

MONTGOMERY COUNTY RECREATION

55 & Better

ACTIVITIES FOR SENIORS



WINTER 20-21



MONTGOMERY COUNTY
Recreation

In This Guide

Winter 2020-21

Arts & Crafts

2

Dance

3

Educational

4-8

Fitness

9

Health/Wellness

10

Martial Arts

10

Social

11-12



VIRTUAL CLASSES

All winter classes will be held virtually. A link to join the virtual class will be provided upon registration in ActiveMontgomery to your preferred email address.



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



Registration for Winter 2020-21 is now

UNDERWAY

MONTGOMERY COUNTY RECREATION



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FREE RESOURCES AVAILABLE ONLINE AT
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You've got the whole world in your hands.
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Stay Fit. Stay Healthy. Stay Creative. Stay Home.





Arts & Crafts

Watercolors 55+

10 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
100969	Virtual Class	1/12	Tuesdays	10:30 a.m.-12:30 p.m.	FREE	Virtual



Knit and Crochet Group

16 Sessions

101031	Virtual Class	1/5	Tuesdays	10-11:30 a.m.	FREE	Virtual
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Woodcarving 55+

10 Sessions

101969	Virtual Class	1/8	Fridays	1-3 p.m.	FREE	Virtual
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Dance



Garba Dance

10 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
100961	Virtual Class	1/14	Thursdays	2-2:55 p.m.	FREE	Virtual



International Folk Dance

10 Sessions

100966	Virtual Class	1/14	Thursdays	10-10:45 a.m.	FREE	Virtual
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NIA Dance Fitness

8 Sessions

100968	Virtual Class	1/11	Mondays	10-10:45 a.m.	FREE	Virtual
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Urban Line Dance

8 Sessions

100948	Virtual Class	1/12	Tuesdays	11 a.m.-Noon	\$72	Virtual
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Hula Dance

8 Sessions

102003	Virtual Class	1/11	Mondays	1-1:45 p.m.	FREE	Virtual
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Educational

Coffee and Creative Expressions

4 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
100330	Virtual Class	2/1	Mondays	2-2:45 p.m.	FREE	Virtual

ElderSAFE Workshop (English)

1 Session

97472	Virtual Class	1/7	Thursday	11 a.m.-Noon	FREE	Virtual
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ElderSAFE Workshop (Español)

1 Session

97473	Virtual Class	1/7	Tuesday	1-2 p.m.	FREE	Virtual
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ElderSAFE Workshop (Mandarin)

1 Session

97474	Virtual Class	1/7	Thursday	3-4 p.m.	FREE	Virtual
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Fall Prevention Class

1 Session

101292	Virtual Class	12/9	Wednesday	1-2 p.m.	FREE	Virtual
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Fire Safety During the Holidays

1 Session

101293	Virtual Class	12/15	Tuesday	11 a.m.-Noon	FREE	Virtual
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Seguridad Contra Incendios para las Fiestas

1 Session

101094	Virtual Class	12/8	Tuesday	11 a.m.-Noon	FREE	Virtual
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Educational

Community Programs

Celebrate Black History Month Through the Arts

4 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
101700	Virtual Class	2/3	Wednesdays	2-3:30p.m.	FREE	Virtual

Medicare Open Enrollment: Last Chance

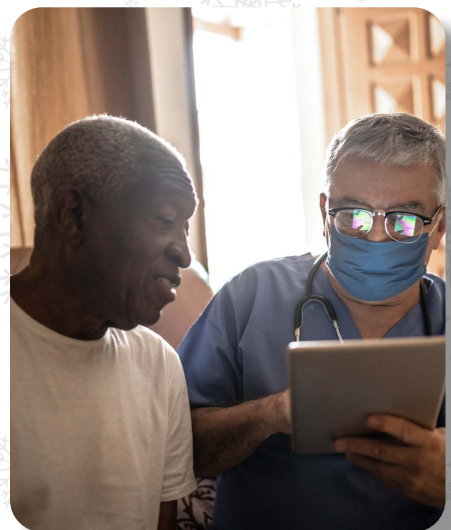
1 Session

101063	Virtual Class	12/2	Wednesday	10-11:30 a.m.	FREE	Virtual
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Thurgood Marshall: A Trail-Blazing Civil Rights Victory

1 Session

100925	Virtual Class	12/15	Tuesday	11 a.m.-Noon	FREE	Virtual
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Educational Discussions



Book Talk

4 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
101033	Virtual Class	1/26	Tuesdays	1-1:55 p.m.	FREE	Virtual



Wednesday Evening Book Club

8 Sessions

101085	Virtual Class	1/20	Wednesdays	4-4:55 p.m.	FREE	Virtual
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Cardiac Presentation

1 Session

101111	Virtual Class	12/2	Wednesday	1-2:30 p.m.	FREE	Virtual
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Getting Ahead of Holiday Stress & Blues

2 Sessions

101013	Virtual Class	12/1	Tuesdays	Noon-1 p.m.	FREE	Virtual
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Managing Life through COVID-19 II

6 Sessions

97775	Virtual Class	12/1	Tuesdays	1:30-2:30 p.m.	FREE	Virtual
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Managing Life through COVID-19 III

6 Sessions

101062	Virtual Class	1/26	Tuesdays	1:30-2:30 p.m.	FREE	Virtual
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55 & Better | Activities for Seniors

Managing Life through COVID-19 II (Spanish)

6 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
97773	Virtual Class	12/1	Tuesdays	1:30-2:30 p.m.	FREE	Virtual

Managing Life through COVID-19 III (Spanish)

