

55 & Better

ACTIVITIES FOR SENIORS



SPRING 2023



MONTGOMERY COUNTY
Recreation



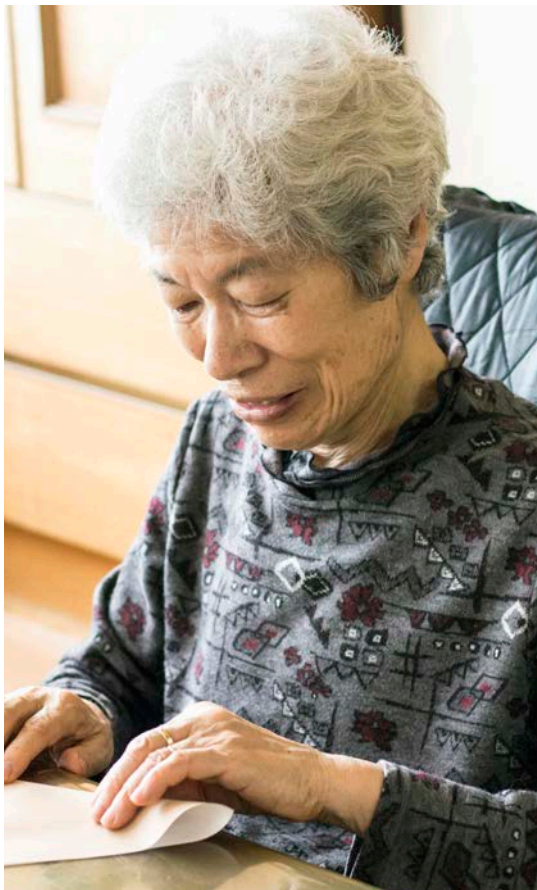
55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



55+ Adults

Arts & Crafts

Art Instruction

Origami Class

Age 55 and up 3 Sessions
R07096-301 Schweinhaut SC 3/6 M 1-3 p.m. FREE

Art Workshop

Arabic Calligraphy

Age 55 and up 1 Session
R07095-314 Holiday Park SC 4/12 W 1:30-3:30 p.m.

Creative Coloring

Age 55 and up 14 Sessions
R07095-312 N. Potomac CRC 3/1 W 9:30-10:30 a.m. FREE

Drawing

Drawing and Illustration

Ages 55 and up 11 Sessions
R07095-305 Wheaton CRC 3/7 Tu 12:30-1:30 p.m. FREE

PP Drawing Basic (Virtual)

Age 55 and up 12 Sessions
R07095-317 Holiday Park SC* 3/21 Tu 1-3 p.m.

**This class is offered virtually, however, participants must register at this location.*

Fun with Art

Ages 55 and up 27 Sessions
R07052-306 Schweinhaut SC 3/1 W,F 10 a.m.-Noon FREE

Intro to Drawing

Ages 55 and up 11 Sessions
R07095-302 Wheaton CRC 3/9 Th 11 a.m.-Noon FREE



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Painting

Chinese Brush Painting

Age 55 and up 12 Sessions
R07054-301 Holiday Park SC 3/23 Th 1-3 p.m.

Paint and Craft

Age 55 and up 14 Sessions
R07095-313 N. Potomac CRC 3/2 Th 12:15-2:15 p.m. FREE

Painting with Acrylics

Age 55 and up 11 Sessions
R07095-301 Wheaton CRC 3/10 F 11 a.m.-Noon FREE

Watercolor (Inter./Adv.)

Age 55 and up 12 Sessions
R07095-315 Holiday Park SC 3/20 M 10 a.m.-Noon
R07095-316 Holiday Park SC 3/21 Tu 10 a.m.-Noon

Watercolor Painting

Age 55 and up 11 Sessions
R07095-303 Wheaton CRC 3/2 Th 10-11 a.m. FREE

Watercolor Painting with Dereje

Age 55 and up 13 Sessions
R07052-305 Long Branch CRC 3/7 Tu 10-11 a.m. FREE

Photography

Photography Club

Age 55 and up 5 Sessions
R07001-301 Holiday Park SC 3/1 W 10 a.m.-Noon FREE

Woodworking

Woodcarving

Age 55 and up 13 Sessions
R07002-301 Holiday Park SC 3/24 F 1-3 p.m. FREE

Knitting and Crochet

Anne's Knitting Corner

Age 55 and up 14 Sessions
R07003-305 Schweinhaut SC 3/1 W 1-3p.m. FREE

Knit and Crochet Group

Age 55 and up 13 Sessions
R07003-302 N. Potomac CRC 3/7 Tu 1-3 p.m. FREE

Knit & Crochet Workshop

Age 55 and up 13 Sessions
R07003-301 Holiday Park SC 3/22 W 10-11:30 a.m. FREE



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Sports

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Aquatics



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Needlecraft

Ages 55 and under 8 Sessions
R07053-303 Damascus SC 4/6 Th 9 a.m.-2 p.m. FREE

Needles & Yarn Drop In

Ages 55 and up 24 Sessions
R07003-304 Wheaton CRC 3/6 M,Tu 1-3 p.m. FREE

Cooking

Simple Healthy Cooking with Rhonda

Age 55 and up 1 Session
R07049-302 N. Potomac CRC 3/10 F 10:30-11:30 a.m. \$3
R07049-303 N. Potomac CRC 4/28 F 10:30-11:30 a.m. \$3
R07049-304 N. Potomac CRC 5/19 F 10:30-11:30 a.m. \$3

Dance Ballroom

Ballroom Dance

Age 55 and up 14 Sessions
R07011-313 Schweinhaut SC 3/1 W Noon-1 p.m. FREE

PP Ballroom Dancing for Beginners

Age 55 and up 11 Sessions
R07050-301 Holiday Park SC 3/20 M 2:30-3:30 p.m.

