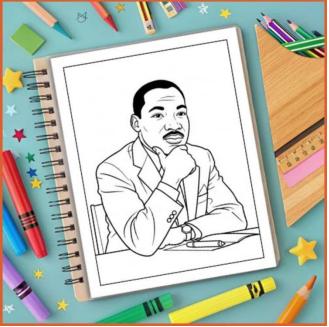


Long Branch Senior Center Calendar January Calendar 2026

Monday	Tuesday	Wednesday	Thursday	Friday
LONG BRANCH SENIOR CENTER, 8700 PINEY BRANCH ROAD SILVER SPRING, 240-777-6975 <u>Staff:</u> Mary Pelz – Recreation Specialist, Recreation Assistants: Leah Kwait-Blank, Julia Ortega Willow Overly – Lunch Manager		CLOSED FOR NEW YEAR'S DAY <u>2026</u>	1	2 9 - Table Games and Creative Coloring 9 - Coffee Social 10 - VASA Vietnamese Discussion Group 12 - Lunch
9 - Table Games and Creative Coloring 9 - Coffee Social 9:45 - Bone Builders 11 - Sing Along 12 - Lunch 1 - Yoga	5 9 - Table Games and Creative Coloring 9 - Coffee Social 10 - Super Power Dance Circle 11 - Bingo 11 - Senior Fit 12 - Lunch 2 - Zumba Gold	6 9 - Table Games and Creative Coloring 9 - Coffee Social 10 - Super Power Dance Circle 11 - Bingo 11 - Senior Fit 12 - Lunch 2 - Zumba Gold	7 9 - Table Games and Creative Coloring 9 - Coffee Social 9:45 - Bone Builders 11:05 - Balance and Fall Prevention class 12 - Lunch 1 - Begin knitting 2 - Tai Chi	8 9 - Table Games and Creative Coloring 9 - Chair Yoga 9 - Coffee Social 11 - Senior Fit 12 - Lunch
9 - Table Games and Creative Coloring 9 - Coffee Social 9:45 - Bone Builders 10 - Tai Chi 10:30 - Chinese Folk Dance 11 - Sing Along 12 - Lunch 1 - Yoga	12 9 - Table Games and Creative Coloring 9 - Coffee Social 10 - Super Power Dance Circle 11 - Senior Fit 11 - Bingo 12 - Lunch Zumba Canceled	13 9 - Table Games and Creative Coloring 9 - Coffee Social 10 - Super Power Dance Circle 11 - Senior Fit 11 - Bingo 12 - Lunch Zumba Canceled	14 9 - Table Games and Creative Coloring 9 - Coffee Social 9:45 - Bone Builders 11:05 - Balance and Fall Prevention Class 12 - Lunch 1 - Begin knitting 2 - Tai Chi	15 9 - Table Games and Creative Coloring 9 - Coffee Social 11 - Senior Fit 12 - Lunch
				16 9 - Table Games and Creative Coloring 9 - Coffee Social 10 - VASA Vietnamese Discussion Group 12 - Lunch 1 - Yogalates

CLOSED 	19 9 - Table Games and Creative Coloring 9 - Coffee Social 10 - Super Power Dance Circle 11 - Senior Fit 11 - Bingo 12 - Lunch 2 - Zumba Gold	20 9 - Table Games and Creative Coloring 9 - Coffee Social 11:50 - Balance & Fall Prev. exercise class 12 - Lunch 1 - Begin knitting 2 - Tai Chi	21 9 - Table Games and Creative Coloring 9 - Coffee Social 9 - Chair Yoga 11 - Senior Fit 12 - Lunch	22 9 - Table Games and Creative Coloring 9 - Coffee Social 10 - VASA Vietnamese Discussion Group 12 - Lunch 1 - Yogalates	23
26 9 - Table Games and Creative Coloring 9 - Coffee Social 9:45 - Bone Builders 10:30 - Chinese Folk Dance 11 - Tai Chi 11 - Sing Along 12 - Lunch 1 - Yoga	27 9 - Table Games and Creative Coloring 9 - Coffee Social 10 - Super Power Dance Circle 11 - Senior Fit 11 - Bingo 12 - Lunch 2 - Zumba Gold	28 9 - Table Games and Creative Coloring 9 - Coffee Social 11:50 - Balance & Fall Prev. exercise class 12 - Lunch 1 - Begin knitting 2 - Tai Chi	29 9 - Table Games and Creative Coloring 9 - Coffee Social 9 - Chair Yoga 11 - Senior Fit 12 - Lunch	30 9 - Table Games and Creative Coloring 9 - Coffee Social 10 - VASA Vietnamese Discussion Group 12 - Lunch 1 - Yogalates	

Individuals with disabilities are encouraged to register for programs.
 Early notification allows us to put accommodations in place.



For more information, email rec.inclusion@montgomerycountymd.gov