6 Sessions

101061	Virtual Class	1/26	Tuesdays	1:30-2:30 p.m.	FREE	Virtual
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Wake Up Call

16 Sessions

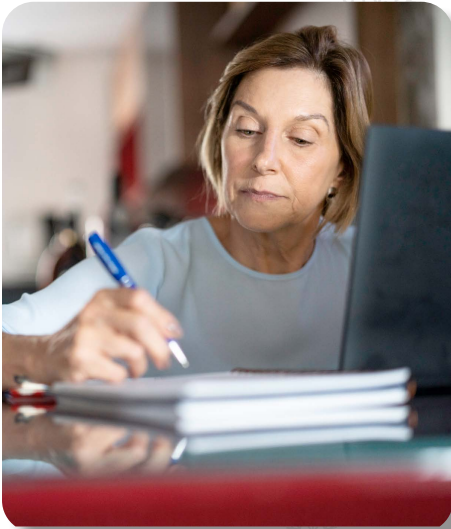
101023	Virtual Class	1/4	Mondays	8-9 a.m.	FREE	Virtual
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What In The World

16 Sessions

101025	Virtual Class	1/8	Fridays	4-5 p.m.	FREE	Virtual
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Educational

Fine Arts

Musical Musings Holiday Edition

2 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
101058	Virtual Class	12/9	Wednesdays	1-2 p.m.	FREE	Virtual

Virtual Choir

6 Sessions

101059	Virtual Class	1/6	Wednesdays	1-2 p.m.	FREE	Virtual
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Language



French Intermediate

10 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
100962	Virtual Class	1/13	Wednesdays	11:30am-12:30pm	FREE	Virtual



Welcome 2021

1 Session

100960	Virtual Class	1/5	Tuesday	3-4:30 p.m.	FREE	Virtual
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Workshops

Leaving a Legacy

3 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
101080	Virtual Class	1/21	Thursdays	1-3 p.m.	FREE	Virtual

Fitness

Chair Dancing

10 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
100965	Virtual Class	1/14	Thursdays	1-1:45 p.m.	FREE	Virtual

Winter Walkers

9 Sessions

101701	Brookside Gardens	12/2	Wednesdays	2-3 p.m.	FREE	Outdoors
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Body Awareness through Micromovements

4 Sessions

99287	Virtual Class	1/14	Thursdays	9:30-10:30 a.m.	FREE	Virtual
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Bang Fitness

8 Sessions

101123	Virtual Class	1/7	Thursdays	11 a.m.-Noon	FREE	Virtual
101107	Virtual Class	12/3	Thursdays	11 a.m.-Noon	FREE	Virtual

Zumba Gold

8 Sessions

101103	Virtual Class	12/2	Wednesdays	11 a.m.-Noon	FREE	Virtual
101119	Virtual Class	1/6	Wednesdays	11 a.m.-Noon	FREE	Virtual



Health/ Wellness

Hatha Yoga & Stress Management

10 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
96850	Virtual Class	1/15	Fridays	10-11 a.m.	FREE	Virtual

Boost Your Brain Power

1 Session

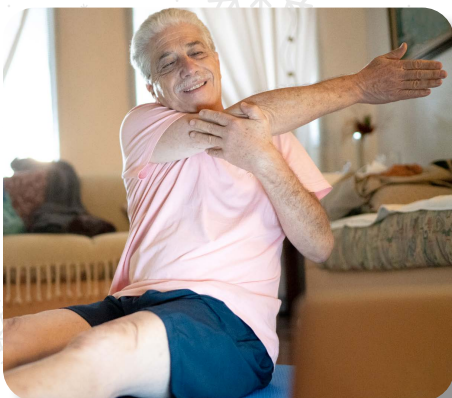
93616	Virtual Class	11/19	Thursday	Noon-12:30 p.m.	FREE	Virtual
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Martial Arts

Virtual Tai Chi Sword

8 Sessions

101836	Virtual Class	1/11	Mondays	2:30-3:25 p.m.	FREE	Virtual
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Social



Coffee with a Cop

4 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
101026	Virtual Class	1/12	Tuesdays	9:30-10:30 a.m.	FREE	Virtual

Dine and Wine Lunch

4 Sessions

101057	Virtual Class	1/8	Fridays	11:30am-12:30pm.	FREE	Virtual
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Holiday Tea Time

1 Session

101157	Virtual Class	12/18	Friday	3-4 p.m.	FREE	Virtual
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Hooray for the Holidays Craft Kits

3 Sessions

97524	Virtual Class	12/3	Thursdays	10-11 a.m.	FREE	Virtual
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It's a Hot Cocoa Social

1 Session

101159	Virtual Class	1/15	Friday	3-4 p.m.	FREE	Virtual
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Social

It's Game Time

4 Sessions

Activity	Location	Date(s)	Day(s)	Time(s)	Price	Class Type
100392	Virtual Class	1/4	Mondays	2-3 p.m.	FREE	Virtual

Meet You Senior Recreation Team

3 Sessions

101124	Virtual Class	12/4	Fridays	3-3:45 p.m.	FREE	Virtual
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Photo Club

4 Sessions

101028	Virtual Class	1/6	Wednesdays	10am-Noon	FREE	Virtual
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Precious Memories and Treasures

4 Sessions

101134	Virtual Class	2/2	Tuesdays	3-4 p.m.	FREE	Virtual
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Spirit of the Holidays Sing-Along

3 Sessions

101132	Virtual Class	12/7	Mondays	3-4 p.m.	FREE	Virtual
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Hablamos Español



MONTGOMERY COUNTY
Recreation



55 & Better | Activities for Seniors
2425 Reedie Drive
Wheaton, MD 20902