PP Ballroom Intermediate Rhythm (Bolero & Mambo)

Age 55 and up 11 Sessions
R07050-303 Holiday Park SC 3/22 W 3:30-4:20 p.m.

PP Ballroom Intermediate - Smooth

Age 55 and up 11 Sessions
R07050-302 Holiday Park SC 3/22 W 2:30-3:20 p.m.

Int'l Ballroom Dance with Ed and Helen

Age 55 and up 13 Sessions
R07057-301 N. Potomac CRC 3/1 W 1-3 p.m. FREE

Dance Socials

Tea Dancing

Ages 55 and up 8 Sessions
R07129-301 Damascus SC 4/6 Th 1-2:30 p.m. FREE

Folk Dancing

Chinese Folk Dance

Age 55 and up 13 Sessions
 R07009-306 White Oak CRC 3/3 F 1:30-3:30 p.m. FREE

Chinese Folk Dance with Ming

Age 55 and up 13 Sessions
 R07009-301 N. Potomac CRC 3/1 W 10:30-11:30 a.m. FREE

Chinese Folk Dancing

Age 55 and up 13 Sessions
 R07009-310 Long Branch CRC 3/6 M 10 a.m.-Noon FREE
 R07009-302 Holiday Park SC 3/24 F 11 a.m.-Noon FREE

Chinese Folk Dance Drop In

Ages 55 and up 25 Sessions
 R07012-308 Wheaton CRC 3/6 M 1-2 p.m. FREE

Dance for Posture and Elegance (Mandarin)

Age 55 and up 13 Sessions
 R07009-304 N. Potomac CRC 3/2 Th 1-3 p.m. FREE

Dancing with Ming

Age 55 and up 13 Sessions
 R07009-307 White Oak CRC 3/7 Tu 10:30 a.m.-Noon FREE

International Folk Dance Instruction Class

Age 55 and up 13 Sessions
 R07009-305 N. Potomac CRC 3/3 F 12:30-2 p.m. FREE

International Folk Dancing

Age 55 and up 13 Sessions
 R07009-308 Holiday Park SC 3/24 F 11-11:50 a.m.
 R07009-309 Holiday Park SC 3/24 F 11-11:50 a.m.

Linying's Chinese Classical Folk Dance

Age 55 and up 13 Sessions
 R07009-303 N. Potomac CRC 3/7 Tu 2-3:30 p.m. FREE

Hula

Hula Dance (Int.)

Age 55 and up 11 Sessions
 R07014-301 Holiday Park SC 3/20 M 1-1:50 p.m.



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Line Dancing

Ballroom/Line Dance Drop in

Ages 55 and up	11 Sessions				
R07011-303	Wheaton CRC	3/1	W	1-2 p.m.	FREE
R07011-305	Wheaton CRC	3/2	Th	1-2 p.m.	FREE

Let's Dance

Age 55 and up	14 Sessions				
R07011-314	Schweinhaut SC	3/1	W	1-1:30 p.m.	FREE

PL Line Dance Party Favorites- Level I

Age 55 and up	12 Sessions				
R07011-312	Holiday Park SC	3/23	Th	11-11:50 a.m.	

PL Line Dance Party Favorites- Level II

Age 55 and up	12 Sessions				
R07011-311	Holiday Park SC	3/23	Th	10-10:50 a.m.	

Line Dancing

Age 55 and up	14 Sessions				
R07011-315	Schweinhaut SC	3/4	Sa	10:30am-Noon	FREE

Social Line Dance

Ages 55 and up	11 Sessions				
R07011-302	Wheaton CRC	3/6	M	10-11 a.m.	FREE

Soul Line Dance Party

Age 55 and up	13 Sessions				
R07005-305	White Oak CRC	3/10	F	6-9 p.m.	FREE
R07005-306	White Oak CRC	4/14	F	6-9 p.m.	FREE
R07005-307	White Oak CRC	5/12	F	6-9 p.m.	FREE

Soul Line Dance with Peytrienne

Age 55 and up	13 Sessions				
R07005-300	White Oak CRC	3/2	Th	10-11 a.m.	FREE

Virtual Soul Line Dance w/Peytrienne

Age 55 and up	13 Sessions				
R07005-301	Virtual Class	3/3	F	2-3 p.m.	FREE

Tap

Tap Dance

Ages 55 and up	13 Sessions				
R07007-303	Damascus SC	4/3	M	11 a.m.-12:30 p.m.	\$50

PL Tap Dancing (Int.)

Ages 55 and up	12 Sessions				
R07007-301	Holiday Park SC	3/22	W	1-1:50 p.m.	

