









# LONG BRANCH SENIOR CENTER CALENDAR

MAY 2023

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| <b>1</b><br><b>9 – 10:30: Board Games, Mahjong Color &amp; Coffee</b><br><b>9:45 - 12 Trip to Goodwill</b><br><b>10:30 – 11:30 Chinese Folk Dancing</b><br><b>11-12 Sing Along w/ Hong</b><br><b>12:30- Lunch</b>  | <b>2</b><br><b>9 – 10:30: Board Games, Color &amp; Coffee</b><br><b>9 – 10: Yoga Para Todos</b><br><b>10-11 Watercolor Painting</b><br><b>11-11:50 Senior Fit</b><br><b>11:45 – 2:30 Pickleball</b><br><b>12:30 – Lunch</b>   | <b>3</b><br><b>9-10:30: Board Games, Color &amp; Coffee</b><br><b>9:30 – 10:30: Fall Prevention and Balance Exercise Class</b><br><b>11 - 12 Bingo</b><br><b>12:30 Lunch</b>  | <b>4</b><br><b>9 -10:30 Board Games, Color &amp; Coffee.</b><br><b>9-10: Yoga Para Todos</b><br><b>10:00 Superpower Dance Circle</b><br><b>11Senior Fit</b><br><b>12:30 = Lunch</b>   | <b>5</b><br><b>9 – 10:30: Board Games, Color &amp; Coffee</b><br><b>9:30 – 10:30: Fall Prevention and Balance Exer. Class</b><br><b>11:45 – 2 Pickleball</b><br><b>12:30 Lunch</b>  |
| <b>8</b><br><b>9 – 10:30: Board Games, Mah Jong, Color &amp; Coffee.</b><br><b>10:30-11:30 Chinese Folk Dancing</b><br><b>10-11:30 Blood Pressure Readings</b><br><b>11-12 Sing Along w/ Hong</b><br><b>12:30- Lunch</b>   | <b>9</b><br><b>9 – 10:30: Board Games, Color &amp; Coffee</b><br><b>9 – 10: Yoga Para Todos</b><br><b>10-11 Watercolor Painting</b><br><b>11-11:50 Senior Fit</b><br><b>11:45 – 2:30 Pickleball</b><br><b>12:30 – Lunch</b>   | <b>10</b><br><b>9 – 10:30: Board Games, Color &amp; Coffee</b><br><b>9:30 – 10:30 Fall Prevention and Balance Exercise Class</b><br><b>11 – 12 Jewelry From Junk</b><br><b>12:30 - lunch</b><br><b>Pop up COVID vaccine 9 - 3</b>  | <b>11</b><br><b>9 -10:30 Board Games, Color &amp; Coffee.</b><br><b>9-10:Yoga Para Todos</b><br><b>10:00 Superpower Dance Circle</b><br><b>11Senior Fit</b><br><b>12:30 = Lunch</b>  | <b>12</b><br><b>9 – 10:30: Board Games, Color &amp; Coffee</b><br><b>9:30 – 10:30: Fall Prevention and Balance Exer Class</b><br><b>10:30-2 Vietnamese Celebration</b><br><b>11:45 – 2 Pickleball</b><br><b>12:30 Lunch</b> |
| <b>15</b><br><b>9 – 10:30: Board Games, Mahjong Color &amp; Coffee.</b><br><b>10:30 – 11:30 Chinese Folk Dancing</b><br><b>11-12 Sing Along w/ Hong</b><br><b>12:30- Lunch</b>  | <b>16</b><br><b>9 – 10:30: Board Games, Color &amp; Coffee</b><br><b>9 – 10: Yoga Para Todos</b><br><b>10-11 Watercolor Painting</b><br><b>11-11:50 Senior Fit</b><br><b>11:45 – 2:30 Pickleball</b><br><b>12:30 – Lunch</b>  | <b>17</b><br><b>9-10:30: Board Games, Color and Coffee</b><br><b>10:00 Fashion Show</b> <br><b>12:30 Lunch</b>   | <b>18</b><br><b>9 -10:30 Board Games, Color &amp; Coffee.</b><br><b>9-10:Yoga Para Todos</b><br><b>10:00 Superpower Dance Circle</b><br><b>11Senior Fit</b><br><b>12:30 = Lunch</b>  | <b>19</b><br><b>9 – 10:30: Board Games, Color &amp; Coffee</b><br><b>11:45 – 2 Pickleball</b><br><b>12:30 Lunch</b>                    |
| <b>22</b><br><b>9 – 10:30: Board Games, Mahjong Color &amp; Coffee.</b><br><b>10:30 – 11:30 Chinese Folk Dancing</b><br><b>11-12 Sing Along w/ Hong</b><br><b>12:30- Lunch</b>   | <b>23</b><br><b>9 – 10:30: Bd Games, Color, Coffee</b><br><b>9 – 10: Yoga Para Todos</b><br><b>10-11 Watercolor Painting</b><br><b>11-11:50 Senior Fit</b><br><b>11:45 – 2:30 Pickleball</b><br><b>12:30 – Lunch</b>  | <b>24</b><br><b>9-10:30: Board Games, Color and Coffee</b><br><b>9:30-10:30 Fall Prevention and Balance Exercise class</b><br><b>10:45 – 12 Mini Trip to Crossroads Farmer's Market</b><br><b>12:30 Lunch</b>   | <b>25</b><br><b>9 -10:30 Board Games, Color &amp; Coffee.</b><br><b>9-10: Yoga Para Todos</b><br><b>10:00 Superpower Dance Circle</b><br><b>11Senior Fit</b><br><b>12:30- Lunch</b>  | <b>26</b><br><b>9 – 10:30: Board Games, Color &amp; Coffee</b><br><b>11:45 – 2 Pickleball</b><br><b>12:30 Lunch</b>   |
| <b>29</b><br><b>Closed For Memorial Day</b>   | <b>30</b><br><b>9 – 10:30: Bd Games, Color, Coffee</b><br><b>9 – 10: Yoga Para Todos</b><br><b>10-11 Watercolor Painting</b><br><b>11-11:50 Senior Fit</b><br><b>11:45 – 2:30 Pickleball</b><br><b>12:30 – Lunch</b>  | <b>31</b><br><b>9-10:30: Board Games, Color and Coffee</b><br><b>9:30-10:30 Fall Prevention and Balance Exercise class</b><br><b>11 – 12 Intro to Essential Oils</b> <br><b>12:30 Lunch</b>                                      | <b>LONG BRANCH SENIOR CENTER, 8700 PINEY BRANCH ROAD SILVER SPRING, 240/777-6975. Hours: Monday thru Friday 9 am to 3 pm. Closed for County Holidays Lunch served at 12:30 pmStaff: Mary Pelz – Recreation Specialist, Deloris King – Nutrition Manager, Recreation Assistants: Rocio Castro, Leah Kwait-Blank, Julia Ortega.</b><br><br>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. |   |