


Monday	Tuesday	Wednesday	Thursday	Friday
Long Branch Senior Center - February 2023				
Hours: Monday - Friday 9 a.m. to 4 p.m. Closed for County Holidays Lunch served at 12:30 p.m. Staff: Mary Pelz – Recreation Specialist, Deloris King – Nutrition Manager, Recreation Assistants: Rocio Castro, Leah Kwait-Blank, Julia Ortega.		1	2	3
		9-10:30: Board Games, Color and Coffee 9:30 Fall Prevention and Balance Exercise Class 12:30 Lunch	9 -10:30 Board Games, Coffee. 9-10 Yoga Para Todos 10 Superpower Dance Circle 11Senior Fit 12:30 Lunch	9 – 10:30: Board Games, Coffee 10-11 Fall Prevention and Balance Exer. Class 11:45 – 2:30 Pickleball 12:30 Lunch
6	7	8	9	10
9 – 10:30 Board Games, Color and Coffee. 9-12 Sword Tai Chi, Table Tennis, Mah Jong 11-12 Sing Along w/ Hong 12:30 Lunch	9 – 10:30: Board Games, Coffee 9Yoga Canceled 10 Watercolor 10-11 Bingo 11 Gym Equip Instruction 11 Senior Fit 11:45 Pickleball 12:30 Lunch	9-10:30: Board Games, Color and Coffee 9:30 Fall Prevention and Balance Exercise Class 9:30 Bowling 12:30 Lunch	9 -10:30 Board Games, Coffee 9 Yoga 10Superpower Dance Circle 11 Senior Fit 12:30 Lunch 1 Gym Equipment Instruction	9 – 10:30 Board Games, Coffee 10 Fall Prevention and Balance Exercise Class 11:45 – 2:30 Pickleball 12:30 Lunch
13	14	15	16	17
9 – 10:30 Board Games, Color and Coffee 9 -12 Sword Tai Chi, Table Tennis, Mah Jong 10-12 Blood Pressure Reading 12:30 Lunch	9 – 10:30 Board Games, Coffee 9 Yoga Para Todos 10:30-1:30 Trip to White Oak for Valentines Party 10 – 11Watercolor 11 Senior Fit 11:45 – 2:30 Pickleball 12:30 Lunch	9-10:30 Board Games, Color and Coffee 9:30 Fall Prevention and Balance Class 11 – 12 Valentine’s Day Sing Along 12:30 Lunch	9 -10:30 Board Games, Color and Coffee. 9 Yoga Para Todos 10 Superpower Dance Circle 11 Senior Fit 12:30 Lunch	9 – 10:30 Board Games, Coffee 10 – Fall Prevention and Balance Class 11:45 – 2:30 Pickleball 12:30 Lunch
20	21	22	23	24
CLOSED PRESIDENTS DAY	9 – 10:30 Board Games, Coffee 9 – 10 Yoga Para Todos 10-11 Bingo 10-11 Watercolor 11 Senior Fit 11:45 – 2:30 Pickleball 12:30 Lunch	9-10:30 Board Games, Color and Coffee 9:30 Fall Prev. and Balance Exercise Class 10 – 12 Black History Month Program 12:30 Lunch	9 -10:30 Board Games, Color and Coffee 9 Yoga Para Todos 10 Superpower Dance Circle 11 Senior Fit 12:30 Lunch	9 – 10:30 Board Games, Color and Coffee 10 – Fall Prevention and Balance Class 11:45 – 2:30 Pickleball 12:30 Lunch
27	28	CALLING ALL ENGINEERS, ARCHITECTS, SWIMMERS, ADVENTURERS, BOATERS WE NEED YOUR HELP FOR THE SENIOR CENTERS MARCH 2023 CARDBOARD REGATTA!!!!  Each senior center team will design and construct a boat using ONLY the following materials: cardboard boxes, duct tape, and garbage bags. To get involved, talk to one of our staff or call 240-777-6918		
9 – 10:30 Board Games, Color and Coffee 9-12 Sword Tai Chi, Table Tennis, Mah Jong 11-12 Sing Along with Hong 12:30 Lunch	9 – 10:30 Board Games, Color and Coffee 9 Yoga Para Todos 10 Watercolor 10-11: Bingo 11 Senior Fit 11:45 – 2:30 Pickleball 12:30 - Lunch			

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

LONG BRANCH SENIOR CENTER, 8700 PINEY BRANCH ROAD SILVER SPRING, 240-777-6975