Educational

Coffee and Conversations

Coffee and Conversation with Staff

Age 55 and up 9 Sessions
 R07092-305 Schweinhaut SC 4/20 Th 9-9:45 a.m. FREE

Coffee with a Cop

Age 55 and up 3 Sessions
 R07092-302 Holiday Park SC 4/5 W 9:30-11 a.m. FREE

Coffee and Discussion

Age 55 and up 13 Sessions
 R07023-305 N. Potomac CRC 3/2 Th 10:30-11:30 a.m. FREE

Coffee Social

Age 55 and up 43 Sessions
 R07092-304 Damascus SC 4/3 M-F 9-11 a.m. FREE

Fire Safety, One Cup of Coffee (or Hot Cocoa) At A Time

Age 55 and up 3 Sessions (monthly)
 R07092-306 Holiday Park SC 4/21 Th 9:30-11 a.m. FREE

Discussions

Active Living in Spanish - Cafecito y Amistad

Age 55 and up 12 Sessions
 R07087-301 Holiday Park SC 3/20 M 10-11 a.m. FREE

Behind The Headlines - Discussion Group

Age 55 and up 14 Sessions
 R07063-301 Holiday Park SC 3/13 M 10-11:25 a.m. FREE

Coping with Change

Age 55 and up 14 Sessions
 R07076-301 Holiday Park SC 3/16 Th 10:30-11:30 a.m. FREE

8 Sessions
 R07076-308 Damascus Library 4/6 Th 11 a.m.-Noon FREE

Coping with Change in Spanish

Age 55 and up 14 Sessions
 R07076-302 Holiday Park SC 3/14 Tu 11 a.m.-Noon FREE

Max You

Age 55 and up 14 Sessions
 R07043-301 Holiday Park SC 3/14 Tu 10:30-11:30 a.m. FREE

Morning Chat & Chew

Age 55 and up 14 Sessions
 R07063-303 White Oak CRC 3/1 W 9:30-10:30 a.m. FREE



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Language

Basic Japanese with Prof. Em. Oh

Age 55 and up 13 Sessions
R07021-301 N. Potomac CRC 3/7 Tu 10:30-11:30 a.m. FREE

Conversational Spanish Drop in

Ages 55 and up 13 Sessions
R07061-302 Wheaton CRC 3/2 Th 10-11:30 a.m. FREE

Everyday English

Age 55 and up 26 Sessions
R07061-301 Holiday Park SC 3/21 Tu,Th 10-10:55 a.m. FREE

PP French (Beginner)

Age 55 and up 13 Sessions
R07018-301 Holiday Park SC 3/15 W 9-9:50 a.m.

PP French Conversation

Age 55 and up 12 Sessions
R07019-301 Holiday Park SC 3/22 W 11-11:50 a.m.

PP French (Intermediate)

Age 55 and up 12 Sessions
R07020-301 Holiday Park SC 3/22 W 10-10:50 a.m.

PP Intro. To Hindi

Age 55 and up 11 Sessions
R07062-301 Holiday Park SC 3/20 M 11-11:50 a.m.

Spanish Conversation Group

Age 55 and up 13 Sessions
R07015-300 White Oak CRC 3/2 Th 1-2 p.m. FREE

TechConnect

1:1 Tech Support Drop In

Ages 55 and up 36 Sessions
R07084-301 Wheaton CRC 3/2 M,Th,F 3:30-6:30 p.m. FREE

Trivia

Brain Games

Age 55 and up 13 Sessions
R07090-300 White Oak CRC 3/7 Tu 10-11 a.m. FREE



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Wellness Workshops

BioDanza with Luisa

Age 55 and up 12 Sessions
R07028-315 Holiday Park SC 3/24 F 10-11 a.m.

Deliberate Discussions: Civility & Bullying in Our Later Years

Age 55 and up 1 Session
R07028-300 Virtual Class 3/14 Tu 4-5:15 p.m. FREE

Health and Wellness with Happy Life Vietnam Seniors Group

Age 55 and up 12 Sessions
R07028-316 Holiday Park SC 3/23 Th 9 a.m.-2 p.m. FREE

Womens Discussion Group

Bring Your Lunch Discussion Group with Jai Ho

Age 55 and up 12 Sessions
R07078-301 N. Potomac CRC 3/6 M 11:30am-1 p.m. FREE

Writing

Journaling

Age 55 and up 13 Sessions
R07058-308 Holiday Park SC 3/14 Tu 2:15-3:45 p.m. FREE

Memoir Writing for Beginners

Ages 55 and up 14 Sessions
R07058-307 Wheaton CRC 3/1 W 10-11:30 a.m. FREE

Writing Group

Age 55 and up 13 Sessions
R07058-301 Holiday Park SC 3/24 F 10-11:30 a.m. FREE



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Fitness Dance Fitness

Ballet

Ages 55 and up	25 Sessions			
R07012-306	Wheaton CRC	3/1 W	2:15-3:15 p.m.	FREE
R07012-307	Wheaton CRC	3/7 Tu	1:30-2:30 p.m.	FREE

Ballet Basics

Age 55 and up	13 Sessions			
R07055-303	White Oak CRC	3/7 Tu	10:30-11:30 a.m.	FREE

Hip Hop & Afro Beats

Ages 55 and up	25 Sessions			
R07012-310	Wheaton CRC	3/7 Tu	10-11 a.m.	FREE

Chair Zumba Gold

Age 55 and up	14 Sessions			
R07012-320	Schweinhaut SC	3/1 W	9:30-10:30 a.m.	FREE

Chinese Dance & Fitness Drop in

Ages 55 and up	25 Sessions			
R07012-311	Wheaton CRC	3/1 W	10-11 a.m.	FREE

Chinese Fit & Fun Drop in

Ages 55 and up	25 Sessions			
R07012-318	Wheaton CRC	3/6 M	10-11 a.m.	FREE

Easy Fit Dance

Age 55 and up	13 Sessions			
R07055-301	Holiday Park SC	3/20 M	11-11:50 a.m.	
R07055-302	Holiday Park SC	3/22 W	11-11:50 a.m.	

