

Long Branch Senior Center Calendar April Calendar 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Staff: Kathleen Lieberson, Supervisor Recreation Assistants: Leah Kwait-Blank, Julia Ortega, Willow Overly, Alex Gomez, Maribel Oran-Marquez		1 9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Blood Pressure Screen 9:45 Bone Builders 10:00 Seated Meditation and Movement 11:00 Fall Prevention Balance Exercise 12:30 Lunch and Learn 1:00 Beginning Knitting 2:00 Tai Chi	2 9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:00 Chair Yoga 10:30 Gardening Club 11:00 Senior Fit 2:00 Yoga- Slow Flow	3 9:00 Table Games and Creative Coloring 9:00 Coffee Social 10:00 Sports Games: Curling 10:00 Vietnamese Discussion Group 1:00 Yogalates
6 9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Chinese Mahjong 9:30 Chinese Line Dance 9:45 Bone Builders 10:00 Tai Chi 10:30 Chinese Folk Dance 11:00 Karaoke (Mandarin) 1:00 Yoga	7 9:00 Table Games and Creative Coloring 9:00 Coffee Social 10:00 Walking Group 11:00 Bingo 11:00 Senior Fit 12-2:00 Tech Tutoring 1:00 Watercolor 2:00 Zumba	8 9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Blood Pressure Screen 9:45 Bone Builders 10:00 Walking Club 10:00 Seated Meditation and Movement 10:30 Brainworks 11:00 Fall Prevention Balance Exercise 12:30 Lunch and Learn 1:00 Beginning Knitting 2:00 Tai Chi	9 9:00 Table Games and Creative Coloring 9:00 Coffee Social 10:30 Gardening Club 11:00 Aging and Disability Resource Assistance 11:00 Senior Fit 2:00 Yoga- Slow Flow	10 9:00 Table Games and Creative Coloring 9:00 Coffee Social 10:00 Sports Games: Wii 10:00 Vietnamese Discussion Group 1:00 Yogalates

<p style="text-align: right;">13</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Chinese Mahjong 9:30 Chinese Line Dance 9:45 Bone Builders 10:00 Tai Chi 10:30 Chinese Folk Dance 11:00 Karaoke (Mandarin) 1:00 Yoga</p>	<p style="text-align: right;">14</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 10:00 Superpower Dance 10:00 Walking Group 11:00 Bingo 11:00 Senior Fit 12:00-2:00 Tech Tutoring 1:00 Watercolor Practice 2:00 Zumba</p>	<p style="text-align: right;">15</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Blood Pressure Screen 9:45 Bone Builders 10:00 Mini Trip: Mall 10:00 Seated Meditation and Movement 11:00 Fall Prevention Balance Exercise 12:30 Lunch and Learn 1:00 Beginning Knitting 2:00 Tai Chi</p>	<p style="text-align: right;">16</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:00 Chair Yoga 10:30 Gardening Club 11:00 Senior Fit 2:00 Yoga- Slow Flow</p>	<p style="text-align: right;">17</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:00 Senior Social Film Discussion "Welcome to Los Angles" 10:00 Vietnamese Discussion Group 1:00 Yogalates</p>
<p style="text-align: right;">20</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Chinese Mahjong 9:30 Chinese Line Dance 9:30 Bowling Trip 9:45 Bone Builders 10:00 Tai Chi 10:30 Chinese Folk Dance 11:00 Karaoke (Mandarin) 1:00 Yoga</p>	<p style="text-align: right;">21</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 10:00 Superpower Dance 10:00 Walking Group 11:00 Bingo 11:00 Senior Fit 12-2:00 Tech Tutoring 1:00 Watercolor 2:00 Zumba</p>	<p style="text-align: right;">22</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Blood Pressure Screen 9:45 Bone Builders 10:00 Seated Meditation and Movement 10:30 Brainworks 11:00 Fall Prevention Balance Exercise 12:30 Lunch and Learn 1:00 Beginning Knitting 2:00 Tai Chi</p>	<p style="text-align: right;">23</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:00 Chair Yoga 10:30 Gardening Club 11:00 Senior Fit 2:00 Yoga- Slow Flow</p>	<p style="text-align: right;">24</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 10:00 Sports Games: Seated Volleyball 10:00 Vietnamese Discussion Group 1:00 Yogalates</p>
<p style="text-align: right;">27</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:30 Chinese Mahjong 9:30 Chinese Line Dance 9:45 Bone Builders 10:00 Tai Chi 10:30 Chinese Folk Dance 11:00 Karaoke (Mandarin) 1:00 Yoga</p>	<p style="text-align: right;">28</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 10:00 Superpower Dance 10:00 Walking Group 11:00 Bingo 11:00 Senior Fit 12:00-2:00 Tech Tutoring 1:00 Watercolor Practice 2:00 Zumba 2:00 Book Club</p>	<p style="text-align: right;">29</p> <p>9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:45 Bone Builders 10:30 Brainworks 1:00 Beginning Knitting 2:00 Tai Chi</p>	<p style="text-align: right;">30</p> <p>9am- 3pm Mobile Dentist 9:00 Table Games and Creative Coloring 9:00 Coffee Social 9:00 Chair Yoga 10:30 Gardening Club 11:00 Senior Fit 2:00 Yoga- Slow Flow</p>	