montgomerycountymd.gov/rec
MONTGOMERY COUNTY Recreation

LONG BRANCH Senior Center

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

JANUARY 2017

Free to Move Move for Free!

Todas las clases de ejercicios son gratuitas en Enero.

Come to the Long Branch Senior Center this January where all exercises classes are free, including *Zumba Gold* on Thursdays at Noon.

Mondays: 12 – Senior Fit

Tuesdays: 11 – Exercise Room Instruction
12:15 – Exercise with Norah

Wednesdays: 12 – Senior Fit
1 – Better Bones

Thursdays: 12 – Zumba Gold

Fridays: 10 – Tai Chi
10:15 – Exercise w/Norah
1 - Better Bones

Exercise Plus!!!!

Join the "Move More Montgomery"
100 Mile Challenge
100 millas en 100 dias.

Walk, jog, run a mile a day for 100 days, or participate in 20 minutes of continuous physical activity which counts as 1 mile.

Register at Long Branch Sr. Center
Or online at ActiveMontgomery.org
26595.
Cost is $5, and includes a free swag bag and entry into weekly and grand prizes.

Los participantes inscritos recbiran una bolsa de regalitos. Inscripcion - $5, por internet en ActiveMontgomery.org # 26595.

Kickoff is January 21 at the Holiday Park Senior Center, 2 – 4 pm.

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.

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.

Affiliated Santé Discussion Group,
"Hablando de Cambios" Nicole Brush leads this Spanish Language interactive group which explores ways to develop skills to cope with life changes.
The second Monday of the month at 11.

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.

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 Teaches seniors 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. Tue and Fri 11-1. (check with center for exact dates)

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

Moving and Grooving:
Walk at your own pace, around the gym. Dance and sing. Please have your Active Montgomery 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. Free

The Vietnamese Senior Association of Maryland (VSAM)
Tuesdays. Contact Chairman and President *LamBảo 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.