Latin Rhythm Cardio Fitness

Age 55 and up	12 Sessions			
R07012-316	Holiday Park SC	3/21 Tu	2-2:50 p.m.	
R07012-317	Holiday Park SC	3/23 Th	10-10:50 a.m.	

Super Power Dance Circle

Ages 55 and up	25 Sessions			
R07012-301	Wheaton CRC	3/1 M,W	11 a.m.-Noon	FREE
	13 Sessions			
R07012-319	Long Branch CRC	3/2 Th	10-11 a.m.	FREE
R07012-315	White Oak CRC	3/2 Th	12:45-1:45 p.m.	FREE
	25 Sessions-Drop In			
R07012-312	Wheaton CRC	3/3 F	1:30-2:30 p.m.	FREE

Super Power Dance with Jane

Age 55 and up	13 Sessions			
R07012-300	White Oak CRC	3/2 Th	12:45-1:45 p.m.	FREE

Zumba

Ages 55 and up	12 Sessions				
R07070-302	Wheaton CRC	3/2	Th	2-3 p.m.	FREE
R07070-301	Wheaton CRC	3/7	Tu	11 a.m.-Noon	FREE
	9 Sessions				
R07070-308	Damascus SC	4/5	W	11 a.m.-Noon	FREE

Zumba Drop in

Ages 55 and up	12 Sessions				
R07070-306	Wheaton CRC	3/3	F	9:45-10:45 a.m.	FREE

Zumba for All

Age 55 and up	12 Sessions				
R07070-307	Holiday Park SC	3/21	Tu	11-11:50 a.m.	

Zumba Gold

Age 55 and up	14 Sessions				
R07012-321	Schweinhaut SC	3/3	M,F	9:30-10:30 a.m.	FREE

Zumba Gold Advanced

Age 55 and up	12 Sessions				
R07072-301	Holiday Park SC	3/22	W	10-10:50 a.m.	

Zumba Gold Toning

Age 55 and up	12 Sessions				
R07071-301	Holiday Park SC	3/24	F	10-10:50 a.m.	

Zumba Gold with Amy

Age 55 and up	25 Sessions				
R07071-300	White Oak CRC	3/2	Tu,Th	9-10 a.m.	FREE

Zumba Video at North Potomac

Age 55 and up	53 Sessions				
R07070-303	N. Potomac CRC	2/28	Tu-F	10-10:45 a.m.	FREE

Flexibility & Mobility

Flexibility & Mobility with James

Age 55 and up	1 Session				
R07120-302	Long Branch SC	4/4	Tu	10-11 a.m.	FREE
R07120-301	Damascus SC	4/11	Tu	1-2 p.m.	FREE

Low Impact

Chairobics

Age 55 and up	34 Sessions				
R07066-303	Damascus SC	4/4	Tu-F	10-10:45 a.m.	FREE

Exercise Room

Age 55 and up	43 Sessions				
R07039-312	Damascus SC	4/3	M-F	9 a.m.-4 p.m.	FREE



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Senior Fitness

Basic Functional Balance Exercise

Age 55 and up 3 Sessions
R07039-311 Schweinhaut SC 3/20 M 8:30-9:30 a.m. FREE

Chair Stretch & Strength Exercise

Age 55 and up 40 Sessions
R07042-303 Schweinhaut SC 3/1 Tu,Th 9:30-10:30 a.m. FREE

PE Fitness Equipment Training

Age 55 and up 12 Sessions
R07039-308 Holiday Park SC 4/26 W 11 a.m.-Noon

Gentle Spin Class with Julien

Age 55 and up 12 Sessions
R07039-300 White Oak CRC 3/6 M 10-11 a.m. FREE

Low Impact Exercise Video

Age 55 and up 26 Sessions
R07041-300 White Oak CRC 3/2 Th,F 10:30 a.m.-Noon FREE

PE Total Body Fitness

Age 55 and up 12 Sessions
R07039-309 Holiday Park SC 3/22 W 10-11 a.m.

Strength Training

Fall Prevention and Balance Exercise

Age 55 and up 27 Sessions
R07060-316 Long Branch CRC 3/1 W,F 9:45-11 a.m. FREE

Fitness Center Awareness with Julien

Age 55 and up 13 Sessions
R07060-315 White Oak CRC 3/7 Tu 10:30-11:30 a.m. FREE

Kickboxing

Age 55 and up 6 Sessions
R07060-317 Schweinhaut SC 3/1 W 11 a.m.-Noon FREE

Low Impact Exercise

Age 55 and up 3 Sessions
R07060-306 Schweinhaut SC 3/6 M 8:30-9:30 a.m. FREE

Outdoor Fitness Circuit

Age 55 and up 7 Sessions
R07060-314 Holiday Park SC 3/27 M 10-10:30 a.m. FREE



Walking Challenges

PP As Easy As ABC, Beginner

Age 55 and up 12 Sessions
 R07067-301 Holiday Park SC 3/23 Th Noon-12:50 p.m.

