



LONG BRANCH

Senior Center

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

February 2024

Black History Month Celebration
Long Branch Community and
Senior Center

Wednesday February 21st

ALL AGES WELCOME

10:30 – 11 am Snacks

11:00 am to 12:00 pm Music by **Linda Harris & David Cole + Jaja Bashengezi**

Celebrating Black History Month: Music of the Diaspora #R03027 229

Presented as part of Carpe Diem Arts' Cultural Heritage Series

in collaboration with Montgomery County Recreation Department.

Made possible by a grant from the National Endowment for the Arts

CARPE DIEM ARTS
Bringing the Arts to Life!



WANTED!!

Architects

Engineers

Artists

Volunteers

Designers

Visionaries

Anyone interested in building the Long Branch Senior Center entry into this year's Cardboard Boat Regatta on March 14th.

Building the boat will be on Fridays^t at 11 am in the lounge on the second floor of the Long Branch Community Center. #R07107 229

TECH TUTORING #R07084 206

Free 30 minute tutoring sessions for help with using your smart phone, laptop, or desktop computer. Mondays and Wednesdays from 1 to 4 pm. Sign-up at the second floor welcome desk or call the center at 240/777- 6975 to reserve your spot.


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 • 9:00 – 4:00 Lunch served daily at 12:30 pm.

LBSC Staff • Mary Pelz, Deloris King, Leah Kwait-Blank, Julia Ortega, Rocio Castro, Armando Ortega

LONG BRANCH SENIOR CENTER CALENDAR

FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LONG BRANCH SENIOR CENTER, 8700 PINEY BRANCH ROAD SILVER SPRING, 240/777-6975. Hours: Monday thru Friday 9 am to 4 pm. Closed for County Holidays Lunch served at 12:30 pm Staff: Mary Pelz – Recreation Specialist, Deloris King – Nutrition Manager, Recreation Assistants: Rocio Castro, Leah Kwait-Blank, Julia Ortega. 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.</p>			1	2
5	6	7	8	9
<p>9 – 10:30: Bd Games, Col. & Coff. 10 – 10:50 Chinese Tai Chi 10-12 Chinese Folk Dance 11 – 12 Sing Along with Hong 11-11:45 Brainworks 12:30- Lunch 1 – 4 Tech Tutoring with Armando</p>	<p>9 – 10:30: Bd Games & Coffee 9 – 9:50: Chair Yoga 10-10:50 Line Dance w/Danny 10 Watercolor Painting 11-11:50 Senior Fit 12:30 – Lunch</p>	<p>9 – 10:30: Bd Games, Color & Coffee 9:30 – 10:20: Fall Prevention and Balance Exercise Class 11-11:45 Bingo 12:30 – Lunch 1 – 4 Tech Tutor with Armando</p>	<p>9 -10:30 Board Games, Color & Coffee 9-9:50: Chair Yoga 10-10:50 Superpower Dance Circle 11-11:50 Senior Fit 12:30 – Lunch</p>	<p>9 – 10:30: Bd Games, Color & Coffee 11:45 – 2:30 Pickleball 10:30 Caso Cerrado – TV show 10 – 1: Viet. Amer. Sr Association 10 – 1: Ethiopian Senior Community 11 – 2: Build Cardboard Boat Regatta 12:30 Lunch</p>
12	13	14	15	16
<p>9 – 10:30: Bd Games, Col. & Coff. 10 – 10:11 Chinese Tai Chi 10-11 Chinese Folk Dance 11-11:45 Brainworks 12:30- Lunch 1 – 4 Tech Tutoring with Armando</p>	<p>9 – 10:30: Bd Games & Coffee 9 – 9:50 Chair Yoga 10 Line Dance w/Danny 10 Watercolor Painting 11-11:50 Senior Fit 12:30 – Lunch</p>	<p>9 – 10:30: Bd Games, Color & Coffee 9:30 – 10:20 Fall Prevention and Balance Exercise Class 11-11:45 Bingo 12:30 – lunch 1 – 4 Tech Tutor with Armando</p>	<p>9 -10:30: Board Games, Color & Coffee 9-9:50: Chair Yoga 10 – 10:50 Superpower Dance Circle 11-11:50 Senior Fit 12:30 - Lunch</p>	<p>9 – 10:30: Board Games, Color & Coffee 11:45 – 2:30 Pickleball 10 – 1 Viet. Amer. Sr Association 10 – 1 Ethiopian Senior Community 11 – 2 Build Cardboard Boat 12:30 Lunch</p>
19	20	21	22	23
 <p>CENTER CLOSED FOR PRESIDENTS DAY</p>	<p>9 – 10:30: Board Games, Coffee 9 – 9:50: Chair Yoga 10-10:50 Line Dance w/Danny 10 Watercolor Painting 11-11:50 Senior Fit 12:30 – Lunch</p>	<p>9 – 10:30: Board Games, Color & Coffee 9:30 –10:20 Fall Prevention and Balance Exercise Class 10:30– 12 Black History Celebration Music from the Diaspora 12:30 – lunch 1 – 4 Tech Tutor with Armando</p>	<p>9 -10:30: Board Games, Color & Coffee 9-9:50 Chair Yoga 10 – 10:50 Superpower Dance Circle 11-11:50 Senior Fit 12:30 - Lunch</p>	<p>9 – 10:30: Bd Games, Color & Coffee 11:45 – 2:30 Pickleball 10:30 Caso Cerrado TV Show 10 – 1 Viet. Amer. Sr Association 10 – 1 Ethiopian Senior Community 11 – 2 Build Cardboard Boat 12:30 Lunch</p>
26	27	28	29	
<p>9 – 10:30: Bd Games, Col. & Coff. 10 – 11 Chinese Tai Chi 10-11 Chinese Folk Dance 11-11:45 Brainworks 12:30- Lunch 1 – 4 Tech Tutoring with Armando</p>	<p>9 – 10:30: Bd Games, Color, Coffee 9 – 9:50: Chair Yoga 10-10:50 Line Dance w/Danny 10 Watercolor Painting 11-11:50 Senior Fit 12:30 – Lunch</p>	<p>9 – 10:30: Board Games, Color & Coffee 9:30 – 10:20 Fall Prevention and Balance Exercise Class 10:30-11:20 Sandra Roachford Dance 12:30 – lunch 1 – 4 Tech Tutor with Armando</p>	<p>9 -10:30: Board Games, Color & Coffee 9-9:50: Chair Yoga 10-10:50 Superpower Dance Circle 11-11:50 Senior Fit 12:30 - Lunch</p>	

