

October 2009

Long Branch Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LUNCH IS SERVED MONDAY THROUGH FRIDAY AT 1:00 PM</p> <p>Please make your reservations for bus and/or lunch with the Nutrition Site Manager Barbara Dodson. Complete meal menus are available for each month. The full cost of the meal is \$5.92. For persons age 60 or older or for a spouse of any age, a voluntary contribution is requested. Guests under age 60 must pay full cost. Please contribute as much as you can. Remember that contributions are used to purchase meals. To cancel or request either bus and/or lunch reservations, please call the Center <u>before 1:00 pm the day before</u>, 301- 431- 5708.</p>			<p>1 9:00-10:30 Moving and Grooving 9:30 & 10:30 Computer Classes 10:15 PACE Exercise 11:00 Drawing and Painting, Maria Gonzalez 11:00 Citizenship Begins 12:00 Seated Volleyball 12:00 Santé Discussion Group, Astrid Humanez 12:00 LBSC Advisory Committee Meeting 1:00 Lunch: Chicken</p>	<p>2 9:00-10:30 Moving and Grooving 9:30 T'ai Chi 10:00 Spanish Class 10:30 Learn to Sew with Mariette 10:30 Memory Academy 11:00 Brainworks 11:00 RSVP 12:00 <i>Cracking the Maya Code</i> (Video) 1:00 Better Bones Exercise Class 1:00 Lunch: Oven Fried Fish</p>
<p>5 9:00-10:30 Moving and Grooving 10:00 – 2:00 Chinese American Seniors (CASSA) 10:30 Seated Volleyball 10:30 Ceramics Class 11:00 Games Club and Wii Sports 12:00 Senior Fit 12:00 Spanish Conversation Club 1:00 Lunch: Salisbury Steak</p>	<p>6 9:00-10:30 Moving and Grooving 9:30 & 10:30 Computer Classes Begin 10:00 - 2:00 Blood Pressure/Heart Well 10:00 - 2:00 VSAM 10:15 PACE Exercise 10:30 Anniversary Art 11:00 Citizenship 11:00 Basic English 12:00 Basic Spanish 12:00 Knit & Crochet 1:00 Lunch: Oven Fried Fish</p>	<p>7 9:00-10:30 Moving and Grooving 10:00 Vision Exercises 10 -12 Computer Tutor 11:00 Poetry with Julia: Celebration of Fall, Julia Burger 12:00 Sewing with Rosy 12:00 Senior Fit Exercise, Patricia Smith 1:00 Better Bones Exercise Class 1:00 Lunch: Veal Parmagiana</p>	<p>8 9:00-10:30 Moving and Grooving 9:30 & 10:30 Computer Classes 10:15 PACE Exercise 10:30 Anniversary Art 11:00 Citizenship 11:00 Maximizing the Quality of Life, Edie Mahlmann 12:00 Seated Volleyball Celebration 1:00 Lunch: BBQ Chicken</p>	<p>9 9:00-10:30 Moving and Grooving 9:30 T'ai Chi 10:00 Spanish Class 10:30 - 1:30 Anniversary Party: Hollywood Hit Parade, Good Vibrations DJ and Dancing 10:30 Memory Academy 1:00 Better Bones Exercise Class 1:00 Lunch: Anniversary Special, \$8.00, reserve in advance</p>
<p>12 Long Branch Senior Center Closed for Columbus Day Holiday</p>	<p>13 9:00-10:30 Moving and Grooving 9:30 & 10:30 Computer Classes 10:00 - 2:00 Blood Pressure/Heart Well 10:00 - 2:00 VSAM 10:15 PACE Exercise 11:00 Beating the Blues, Washington Adventist Hospital 11:00 Citizenship 11:00 Basic English 12:00 Basic Spanish 12:00 Knit & Crochet 1:00 Lunch: Vietnamese</p>	<p>14 9:00-10:30 Moving and Grooving 10:00 Vision Exercises 10-12 Computer Tutor 11:00 Poetry Encore: Celebration of Fall, Julia Burger, Arts for the Aging 12:00 Sewing with Rosy 12:00 Senior Fit Exercise, Patricia