PP As Easy As ABC, Advanced

Age 55 and up 12 Sessions
 R07068-301 Holiday Park SC 3/23 Th 11 a.m.-Noon

Stepping Through The States

Age 55 and up 50 Sessions

R07036-301	Damascus SC	3/6	M-F	9 a.m.-4 p.m.	FREE
R07036-302	Holiday Park SC	3/6	M-F	9 a.m.-4 p.m.	FREE
R07036-303	Long Branch CRC	3/6	M-F	9 a.m.-4 p.m.	FREE
R07036-304	Schweinhaut SC	3/6	M-F	9 a.m.-4 p.m.	FREE
R07036-305	N. Potomac CRC	3/6	M-F	9 a.m.-4 p.m.	FREE

Walking Club

Age 55 and up 9 Sessions
 R07035-311 Damascus SC 4/3 M 9:30-10:30 a.m. FREE

Walking Club

Age 55 and up 25 Sessions
 R07035-312 Schweinhaut SC 3/3 Tu, F 10:30 a.m.-Noon FREE

Wheaton Walks

Ages 55 and up 14 Sessions
 R07035-301 Wheaton CRC 3/1 W 1-2 p.m. FREE



REMINDER
 All prices, dates, times,
 and locations are current
 as of the time the Guide
 goes to press. They
 are subject to change
 due to unforeseen
 circumstances.

PP Partnership Program
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Games

Bingo

Age 55 and up	14 Sessions				
R07085-303	White Oak CRC	3/1	W	1-2 p.m.	FREE
	13 Sessions				
R07085-304	Long Branch CRC	3/7	Tu	10-11 a.m.	FREE
	4 Sessions				
R07085-301	Holiday Park SC	3/20	M,Tu	1-2 p.m.	FREE

Board Games

Rummikub Club

Age 55 and up	65 Sessions				
R07086-301	Holiday Park SC	3/20	M-F	1-4 p.m.	FREE
R07086-302	Holiday Park SC	3/21	Tu	11 a.m.-2 p.m.	FREE

Scrabble

Age 55 and up	13 Sessions				
R07073-301	Holiday Park SC	3/22	W	1-4 p.m.	FREE

Card Games

American Mah Jong

Age 55 and up	13 Sessions				
R07047-300	White Oak CRC	3/3	F	12:30-3:30 p.m.	FREE

American Mahjong with Marsha and Friends

Age 55 and up	13 Sessions				
R07047-305	N. Potomac CRC	3/2	Th	1-4 p.m.	FREE

Bridge

Age 55 and up	13 Sessions				
R07074-303	Holiday Park SC	3/22	W	12:45-4 p.m.	FREE

PE Bridge Intermediate III

R07074-304	Holiday Park SC	3/23	Th	1-3 p.m.	
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Maj Jong

Age 55 and up	9 Sessions				
R07047-308	Damascus Library	4/5	W	12:30-3:30 p.m.	FREE

Mah Jongg Club

Age 55 and up	1 Session				
R07047-307	Long Branch CRC	3/6	M	9:30 a.m.-Noon	FREE
	12 Sessions				
R07047-301	Holiday Park SC	3/20	M	1-4 p.m.	FREE

Morning American Mahjong

Age 55 and up 13 Sessions
R07047-304 N. Potomac CRC 3/8 W 10 a.m.-Noon FREE

Open Party Bridge

Ages 55 and up 13 Sessions
R07075-301 Holiday Park SC 3/24 F 12:45-3:30 p.m. FREE

Wheaton Mahjongg Drop In

Age 55 and up 25 Sessions
R07047-306 Wheaton CRC 3/1 M,W 1-4 p.m. FREE

Table Games

Bid Whist

Age 55 and up 13 Sessions
R07112-300 White Oak CRC 3/2 Th Noon-5 p.m. FREE

Board Games and Coloring

Age 55 and up 66 Sessions
R07112-302 Long Branch CRC 3/1 M-F 9 a.m.-12:30 p.m. FREE

Canasta

Age 55 and up 8 Sessions
R07112-303 Damascus Library 4/6 Th 1-3:30 p.m. FREE

Make Your Words Count Game

Age 55 and up 14 Sessions
R07112-301 N. Potomac CRC 3/1 W 2-3 p.m. FREE



SIGN-UP FOR REC ALERTS

Sign-up for Rec Alerts to receive Montgomery County weather notices.



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Health and Wellness

Mindfulness and Meditation

Healthy Body, Peaceful Mind with Tammy

Age 55 and up 12 Sessions
R07077-303 N. Potomac CRC 3/6 M 2-3:30 p.m. FREE

Yoga

Yoga

Ages 55 and up 13 Sessions
R07032-301 Wheaton CRC 3/2 Th 3-4 p.m. FREE
R07032-304 Wheaton CRC 3/6 M 9:05-10 a.m. FREE

8 Sessions
R07029-307 Damascus SC 4/7 F 11 a.m.-Noon FREE

Yoga Drop in

Age 55 and up 13 Sessions
R07032-310 Wheaton CRC 3/7 Tu 3-4 p.m. FREE

Chair Yoga

Age 55 and up 13 Sessions
R07032-312 Schweinhaut SC 3/7 Tu 10-11a.m. FREE

Chair Yoga

Age 55 and up 12 Sessions
R07029-306 Holiday Park SC 3/21 Tu 11:15 a.m.-12:05 p.m.

Every Body's Yoga

Age 55 and up 12 Sessions
R07029-303 Holiday Park SC 3/22 W 3-4 p.m.

