Monday or Thursday in the social hall.

Seated Volleyball

Tuesday, October 20, 9:30 am – 3:00 pm

Mini Trip Baltimore Inner Harbor

11:00 am **Bingo**

Bingo can be enjoyed by players of all skill levels. Come play for fun or for prizes.

Wednesday, October 21, 11:00 am **La Ruta Maya: Yucatan, Belize, Guatemala** (Video)

Local markets, ancient ruins, dramatic volcanoes and howler monkeys are among the fascinating sights featured in this Globe Trekker exploration of Central America.

Thursday, October 22, 11:00 am **The Story of Qui Ju** (China)

In this Chinese satire a village woman seeks justice only to encounter a bureaucratic runaround.

11:00 am **Maximizing the Quality of Life**

Friday, October 23, 12:00 pm **Dance with Annetta**

Join Annetta Sawyer from Arts for the Aging for world dance rhythms, movement and exercise. Free

Monday, October 26, 11:00 am **Wii Sports**

Do you want to keep up with the latest trends? Learn to play Wii sports!

Tuesday, October 27, 10 am – 12 pm **Flu Clinic**

Wednesday, October 28, 11:00 am **Oktoberfest**

A colorful, boisterous, and funny show in the tradition of the old European street singers, Organ Grinder Lola (Christiana Drapkin) & Master Bob perform ballads of broken hearts and lost love.

2:00 pm **Life Story Writing Group**

Write about any topic that interests you and bring it to the group to share. Lola Skolnik facilitates.

Thursday, October 29, 11:00 am **What's Safe to Eat?**

What are the risks and benefits of eating a variety of foods? What about bacteria, pesticide residues, and antibiotics in our food supply? What about organic foods? Melanie Polk explains all.

Friday, October 30, 12:00 pm **Latin Americans: Personal Stories**

More stories and cultural insights are provided by Long Branch Senior Center participants.

Classes and Programs

Art Explorations Make mini masterpieces while learning painting techniques with instructor Carol Clatterbuck. Drawing skills not required. Wednesdays, 10:30 am – 12:00 pm, \$24.00 for 8 sessions, September 16 – November 4, 2009.

Better Bones Osteoporosis Exercise Program Use hand-held weights to perform easy exercises which have been proven to reverse or prevent osteoporosis. Wednesdays and Fridays 1:00 - 2:00 pm. To register or for details call Holy Cross Hospital 301-754-7895. There are copies of the permission form and doctor's consent form at the Senior Center reception desk. No fee.

Brainworks Keep your brain fit with simulating activities designed to keep minds active and alert, Fridays at 11:00 am. Lead by Barbara Dodson and Lola Skolnik. No fee.

Cambodian Senior Group meets at Long Branch on Sunday afternoons and Fridays, 9:30 -11:00 am for T'ai Chi. Please call Seng Cau 240-485-6667 to confirm October dates.

Ceramics Class Carol Clatterbuck instructs. Eight-week session, cost \$24, and includes cost of the greenware. (*With the instructor's permission you may bring your own greenware and glazes, \$12 for 8 weeks.*) Mondays, 10:30 am - 12:00 pm. September 14 – November 9, 2009. No class 10/12/09.

Chinese American Senior Services Association (CASSA) Meets Mondays, 10:00 am – 2:00 pm. Contact, Vivien Hsueh, President, 301-530-4880 or email vhsueh@aol.com.

Citizenship Tuesday and Thursday classes resume with Martine Portee October 1st. Tutors are available by arrangement for one-on-one help. Ask Martha Amorin to assist you, call 301-431-5708.

Computer Classes Tuesdays and Thursdays instructor Bill Braaf and Durrell Drummond offer a variety of classes from beginner to advanced, please call 301-431-5708 for times and availability. Cost \$32 for 8 classes. Next session begins October 6, 2009.

Computer Tutoring If you have taken a computer class, volunteers Edward Ingram and Leah Kwait-Blank are available to give one-on-one help to improve your computer skills, Wednesdays 10:00 am – 12:00 pm. No fee.

English Classes Basic English instruction by volunteers Tuesdays at 11:00 am. Free.

English Tutoring Volunteers are available by appointment for one-on-one coaching and tutoring of basic English skills. Rosetta Stone program also available. Martha Amorin coordinates tutors. Free.

Games Club and Wii Sports Learn new games that are fun to play such as, *Quinto*, *Carcassonne*, *Rummikub* and Wii Sports, tennis, bowling, golf, baseball, etc. Mondays at 11:00 am. No fee.

Knitting and Crocheting Class Learn to knit or crochet with an expert. Clotilde Ibáñez teaches informal classes, Tuesdays at 12:00 noon. Yarn and needles provided for beginners. No fee.

Learn to Sew with Mariette and Rosy Talented seamstresses Mariette Ward and Rosy Barber teach how to take measurements; alter, pin and cut a pattern; machine stitch seams; attach lining, hem, etc., Fridays at 10:30 am and Wednesdays at noon. No fee, but please register.

