


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			1 CLOSED FOR NEW YEAR'S DAY <u>2026</u>	2 9 - Table Games and Creative Coloring 9 - Coffee Social 10 - VASA Vietnamese Discussion Group 12 - Lunch
5 9 - Table Games and Creative Coloring 9 - Coffee Social 9:45 - Bone Builders 11 - Sing Along 12 - Lunch 1 - Yoga	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 9 - Table Games and Creative Coloring 9 - Coffee Social 10 - VASA Vietnamese discussion Group 12 - Lunch 1 - Yogalates
12 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	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

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

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