Hatha Yoga

Ages 55 and up 12 Sessions
R07034-301 Virtual Class* 3/21 Tu 9-9:50 a.m.
R07033-301 Holiday Park SC 3/24 F 9-9:50 a.m.

**This class is offered virtually and on-site.*

Hatha Yoga & Stress Management with Suzana

Ages 55 and up 9 Sessions
Instructor: Suzana Cooper
R05128-308 Lawton CRC 4/14 F 9:45-11 a.m. \$135

Seated Yoga with Regine

Ages 55 and up 12 Sessions
R07029-305 White Oak CRC 3/6 M 1-2 p.m. FREE

Yin Yoga

Age 55 and up 13 Sessions
R07032-313 Schweinhaut SC 3/4 Sa 9-10:30 a.m. FREE

Yogalates

Ages 55 and up 13 Sessions
R07032-303 Wheaton CRC 3/1 W 9:30-10:30 a.m. FREE

Yoga For All w/Edgar

Age 55 and up 13 Sessions
R07029-304 White Oak CRC 3/3 F 9:15-10:15 a.m. FREE

Yoga Para Todos

Ages 55 and up 26 Sessions
R07032-311 Long Branch CRC 3/2 Tu/Th 9-10 a.m. FREE
13 Sessions
R07032-302 Wheaton CRC 3/3 F 3-4 p.m. FREE
12 Sessions
R07032-309 Holiday Park SC 3/21 Tu 10-10:50 a.m. FREE

Wisdom Yoga

Age 55 and up 9 Sessions
Instructor: Anne Harrison
R05128-316 Clara Barton NRC 4/11 Tu 10:30-11:30 a.m. \$99
R05128-317 Wisconsin Place CRC 4/12 W 9:30-10:30 a.m. \$99

Martial Arts

Beginners Tai Chi

Age 55 and up 13 Sessions
R07025-310 Holiday Park SC 3/22 W 9:30-10:20 a.m. FREE

CASSA Tai Chi

Ages 55 and up 13 Sessions
R07025-314 Long Branch CRC 3/6 M 10-11 a.m. FREE

DSC 55+ Tai Chi

Ages 55 and up 4 Sessions
R07025-313 Damascus SC 4/4 Tu 11 a.m.-Noon FREE

Let's Practice Qigong

Ages 55 and up 12 Sessions
R07059-303 Wheaton CRC 3/3 F 1-2 p.m. FREE

Qi Gong

Age 55 and up 13 Sessions
R07059-304 Schweinhaut SC 3/4 Sa Noon-1 p.m. FREE

Tai Chi Chuan

Age 55 and up 26 Sessions
R07025-316 Schweinhaut SC 3/3 Tu,F 1:30-2:30 p.m. FREE

Tai Chi Exercises

Age 55 and up 13 Sessions
R07025-315 Holiday Park SC 3/21 Tu 9:30-10:20 a.m. FREE

Tai Chi (In Person - Beginner's Welcome)

Age 55 and up 36 Sessions
R07025-311 White Oak CRC 3/6 M,W,F 9-10 a.m. FREE
R07025-312 White Oak CRC 3/7 Tu,Th 2-3 p.m. FREE

Tai Chi Sword

Ages 55 and up 12 Sessions
R07027-301 Holiday Park SC 3/20 M 2:30-3:30 p.m. FREE



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Professional Development and Adult Studies

Music

Ukelele for Beginners

Ages 55 and up 13 Sessions
R07115-301 Wheaton CRC 3/2 Th 1-2 p.m. FREE

Sing Along with Hong

Ages 55 and up 12 Sessions
R07080-312 Long Branch CRC 3/6 M 11a.m.-Noon FREE

PP Singing the Oldies But Goodies

Age 55 and up 11 Sessions
R07080-311 Holiday Park SC 3/20 M 2-3 p.m.

Social Club

Wheaton Jewelry Club (Non-Instructional) Drop In

Ages 55 and up 12 Sessions
R07117-302 Wheaton CRC 3/2 Th 1-2:30 p.m. FREE

CASSA

Age 55 and up 13 Sessions
R07117-301 White Oak CRC 3/2 Th 9 a.m.-1 p.m. FREE



Partnership Programs are run in collaboration with nonprofits and organizations serving Montgomery County. These programs may have registration requirements that differ from those of Montgomery County Recreation.


QUESTIONS?
CONTACT CUSTOMER SERVICE
 Call customer service or send an email.
240-777-6840
RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV

Sports

Basketball Mini Games

Age 55 and up 1 Session
 R07122-301 Damascus SC 3/14 Tu 1-2 p.m. FREE

Introduction to Bocce Ball

Age 55 and up 3 Sessions
 R07124-302 Holiday Park SC 3/16 Th 10:30-11:30 a.m. FREE
 R07124-301 Schweinhaut SC 3/30 Th 10:30-11:30 a.m. FREE

Open Shuffleboard

Age 55 and up 26 Sessions
 R07121-301 Holiday Park SC 3/20 M,W 2:30-3:30 p.m. FREE

Specialty Programs

Billiards

Ages 55 and up 43 Sessions
 R07103-303 Damascus SC 4/3 M-F 9 a.m.-4 p.m. FREE

Billiards Tournament

Age 55 and up 1 Sessions
 R07103-302 Schweinhaut SC 4/21 F 1-4 p.m. FREE

Special Events

1 p.m. Program

Ages 55 and up 43 Sessions
 R07107-313 Damascus SC 4/3 M-F 1-2 p.m. FREE



Please Play Safely.