Life Story Writing Group Share your stories and receive feedback the 4th Wednesday of the month 2:00 – 4:00 pm. Lola Skolnik facilitates. For more information call 301-431-5708. No fee.

Maximizing the Quality of Life Edie Mahlmann, MSW, leads the discussion 2 Thursdays a month.

Moving and Grooving Walk at your own pace, dance, sing. Let the music get you moving. Monday – Friday, 9:00 am – 10:30 am in the gym. No fee, but you must have an Access Card (free).

PACE (People with Arthritis Can Exercise) Sarah McKechnie and Nora O'Donnell conduct this gentle stretching exercise class in English and Spanish, Tuesdays and Thursdays at 10:15 am. Registration is required, but the class sponsored by Holy Cross Hospital is free. 301-431-5708.

Retired Senior Volunteers Program (RSVP) makes items for children to help them learn their numbers, colors and letters. For those who knit and crochet, items are made for children and infants. Come lend a hand to help a child or make a scarf for the homeless, Fridays at 11:00 am. No fee.

Seated Volleyball Team Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try. Everyone 55 years or older is welcome. Practice Mondays at 10:30 - 11:30 am and Thursdays, 12:00 – 1:00 pm, Social Hall A.

Senior Fit: Flexibility and Strengthening Exercise Program Designed especially for seniors age 55 and older, this free 45-minute exercise program focuses on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Sponsored by Holy Cross Hospital, Kaiser Permanente and Montgomery County Department of Recreation. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk. For more information please call 301-754-7895. Mondays and Wednesdays, 12:00 - 12:45 pm, instructor, Patricia Smith. No fee.

Basic Spanish Tuesdays at 12:00 pm. Native Spanish speaking instructors Xiomara Martinez and Waldo Pinto teach Spanish for those with no previous experience. No fee.

Intermediate Spanish Class For those who wish to improve their Spanish skills. Fridays, 10:00 am – 12:00 pm with native Spanish speaking instructor, Reyna Flores. No fee.

Spanish Conversation Club Native Spanish speakers Marta Zapata and Waldo Pinto lead a small group discussion centered on learning and using vocabulary needed in everyday life, Mondays at noon. No fee.

T'ai Chi for Seniors Come experience the gentle stretching, graceful movements and health benefits of T'ai Chi with instructors Fred Nee and Al Carey, Fridays at 9:30 – 11:00 am. No fee.

Vietnamese Senior Association (VSAM) meets every Tuesday, 10:00 am - 2:00 pm at Long Branch Senior Center. Senior Nutrition provides a Vietnamese lunch for participants.

Vision Exercises

Improve your balance and peripheral vision with these simple exercises, Wednesdays at 10:00 am. If you can't get to these sessions, the equipment is available to practice on your own. No fee.

Senior Center Services

Blood Pressure Screening Suburban Hospital's nurse, Christine Haynes, will provide blood pressure screening every Tuesday, 10:00 am – 2:00 pm. No appointment necessary.

Exercise and Weight Room Senior Pass Adults 55+ may register to use Long Branch Community Center's exercise and weight room or that at any other community center free of charge under the Silver Sneakers program, Monday – Friday, 9:00 am – 2:00 pm. If you use the exercise room on other days or times, you will have to purchase the regular season pass. **Appropriate attire is required for your safety, tennis shoes and shorts or pants, no skirts or hard soled shoes.**

Heart Well Suburban Hospital provides free consultation and monitoring of chronic disease management with a registered nurse at Long Branch Senior Center on Tuesdays, 10:00 am – 2:00 pm. To access services you must: be over 65, have a primary care physician, have a diagnosis of cardiovascular disease, consent to allow the nurse to share health information with individual's physician, and agree to inform the nurse when you are hospitalized.

Mobile Medical Care provides primary healthcare services for residents of Montgomery County without health insurance, Wednesdays, 8:30 am - 4:00 pm. Please call MobileMed 301-493-2400.

Mobile Post Office Thursdays 12:30 – 1:00 pm the mobile post office comes to the center.

Seniors with Disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with the American with Disabilities Act (ADA). If you need auxiliary aids, program assistance or services in order to participate, notification must be received no later than two (2) weeks prior to the start of the activity, 240-777-4925 or TTY 240-777-6974.

Agng and Disability Resource Center Client Assistance Worker Anita Joseph comes to the Center the second Tuesday of the month at 11:30 a.m. Call her at 240-777-1062 to make an appointment. For questions about services call Health and Human Services 240-777-3000.

Transportation to Long Branch for Seniors Door-to-door bus transportation to the center is offered free of charge Monday-Friday within a limited area. To make arrangements please call 301-431-5708.

The mission of the Montgomery County Department of Recreation is to provide high quality, diverse and accessible programs, services and facilities that enhance the quality of life for all ages, cultures, and abilities.