



LONG BRANCH *Senior Center*

8700 Piney Branch Rd., Silver Spring, MD 20901 • 240-777-6975

FEBRUARY 2017

**February is “Brain Exercis Month” at the
Long Branch Senior Center.
Ejercicio para el Cerebro**



Give your brain a good workout every day in February. Brain exercise papers will be given out daily and every Tuesday we will teach you a game:

February 7 th at 11	Sudoku
February 14 th at 11	Hearts
February 21 st at 10	Solitaire times 3
February 28 th at 10	“Apples to Apples”

Guest speakers and teaching artists from “Arts for the Aging” will fill out the rest of every week:



February 22rd at 11: “Exercise and the Brain”

A fun presentation about various types of exercise and how they affect the brain. We will try a few simple physical exercises that will get you ready for spring gardening too! Written handouts in English and Spanish.

Taught by Carol Clatterbuck

**Valentines/Friendship Day
Tuesday February 14
Dia de San Valentin**

10 – 11, Coffee/Tea/Hot Chocolate/Treats

11-12 Design a personalized Valentine card for someone special. We’ll provide the supplies.

12 – 1 Sing Love Songs with Pianist Hong Tran
free



Speaking of Hearts, February is American Heart Month. Keep your “ticker” strong:

Monday February 13th: 10:30 – 12
Blood Pressure Readings by nurses from
Washington Adventist Hospital of Takoma Park.

Monday February 20th, 10:30 – 12

Free Peripheral Artery Disease Screening
Presented by
Maryland Cardiology Associates, PC

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) in order to participate, please call a Mainstream Facilitator at 240-777-4925 to discuss your need.

Monday - Friday • 9:30 – 2:00 Lunch served daily at 1 pm.

Long Branch Senior Center • Director: Mary Pelz • Staff: Julia Jacho ,Carol Clatterbuck, Leah Kwait-Blank, Nancy Martínez.

CLASS AND PROGRAM DESCRIPTION

Note: All programs are free except when indicated. All programs are subject to change.
Call our office at 240-777-6975 if you have any question, thank you.

Aging and Disability Resource Center

Client Assistance Worker from HHS, Anita Joseph comes to the center. Call her at 240-777-1062 to make an appointment. For questions about services call Health and Human Services: 240-777-3000.

AFTA: Arts For The Aging –

A local 501 C-3 Organization, AFTA's Mission is to engage older adults in health improvement and life enhancement through the arts. Their artists bring programs to LBSC monthly. Check the calendar for schedules.

Better Bones Osteoporosis Exercise Program:

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

Blood Pressure:

Nurses from Washington Adventist Hospital are here the second Monday of every month to check your blood pressure. 10:30 – 12.

Brainworks:

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

Ceramics & Painting

Mons and Weds (check schedule for exact dates). Local artist Carol Clatterbuck teaches the craft of painting on preformed ceramics, followed by firing of objects in a kiln. Also, painting activities on Weds. \$3 per class.

Chinese American Senior Services Association

(CASSA) Mon. and Fri. Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

Citizenship

Martine Portee from Baltimore City Community College helps seniors every Wed and Fri at 11 am, teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.

Mini Trips

Each MCRD Senior Center takes 4 mini trips annually to local destinations. Bus capacity is 20, so it is first come first served.

Moving and Grooving:

Walk at your own pace, around the gym. Dance and sing. Please have your access card.

Exercise with Norah:

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase endurance, boost your energy and improve flexibility. Mrs. O'Donnell is a health educator and a certified AFAA Fitness Instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

Seated Volleyball:

A fun, fast pace version of the classic game. Improve your fitness and reflexes!

Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this free 45-minute exercise program that starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, and flexibility. This program is co-sponsored by Holy Cross Hospital and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the Center reception desk.

Spanish Conversation/Reading and Writing:

Practice your Spanish with native speaker and volunteer Waldo Pinto.

T'ai Chi for Seniors:

Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi. Fridays at 10.

The Vietnamese Senior Association of Maryland (VSAM)

Tuesdays. Contact Chairman and President *LamBào Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net

The Vietnamese American Senior Association (VASA)

Thursdays. Contact Mr. Tony Bui 301 741 5834, or amsfv@aol.com.

Lunch: Served daily at 1 pm. Ages 55 – 60 pay full cost of \$5.67, those 60 and over pay with a donation. Sign up at registration desk on the second floor.

Exercise and Weight Room Senior Pass

Adults 55+ may register to use Long Branch Community Center's exercise and weight room or at any other community center at \$50/year under the Silver Sneakers program, Monday through Friday, 10-3. Appropriate attire is required. No hard soled shoes.