The health and safety of the community and our staff remain our top priorities. Montgomery County Recreation will follow the safety guidelines set by Montgomery County Government.



55 +

THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

MONTGOMERY COUNTY RECREATION

SPRING TRIPS AND TOURS ARE HERE!



MONTGOMERY COUNTY RECREATION
SOAR
SENIOR OUTDOOR ADVENTURES IN RECREATION

SOAR offers day trips designed for active, vigorous senior adults, age 55 and older. Travel by motorcoach for trips unless otherwise specified. **All trips depart and return to Olney Manor Recreation Park, 16605 Georgia Ave., Olney.**

R07082 - 301 Cherry Blossom Cruise and Lunch on-board Spirit Cruise Line, Washington, DC. Th, April 6 • Leave: 9:30 a.m., Return: 4 p.m. • **Fee: \$114**

We will be cruising along the Potomac River and enjoying a relaxing lunch buffet, included, on the Sprit Cruise Line as we enjoy the sights of Washington. The captain will narrate historic sites and music will be provided for dancing by participants. Fee is for transportation, cruise and lunch. TRIP IS ON AS SCHEDULED REGARDLESS OF BLOOM STATUS.

R07082 - 302 Guided Tour of York, PA W, April 19 • Leave: 7 a.m., Return: 6 p.m. • **Fee: \$89**

We will tour many sites, including, the Colonial Complex and the Agriculture and Industrial Museums. Lunch at a local restaurant is included.

R07082 - 303 Capitol Hill Walking Tour, DC with our guide Rick Snider W, May 10 • Leave: 9 a.m., Return: 3 p.m. • **Fee: \$79**

We will begin our tour at Union Station before heading to the U.S. Capitol to see Congress, the Supreme Court and the Library of Congress. Lunch on your own at Eastern Market.

R07082 - 304 Winterthur Museum, Gardens and Library, DE Tu, May 16 • Leave: 7 a.m., Return: 4:30 p.m. • **Fee: \$79**

We will experience a self-guided tour of this stunning mansion, featuring the most significant collection of American decorative arts in the world. We will also see the world-class naturalistic garden, which includes a tram tour. Lunch on your own at the on-site cafe.

R07082 - 305 Tour Museum of American Revolution and Nat. Constitution Center, Philadelphia, PA W, May 24 • Leave: 7 a.m., Return: 6 p.m. • **Fee: \$102**

Enjoy a journey through the remarkable story of America's founding and see the story of the American quest for freedom. We will have guided tours at both locations and lunch is included. Fee is for transportation, tours and lunch.

R07082 - 306 Annual Sailing Trip, Chesapeake Bay (Morning Sail) W, May 31 • Leave: 7:45 a.m., Return: 1:30 p.m. • **Fee: \$98**

R07082 - 307 Annual Sailing Trip, Chesapeake Bay (Afternoon Sail) W, May 31 • Leave: 11:45 a.m., Return: 5:30 p.m. • **Fee: \$98**

Annual sailing trip out of Annapolis. Enjoy three hours on a 76-foot-long sailboat with a professional captain and crew. A picnic lunch is included.

R07082 - 308 White Water Rafting on the Shenandoah, WV W, June 7 • Leave: 8 a.m., Return: 4 p.m. • **Fee: \$96**

Join our popular two and a half-hour rafting trip on the Shenandoah River. An expert guide in each raft will lead the group. Buffet lunch included.

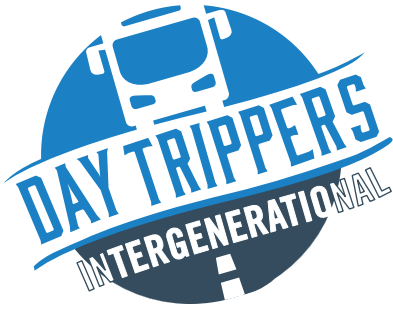
R07082 - 309 The National Museum of the United States Army, VA W, June 14 • Leave: 9 a.m., Return: 3 p.m. • **Fee: \$79**

The museum is the first comprehensive and only national museum to capture, display and interpret the Army's history by telling stories through the eyes of soldiers. In addition to the galleries and exhibits, the museum features a multisensory 300-degree screen theater, a tranquil rooftop garden and hundreds of historic treasures rarely or never-before-seen by the public. Box lunch included.



MONTGOMERY COUNTY RECREATION

SPRING TRIPS AND TOURS ARE HERE!



MAKE EVERY DAY UNFORGETTABLE!

Day Trippers offers intergenerational trips to a variety of destinations. A day trip is planned with your interests in mind.

Join us for exciting trips and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave from and return to **Olney Manor Recreational Park, 16605 Georgia Ave. Olney, MD.**

R07083 - 301 "Moses" at Sight and Sound Theatre, Lancaster, PA F, April 14 • Leave: 9:30 a.m., Return: 7:45 p.m. • **Fee: \$149**

From the banks of the Nile River to the depths of the Red Sea, MOSES is a spectacular entertainment experience for everyone. Enjoy a pre-show lunch at a restaurant nearby included.