Smith 1:00 Better Bones Exercise Class 1:00 Lunch: BBQ Beef</p>	<p>15 9:00-10:30 Moving and Grooving 9:30 & 10:30 Computer Classes 10:15 PACE Exercise 11:00 <i>Costa Rica and Nicaragua</i> (Video Travelogue) 11:00 Citizenship 12:00 Seated Volleyball 1:00 October Birthday 1:00 Lunch: Chicken Salsa Verde</p>	<p>16 9:00-10:30 Moving and Grooving 9:30 T'ai Chi 10:00 Spanish Class 10:30 Learn to Sew with Mariette 10:30 Memory Academy 11:00 Brainworks 11:00 RSVP 12:00 Latin Americans: Personal Stories 1:00 Better Bones Exercise Class 1:00 Lunch: Oven Fried Fish</p>
<p>19 9:00-10:30 Moving and Grooving 10:00 – 2:00 Chinese American Seniors (CASSA) 10:30 Seated Volleyball 10:30 Ceramics Class 11:00 Games Club and Wii Sports 12:00 Senior Fit 12:00 Spanish Conversation Club 1:00 Lunch: Meatloaf</p>	<p>20 9:00-10:30 Moving and Grooving 9:30-3:00 Mini Trip Baltimore Inner Harbor 9:30 & 10:30 Computer Classes 10:00 - 2:00 Blood Pressure/Heart Well 10:00 - 2:00 VSAM 10:15 PACE Exercise 11:00 Citizenship 11:00 Bingo 11:00 Basic English 12:00 Knit & Crochet 12:00 Basic Spanish 1:00 Lunch: Turkey</p>	<p>21 9:00-10:30 Moving and Grooving 10:00 Vision Exercises 10 -12 Computer Tutor 10:30 Art Explorations 11:00 La Ruta Maya: <i>Yucatan, Belize, Guatemala</i> (Video Travelogue) 12:00 Sewing with Rosy 12:00 Senior Fit 1:00 Better Bones 1:00 Lunch: Chicken Marsala</p>	<p>22 9:00-10:30 Moving and Grooving 9:30 & 10:30 Computer Classes 10:15 PACE Exercise 11:00 Maximizing the Quality of Life, Edie Mahlmann 11:00 Citizenship 11:00 Foreign Film: <i>The Story of Qui Ju</i> (China) 12:00 Seated Volleyball 1:00 Lunch: Baked Tilapia</p>	<p>23 9:00-10:30 Moving and Grooving 9:30 T'ai Chi, Fred Nee 10:00 Spanish Class 10:30 Learn to Sew 10:30 Memory Academy 11:00 Brainworks 11:00 RSVP 12:00 Dance with Annetta 1:00 Better Bones Exercise Class 1:00 Lunch: Lasagna</p>
<p>26 9:00-10:30 Moving and Grooving 10:00 – 2:00 Chinese American Seniors (CASSA) 10:30 Ceramics Class 10:30 Seated Volleyball 11:00 Games Club and Wii Sports 12:00 Senior Fit 12:00 Spanish Conversation Club 1:00 Lunch: Chicken Filet</p>	<p>27 9:00-10:30 Moving and Grooving 9:30 & 10:30 Computer Classes 10:00 - 2:00 Blood Pressure/Heart Well 10:00 - 2:00 VSAM 10:00- 12:00 Flu Clinic 10:15 PACE Exercise 11:00 Basic English 11:00 Citizenship 12:00 Knit & Crochet 12:00 Basic Spanish 1:00 Lunch: Spaghetti</p>	<p>28 9:00-10:30 Moving and Grooving 10:00 Vision Exercises 10 -12 Computer Tutor 10:30 Art Explorations 11:00 Oktoberfest, Christiana Drapkin 12:00 Sewing with Rosy 12:00 Senior Fit 1:00 Better Bones Exercise Class 1:00 Lunch: Latin American Meal 2- 4 Life Story Writing</p>	<p>29 9:00-10:30 Moving and Grooving 9:30 & 10:30 Computer Classes 10:15 PACE Exercise 11:00 What's Safe to Eat? Melanie Polk, Senior Nutrition Program 11:00 Citizenship 12:00 Seated Volleyball 1:00 Lunch: Chicken Cacciatore</p>	<p>30 9:00-10:30 Moving and Grooving 9:30 T'ai Chi 10:00 Spanish Class 10:30 Memory Academy 10:30 Learn to Sew 11:00 Brainworks 11:00 RSVP 12:00 Latin Americans: Personal Stories 1:00 Better Bones Exercise Class 1:00 Lunch: Turkey</p>