







LONG BRANCH SENIOR CENTER MONTHLY SCHEDULE/MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>9:30 Board Games, Color & Coffee 10:30 Ceramics\$ 11 Line Dancing 12 Senior Fit 1 Lunch</p> 	<p style="text-align: right;">3</p> <p>9:30 Board Games, Color & Coffee 10:30 Citizenship 10-1 Pickleball 11 Integral Tai Chi 11 Bingo 12:15 Exercise with Norah 1 Lunch</p>	<p style="text-align: right;">4</p> <p>9:30 Board Games, Color & Coffee 10:30 Painting \$ 11 Pictionary 12 Senior Fit Exercise Class 1 Lunch 1 Better Bones Exercise Class</p>	<p style="text-align: right;">5</p> <p>10 – 1 Walk Around the Gym 10 Board Games, Color & Coffee 10-12 Learn about Supplemental Nutrition Assistance Program 11 Yoga in Spanish \$ 11 Advisory Board Meeting 12 Sing Along w Hong Tran 1 Lunch</p>	<p style="text-align: right;">6</p> <p>9:30 Board Games, Color & Coffee 10 Tai Chi 10-1 Pickleball 12:15 Exercise w/Norah 1 Better Bones 1 Lunch</p> 
<p style="text-align: right;">9</p> <p>9:30 Board Games, Color & Coffee 10:30 Blood Pressure check 10:30 Ceramics\$ 11 Line Dancing\$ 12 Senior Fit 1 Lunch</p>	<p style="text-align: right;">10</p> <p>9:30 Board Games, Color & Coffee 10:30 Citizenship 10-1 Pickleball 11 Integral Tai Chi 11 Bingo 12:15 Exercise with Norah 1 Lunch</p> 	<p style="text-align: right;">11</p> <p>9:30 Board Games, Color & Coffee 10:30 Painting 11 Pictionary 12 Senior Fit Exercise Class 1 Lunch 1 Better Bones Exercise Class</p>	<p style="text-align: right;">12</p> <p>10 – 1 Walk Around the Gym 10 Board Games, Color & Coffee 10:30 Learn about local Transportation options. 11 Yoga in Spanish \$ 12 Joy of Movement w/ Deborah Riley 12 Sing Along w Hong Tran 1 Lunch</p>	<p style="text-align: right;">13</p> <p>9:30 Board Games, Color & Coffee 10 Tai Chi 10 Pickleball 12:15 Exercise w/Norah 1 Better Bones 1 Lunch</p>
<p style="text-align: right;">16</p> <p>9:30 Board Games, Color & Coffee 10:30 Ceramics\$ 11 Line Dancing\$ 12 Senior Fit 1 Lunch</p>	<p style="text-align: right;">17</p> <p>9:30 Board Games, Color & Coffee 10:30 Citizenship 11 Bingo 11 Integral Tai Chi 10 - 1 Pickleball 12:15 Exercise w Norah 1 Lunch</p> 	<p style="text-align: right;">18</p> <p>9:30 Board Games, Color & Coffee 10:30 Painting 12 Senior Fit Exercise Class 1 Lunch 1 Better Bones Exercise Class</p>	<p style="text-align: right;">19</p> <p>10 -1 Walk Around the Gym 10 Board Games, Color & Coffee 10:15 – 12 Apply For SNAP 11 Yoga in Spanish \$ 12 Imagine, Improv Ignite w/ Fairouz Fouty 12 Sing Along with Hong 1 Lunch</p>	<p style="text-align: right;">20</p> <p>9:30 Board Games, Color Coffee 10 Tai Chi 10-1 Pickleball 12:15 Exercise w/Norah 1 Better Bones 1 Lunch</p>
<p style="text-align: right;">23</p> <p>9:30 Board Games, Color & Coffee 10:30 Ceramics\$ 11 Line Dancing\$ 11 Presentation on Colon Cancer Prevention. 12 Senior Fit 1 Lunch</p> 	<p style="text-align: right;">24</p> <p>9:30 Board Games, Color and Coffee 10:30 Citizenship 10-1 Pickleball 11 Integral Tai Chi 11 Bingo 12:15 Exercise w Norah 1 Lunch</p>	<p style="text-align: right;">25</p> <p>9:30 Board Games, Color & Coffee 10:30 Painting \$ 12 Senior Fit Exercise Class 1 Lunch 1 Better Bones Exercise Class</p>	<p style="text-align: right;">26</p> <p>10 – 1 Walk Around the Gym 10 Board Games, Color & Coffee 11 Yoga in Spanish \$ 12 Rhymes and Reasons w/Lauren Boyle 12 Sing Along w Hong Tran 1 Lunch</p>	<p style="text-align: right;">27</p> <p>9:30 Board Games, Color Coffee 10 Tai Chi 10-1 Pickleball 12:15 Exercise w/Norah 1 Better Bones 1 Lunch</p> 
<p style="text-align: right;">30</p> <p>9:30 Board Games, Color & Coffee 10:30 Ceramics\$ 11 Line Dancing\$ 12 Senior Fit 1 Lunch</p>	<p style="text-align: right;">31</p> <p>9:30 Board Games, Color and Coffee 10-1 Pickleball 10:30 Citizenship 11 Integral Tai Chi 11 Bingo 12:15 Exercise w Norah 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 \$5.93. 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>		