




LONG BRANCH SENIOR CENTER MONTHLY SCHEDULE/MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
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WELCOME BACK !!!!

Registration for activities will take place on site and all programs are free this month !!!!

<p style="text-align: right;">16</p> <p>9:00 – 10:00 Walk around the gym. 9:00 – 11:00 Board Games, Color & Coffee. Social Hall 10 – 12noon Table Tennis, Chinese Tai Chi in the gym. 11-12 Visual Arts Workshop 11:30 – 12:30 POWER BLAST Exercise Class. 1 Lunch 1:30 – 2:30 Strength Training w Sandbells</p>	<p style="text-align: right;">17</p> <p>9:00 – 10:00 Walk around the gym. 9:00 – 11:00 Board Games, Color & Coffee. Social Hall. 11 – 12 Bingo 12 – 1 Drawing 1 Lunch 12 - 3 Pickleball</p>	<p style="text-align: right;">18</p> <p>9:00 – 10:00 Walk around the gym. 9:00 – 10:30 Board Games, Color & Coffee. Social Hall 10 Hip Hop for Seniors 1 Lunch 2 Yoga</p>	<p style="text-align: right;">19</p> <p>9:00 – 10:00 Walk around the gym. 9:00 – 10:30 Board Games, Color & Coffee. Social Hall 11 Yoga Para Todos 1 Lunch</p>	<p style="text-align: right;">20</p> <p>9:00 – 10:00 Walk around the gym. 9:00 – 10:30 Board Games, Color & Coffee. Social Hall 10:00 Watercolor Painting 11 Tai Chi 1 Lunch</p> <div style="text-align: right;">  </div>
<p style="text-align: right;">23</p> <p>9:00 – 10:00 Walk around the gym. 9:00 – 11:00 Board Games, Color & Coffee. Social Hall 10 – 12noon Table Tennis, Chinese Tai Chi in the gym. 11:30 – 12:30 POWER BLAST Exercise Class. 1 Lunch 1:30 – 2:30 Strength Training w Sandbells</p>	<p style="text-align: right;">24</p> <p>9:00 – 10:00 Walk around the gym. 9:00 – 11:00 Board Games, Color & Coffee. Social Hall. 10 – 11 Walk outside Trail 11 – 12 Bingo 1 Lunch 12 - 3 Pickleball</p>	<p style="text-align: right;">25</p> <p>9:00 – 10:00 Walk around the gym. 9:00 – 10:30 Board Games, Color & Coffee. Social Hall 10 Hip Hop for Seniors 1 Lunch 2 Yoga</p>	<p style="text-align: right;">26</p> <p>9:00 – 10:00 Walk around the gym. 9:00 – 10:30 Board Games, Color & Coffee. Social Hall 11 Yoga Para Todos 12 - 3 Pickleball 1 Lunch 2 Walk Outside Trail</p>	<p style="text-align: right;">27</p> <p>9:30 Board Games, Color Coffee 10 Watercolor Painting 11 Tai Chi 1 Lunch</p> <div style="text-align: right;">  </div>
<p style="text-align: right;">30</p> <div style="text-align: center;">  </div>	<p style="text-align: right;">31</p> <p>9:00 – 10:00 Walk around the gym. 9:00 – 11:00 Board Games, Color & Coffee. Social Hall. 11 – 12 Bingo 1 Lunch 12 - 3 Pickleball</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 2 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 \$5.93. 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>		

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.