

## Long Branch Senior Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>August 2022</b>				
<b>1</b> <b>9:30 – 12:30</b> <b>Tech Help, call</b> <b>240/777-6975 to</b> <b>make appt.</b> <b>9 – 10:30: Board</b> <b>Games, Color &amp;</b> <b>Coffee.</b> <b>11:30-12:30 Sing</b> <b>Along w/ Hong</b> <b>12:30- Lunch</b>	<b>2</b> <b>9:30 – 12:30</b> <b>Tech Help, call</b> <b>240/777-6975 to</b> <b>make appt.</b> <b>9 – 10:30: Board</b> <b>Games, Color &amp;</b> <b>Coffee</b> <b>9 – 10: Yoga Para</b> <b>Todos</b> <b>10-11: Bingo</b> <b>12:30 - Lunch</b>	<b>3</b> <b>9:30 – 12:30</b> <b>Tech Help, call</b> <b>240/777-6975 to</b> <b>make appt.</b> <b>9-10:30: Board</b> <b>Games, Color &amp;</b> <b>Coffee</b> <b>9:30 Fall</b> <b>Prevention and</b> <b>Balance Class</b> <b>12:30 Lunch</b>	<b>4</b> <b>9:30 – 12:30</b> <b>Tech Help, call</b> <b>240/777-6975 to</b> <b>make appt.</b> <b>9 -10: Games,</b> <b>Color &amp; Coffee.</b> <b>9-10:Yoga Para</b> <b>Todos</b> <b>10:30 Superpower</b> <b>Dance Circle</b> <b>12:30 Lunch</b>	<b>5</b> <b>9:30 – 12:30</b> <b>Tech Help, call</b> <b>240/777-6975 to</b> <b>make appt.</b> <b>9 – 10:30: Board</b> <b>Games, Color &amp;</b> <b>Coffee</b> <b>10-11: Fall</b> <b>Prevention and</b> <b>Balance Exer.</b> <b>Class</b> <b>12:30 Lunch</b>
<b>8</b> <b>9 – 10:30: Board</b> <b>Games, Color &amp;</b> <b>Coffee.</b> <b>11:30-12:30 Sing</b> <b>Along w/ Hong</b> <b>12:30- Lunch</b>	<b>9</b> <b>9 – 10:30: Board</b> <b>Games, Color &amp;</b> <b>Coffee</b> <b>9 – 10: Yoga Para</b> <b>Todos</b> <b>10-11: Bingo</b> <b>12:30 - Lunch</b>	<b>10</b> <b>9-10:30: Board</b> <b>Games, Color &amp;</b> <b>Coffee</b> <b>9:30 Fall</b> <b>Prevention and</b> <b>Balance Class</b> <b>12:30 Lunch</b>	<b>11</b> <b>9 -10: Games,</b> <b>Color &amp; Coffee.</b> <b>9-Yoga Para</b> <b>Todos</b> <b>10:30 Superpower</b> <b>Dance Circle</b> <b>12:30 Lunch</b>	<b>12</b> <b>9:00 – 10:30</b> <b>Board Games,</b> <b>Color &amp; Coffee</b> <b>10 – Fall</b> <b>Prevention and</b> <b>Balance Exercise</b> <b>Class</b> <b>12:30 Lunch</b>
<b>15</b> <b>9 – 10:30: Board</b> <b>Games, Color &amp;</b> <b>Coffee.</b> <b>11:30-12:30 Sing</b> <b>Along w/ Hong</b> <b>12:30- Lunch</b>	<b>16</b> <b>9 – 10:30: Board</b> <b>Games, Color &amp;</b> <b>Coffee</b> <b>9 – 10: Yoga Para</b> <b>Todos</b> <b>10-11: Bingo</b> <b>12:30 - Lunch</b>	<b>17</b> <b>9-10:30: Board</b> <b>Games, Color &amp;</b> <b>Coffee</b> <b>9:30 Fall</b> <b>Prevention and</b> <b>Balance Exercise</b> <b>Class</b> <b>12:30 Lunch</b>	<b>18</b> <b>9 -10: Games,</b> <b>Color &amp; Coffee.</b> <b>9-Yoga Para</b> <b>Todos</b> <b>10:30 Superpower</b> <b>Dance Circle</b> <b>12:30 Lunch</b>	<b>19</b> <b>9:00 – 10:30</b> <b>Board Games,</b> <b>Color &amp; Coffee</b> <b>10 – Fall</b> <b>Prevention and</b> <b>Balance Exercise</b> <b>Class</b> <b>12:30 Lunch</b>
<b>22</b> <b>9 – 10:30: Board</b> <b>Games, Color &amp;</b> <b>Coffee.</b> <b>11:30-12:30 Sing</b> <b>Along w/ Hong</b> <b>12:30- Lunch</b>	<b>23</b> <b>9 – 10:30: Board</b> <b>Games, Color &amp;</b> <b>Coffee</b> <b>9 – 10: Yoga Para</b> <b>Todos</b> <b>10-11: Bingo</b> <b>12:30 - Lunch</b>	<b>24</b> <b>9-10:30: Board</b> <b>Games, Color &amp;</b> <b>Coffee</b> <b>9:30 Fall</b> <b>Prevention/ &amp;</b> <b>Balance Class</b> <b>12:30 Lunch</b>	<b>25</b> <b>9 -10: Games,</b> <b>Color &amp; Coffee.</b> <b>9-Yoga Para</b> <b>Todos</b> <b>10:30 Superpower</b> <b>Dance Circle</b> <b>12:30 Lunch</b>	<b>26</b> <b>9:00 – 10:30</b> <b>Board Games,</b> <b>Color &amp; Coffee</b> <b>10 – Fall</b> <b>Prevention and</b> <b>Balance Exercise</b> <b>Class</b> <b>12:30 Lunch</b>
<b>29</b> <b>9 – 10:30: Board</b> <b>Games, Color &amp;</b> <b>Coffee.</b> <b>10 – 11 Snacks and</b> <b>Meet the Director</b> <b>11:30-12:30 Sing</b> <b>Along w/ Hong</b> <b>12:30- Lunch</b> <b>1:30 – 2:30: Snacks</b> <b>and Meet the</b> <b>Director</b>	<b>30</b> <b>9 – 10:30: Board</b> <b>Games, Color &amp;</b> <b>Coffee</b> <b>9 – 10: Yoga Para</b> <b>Todos</b> <b>10-11: Bingo</b> <b>12:30 - Lunch</b>	<b>31</b> <b>9-10:30: Board</b> <b>Games, Color &amp;</b> <b>Coffee</b> <b>9:30 Fall</b> <b>Prevention and</b> <b>Balance Exercise</b> <b>Class</b> <b>12:30 Lunch</b>	<b>Hours: Monday thru Friday 9 am to 4</b> <b>pm. Closed for County Holidays</b>  <b>Lunch served at 12:30 pm</b>  <b>Staff: Mary Pelz – Recreation Specialist</b> <b>Rocio Castro, Deloris King, Leah</b> <b>Kwait-Blank, Julia Ortega.</b>	

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.

**LONG BRANCH SENIOR CENTER, 8700 PINEY BRANCH ROAD SILVER SPRING, 240/777-6975**

