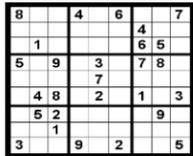
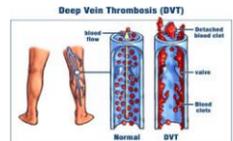


Monday	Tuesday	Wednesday	Thursday	Friday
 <p>SNOW POLICY/POLITICA DE NIEVE- Abierto o Cerrado</p> <p>If MCPS <u>Schools</u> are closed or have a delayed opening, the center will have no lunch or transportation. Call the Recreation Department Weather Hotline at <u>240 777 6889</u> for more details.</p>		<p>1</p> <p>9:30 Moving and Grooving 10 Board Games & Coffee 10 Computer Tutor 10:30 Painting\$ 11 Basic English 12 Senior Fit Ex Class 1 Better Bones with Chatarina</p>	<p>2</p> <p>9:30 Moving and Grooving 10 Board Games & Coffee 11 Bingo 12 Advisory Board meeting 12 Zumba Gold \$ 12 Sing Along With Hong Tran 1 Lunch</p>	<p>3</p> <p>9:30 Moving and Grooving 10 Board Games &Coffee 10 Tai Chi 10:15 Exercise w/Chatarina 11 Citizenship 1 Better Bones w Chatarina 1 Lunch</p>
<p>6</p> <p>9:30 Moving and Grooving 10Board Games &Coffee 10:30 Clay Art \$ 11 Movement and Stretch w/ Sandra Roachford, <u>Arts for the Aging</u> 12 Senior Fit 1 Lunch</p>	<p>7</p> <p>9:30 Moving and Grooving 10 Board Games and Coffee 11 Learn How to Play Soduko 11 Citizenship 12:15 Exercise with Chatarina 1 Lunch</p> 	<p>8</p> <p>9:30 Moving and Grooving 10 Board Games & Coffee 10 Computer Tutor 10 -11 <u>Coffee with a Cop snacks</u> <u>Officer Coligan</u> 10:30 Painting\$ 11 Basic English 12 Senior Fit Ex Class 1 Lunch 1 Better Bones with Chatarina</p> 	<p>9</p> <p>9:30 Moving and Grooving 10 Board Games & Coffee 11 Bingo 12 Zumba Gold \$ 12 Sing Along with Hong Tran 1 Lunch</p>	<p>10</p> <p>9:30 Moving and Grooving 10 Board Games &Coffee 10 Tai Chi 10 Quick Trip to dollar store 10:15 Exercise w/Chatarina 11 Citizenship 1 Lunch 1 Better Bones w/Chatarina</p>
<p>13</p> <p>9:30 Moving and Grooving 10Board Games &Coffee 10:30 Clay Art \$ 10:30 Blood Pressure 11 Sante Group 12 Senior Fit 1 Lunch</p> 	<p>14</p> <p>9:30 Moving and Grooving 10 Board Games and Coffee 11 Citizenship 11 Learn the Card Game Hearts 12 Valentine's/Friendship Day Crafts and Treats. 12:15 Exercise w/ Chatarina 1 Lunch</p>	<p>15</p> <p>9:30 Moving and Grooving 10 Board Games & Coffee 10 Computer Tutor 10:30 Painting \$ 11 Basic English 11Transportation questions answered 12 Senior Fit Exercise Class 1 Better Bones with Chatarina 1 Lunch</p>	<p>16</p> <p>9:30 Moving and Grooving 10 Board Games & Coffee 11 Bingo 12 Zumba Gold \$ 1 Lunch</p> 	<p>17</p> <p>9:30 Moving and Grooving 10 Board Games &Coffee 10 Tai Chi 10:15 Exercise w/Chatarina 11 Citizenship 1 Better Bones w/Chatarina 1 Lunch</p>
<p>20</p> <p>9:30 Moving and Grooving 10 Board Games &Coffee 10:30 – 12 Free Cardiac/Vascular Screening For PAD 10:30 Clay Art\$ 12 Senior Fit 1 Lunch</p> 	<p>21</p> <p>9:30 Moving and Grooving 10 Board Games and Coffee, Learn new versions of Card Solitaire. 11 Cellist Tobias Werner from <u>Arts for the Aging.</u> 11 Citizenship 12:15 Exercise w/Chatarina 1 Lunch</p> 	<p>22</p> <p>9:30 Moving and Grooving 10 Computer Tutor 10:30 Painting 11 “Exercise and the Brain” 11 Basic English 12 Senior Fit Exercise 1 Better Bones with Chatarina 1 Lunch</p> 	<p>23</p> <p>9:30 Moving and Grooving 10 Board Games & Coffee 11 Bingo 12 Zumba Gold \$ 12 Sing Along with Hong Tran 1 Lunch</p>	<p>24</p> <p>9:30 Moving and Grooving 10 Board Games &Coffee 10 Tai Chi 10 Quick Trip to Amish Market 10:15 Exercise w/Chatarina 11 Citizenship 1 Better Bones w/Chatarina 1 Lunch</p>
<p>27</p> <p>9:30 Moving and Grooving 10 Board Games &Coffee 10:30 Clay Art\$ 12 Senior Fit 1 Lunch</p>	<p>28</p> <p>9:30 Moving and Grooving 10 Coffee & Learn “Apples to Apples” 11 Citizenship 11 “Shake Rattle & Roll with Wall Matthews” from <u>Arts for the Aging.</u> 12:15 Exercise w/Chatarina 1 Lunch</p>	<p>Lunch is served Monday Through Friday at 1:00 pm. Please make your reservations for bus and/or lunch at Long Branch at least 3 days in advance with the Nutrition Site Manager or Transportation Coordinator at the Front Desk on the second floor. Be sure to call the Center 240 777 6975 to cancel lunch by 1:00 the day before, and call the transportation coordinator at 301 255 4214 to cancel bus transportation. The full cost of the meal is \$5.67. For persons age 60 or older or for a spouse 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. Copies of the monthly menu are on the reception desk. If you would like to select a cold meal, please circle your choices and give to the person at the reception desk</p>		