R07083 - 302 Neil Berg's The 60's: Peace, Love & Rock N' Roll at The Weinberg Center for the Arts, Frederick, MD F, April 21 • Leave: 5 p.m., Return: 11:30 p.m. • **Fee: \$89**

This powerhouse concert event includes the songs and stories of many of the artists of the era including the Beach Boys, Beatles, Rolling Stones, Janis Joplin, Jimi Hendrix, James Brown and more. The "Woodstock Era" defined a generation of music. Enjoy two hours of peace, love and rock n roll. Before the show, shop and eat on your own in downtown Frederick.

R07083 - 303 Tranquila Tea Room and Gift Shop, PA W, April 26 • Leave: 9:30 a.m., Return: 4:30 p.m. • **Fee: \$92**

R07083 - 304 Tranquila Tea Room and Gift Shop, PA Th, April 27 • Leave: 9:30 a.m., Return: 4:30 p.m. • **Fee: \$92**

We would like you to be our guest, to enter our tearoom and feel all the outside pressures melt away as you walk back in time. So come, sit down, relax and be our guest. Tune out the hustle and bustle of the outside world and enjoy some Tranquila TEA. Enjoy a full "Queen Tea" service.

R07083 - 305 Shen Yun at The Hippodrome Theatre, Baltimore, MD Su, April 30 • Leave: 11:45 a.m., Return: 5:45 p.m. • **Fee: \$149**

Through breathtaking dance and music, Shen Yun's artists tell of a time when divine beings walked upon the earth, leaving behind a culture that inspired generations. Meals or snacks on own before the show.

R07083- 306 84th National Cathedral Flower Mart, DC Sa, May 6 • Leave: 9 a.m., Return: 3 p.m. • **Fee: \$52**

There is something for everyone at the Flower Mart. Purchase spring plants for your garden, find treasures and shop from a wide array of merchandise at over 65 boutique booths. Flower Mart is the perfect place to find gifts for Mother's Day, graduations and something special just for you! Great food and music as well. Explore the International Floral Displays inside the Great Hall of the Cathedral. Meals are on your own.

R07083 - 307 Garden House Tea - Elkridge Furnace Inn, MD F, May 12 • Leave: 9:30 a.m., Return: 4:30p.m. • **Fee: \$98**

We will be pampered at this beautiful setting with customized menu choices. While we are enjoying our relaxing luncheon tea, we will be entertained by a harpist in the background to enhance our experience. Fee is for Full Tea, transportation and harpist.

R07083 - 308 Guided Tours of Chanticleer House and Gardens, PA F, May 19 • Leave: 7 a.m., Return: 6 p.m. • **Fee: \$89**

Chanticleer has been called the most romantic, imaginative and exciting public garden in America. The garden is a study of textures and forms, where foliage trumps flowers, the gardeners lead the design and even the drinking fountains are sculptural. It is a garden of pleasure and learning, relaxing yet filled with ideas to take home. Lunch on your own at our lunch stop.

R07083 - 309 Annapolis First Sunday Arts Festival, MD Su, June 4 • Leave: 10:30 a.m., Return: 3:30 p.m. • **Fee: \$52**

Where community and arts fuse in Annapolis: enjoy arts, crafts, live entertainment and street-side dining in an outdoor arts festival setting. Meals on your own!

R07083 - 310 Toby's Dinner Theatre presents "Grease," MD Su, June 11 • Leave: 9:45a.m., Return: 4 p.m. • **Fee: \$96**

It's still the word! One of the world's favorite musicals hits the stage in a high-octane production featuring all the hit songs you love, including: "Summer Nights," "Greased Lightning," "You're the One That I Want," and "Hopelessly Devoted to You." Preshow Sunday Brunch included!



REGISTRATION BEGINS MONDAY, FEB. 13 AT 9 A.M.

FOR MORE INFO, VISIT WWW.MOCOREC.COM or call 240-777-4933.



MONTGOMERY COUNTY
Recreation

Rec Assist

Financial Assistance Program

2023

[MOCOREC.COM/RECASSIST](https://mocorec.com/recassist)



\$25 PER PARTICIPANT

SENIOR ADVENTURES

3^o DAY CAMP

Senior Adventures is a 3-day camp for Seniors 55+ to make connections with fun activities while also exploring enjoyable places in the community. Sessions include lunch, theme days, musical entertainment, guest lectures, and trips on a coach bus.

JOIN THE FUN!

REC ASSIST AVAILABLE



WHITE OAK COMMUNITY RECREATION CENTER

1700 APRIL LANE, SILVER SPRING

June 7, 8, 9 • 9 a.m. - 2 p.m. • Activity: R07104-400

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DAMASCUS SENIOR CENTER

9701 MAIN ST., DAMASCUS

July 18, 20, 21 • 9 a.m. - 2 p.m. • Activity: R07104-401

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MARGARET SCHWEINHAUT SENIOR CENTER

1000 FOREST GLEN ROAD, SILVER SPRING

Aug. 29, 30, 31 • 9 a.m. - 2 p.m. • Activity: R07104-402

Fee includes transportation, lunches, and all supplies associated with the camp. For more information, or any questions contact rec.seniors@montgomerycountymd.gov or 240-777-4925.

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Please contact 240-777-6840 or rec.inclusion@montgomerycountymd.gov to request accommodations.



SILVER SPRING

RECREATION AND AQUATIC CENTER

📍 1319 Apple Ave.



COMING 2023

— FOR MORE INFO, VISIT —

[MOCOREC.COM/SILVERSPRING](https://mocorec.com/silverspring)