PROGRAM DESCRIPTIONS & SENIOR RESOURCES

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.

Exercise and Weight Room

Use the Long Branch Community Center's exercise and weight room or any Montgomery County Recreation Senior or Community Center. Appropriate attire is required. No hard-soled shoes please. Free

Fall Prevention and Balance Class

Taught by multi-skilled wellness instructor Julien Elie, this class challenges the musculoskeletal systems while improving balance to reduce the risk of falling. WED, 9:30 – 10:20 #R07060-201

Dancing with Danny

Combine fun and fitness by taking this fun dance class, taught by The Music in Me Foundation International's Artistic Director, Danny Soto, who performed, danced and choreographed on Broadway for over 15 years. Learn at your own pace. Tuesdays from 10 – 10:50. R07011-206

Lunch Program: Served daily at 12:30 pm. Ages 55 – 59 pay full cost of \$7.99, those 60 and over, pay with a donation. Sign up with nutrition manager on the second floor.

Senior Fit: Rebecca Leung is the instructor of this free 45-minute exercise program that starts with a 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. TU and TH 11 – 11:50

Caso Cerrado TV Show and Discussion in Sp.

Watch reruns of this popular Spanish Language Courtroom Drama Show produced by Telemondo. Fridays 10:30 – 11:30. #R07016-201

Superpower Dance Class

Join our dance party atmosphere to popular music, incorporating various dance styles including, hip-hop, jazz, Latin, international. modern, scarf-drumstick Unleash your superpowers through music, dance, storytelling and guided meditation. Students are encouraged to participate at their own comfort level. Thursday mornings 10-10:50 #R07012-215

Tech Tutoring with Armando

Sign up for 30- minute individual tutoring sessions about how to use your smart phone, laptop, or desktop computer, Mondays, Wednesdays and Fridays between 1 and 4. Sign-up sheet is at the welcome desk on the second floor, or call 240/777-6975 to reserve your spot. #R07084-206

Chair Yoga

This is a 50 minutes Gentle Yoga practice led by Edgar Porras in English and Spanish to meet the needs of the participants. The class includes accessible exercises for legs, arms, back and neck designed to increase strength, flexibility, balance and body-mind coordination. Chairs are provided for use as needed. Tuesdays and Thursdays from 9 – 9:50, R07032-314

.Mini Trips

Join us for monthly trips to nearby destinations. Transportation is on a 20 passenger bus that departs and returns from the Center. Check the monthly calendar for scheduled trips. Register online or at the center.

BrainWorks

Exercise your brain with word games in the lounge. Mondays 11 – 11:45. R07023 207

Board Games, Puzzles and Coffee

Take a seat with others at a table in the second floor social hall where we have a variety of games, puzzles and adult coloring pages to enjoy. M-F, 9-1 pm #R07112-203

Watercolor Painting with Dereje.

All levels are invited to join this weekly free class and explore the art of Watercolor Painting with teacher Dereje Maryam. Tuesdays from 10 – 11. Free #R07052-201

OTHER SENIOR RESOURCES

Montgomery County Recreation senior programs:
240 777 4925 montgomerycountymd.gov/rec.

Aging and Disability Resource Center

For questions about services call Health and Human Services: 240-777-3000.

Connect a Ride – Call 301 738 3252 for answers to all of your transportation questions. M-F, 9 – 5.
County Information and Services Call 311

