

55 & Better

ACTIVITIES FOR SENIORS



SPRING 2024



MONTGOMERY COUNTY
Recreation



55 +

55+ Senior Programs



Art

ART INSTRUCTION

Cardmaking with Cindy Boccucci

Sessions	Activity	Location	Start Date	Day	Time	Fee
3 Sessions	R07095-310	Schweinhaut SC	3/9	Sa	11:30 a.m.-2:30 p.m.	FREE

Ceramic Class

26 Sessions	R07098-306	Schweinhaut SC	3/5	Tu,Th	9:30 a.m.-1 p.m.	FREE
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Drawing and Illustration

11 Sessions	R07095-305	Wheaton CRC	3/5	Tu	12:30-1:30 p.m.	FREE
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Easy Abstract Painting

3 Sessions	R07095-338	N. Potomac CRC	3/8	F	10:30-11:30 a.m.	FREE
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Evening Crafters

3 Sessions	R07095-336	N. Potomac CRC	3/6	W	5:30-7 p.m.	FREE
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Intro to Mixed Media Sculpture - Build a Tiny House

4 Sessions	R07095-333	Silver Spring RAC	5/7	Tu	10-11:30 a.m.	FREE
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Intro to Watercolor Painting

5 Sessions	R07095-334	Silver Spring RAC	4/2	Tu	10-11:30 a.m.	FREE
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Let's Get Crafting

4 Sessions	R07095-337	Silver Spring RAC	4/29	M	1-2 p.m.	FREE
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Mason Jar Pot of Gold Craft with Chris

1 Session	R07095-335	N. Potomac CRC	3/12	Tu	12:30-2:30 p.m.	FREE
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Origami Class

3 Sessions	R07096-302	Schweinhaut SC	3/4	M	1-3 p.m.	FREE
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Paint and Socialize

6 Sessions	R07095-340	N. Potomac CRC	3/5	Tu	9:30-11 a.m.	FREE
	R07095-341	N. Potomac CRC	3/14	Th	12:30-2 p.m.	FREE

THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Click to view and register.

KNITTING AND CROCHET

Knit and Crochet Group

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07003-307	N. Potomac CRC	3/5	Tu	1-3 p.m.	FREE

Knit and Crochet Workshop

11 Sessions	R07003-301	Holiday Park SC	4/3	W	10-11:30 a.m.	FREE
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Knitting Corner

13 Sessions	R07003-305	Schweinhaut SC	3/6	W	1-3 p.m.	FREE
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Needlecraft

13 Sessions	R07053-303	Damascus SC	3/7	Th	9 a.m.-2 p.m.	FREE
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Needlecraft Club

12 Sessions	R07053-302	Silver Spring RAC	3/15	F	2-4 p.m.	FREE
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Needles and Yarn

24 Sessions	R07003-304	Wheaton CRC	3/4	M,Tu	1-3 p.m.	FREE
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PERFORMING ARTS

Seasoned Players

6 Sessions	R07056-302	Schweinhaut SC	3/6	W	1:30-3:30 p.m.	FREE
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PHOTOGRAPHY

Photography Club

5 Sessions	R07001-301	Holiday Park SC	4/3	W	10 a.m.-Noon	FREE
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Cooking

ADULT COOKING



Simple Cooking with Rhonda

Instructor: Rhonda Brandes

Irish Recipe

Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07049-308	N. Potomac CRC	3/15	F	10:30-11:30 a.m.	FREE

Passover Recipe

1 Session	R07049-307	N. Potomac CRC	4/19	F	10:30-11:30 a.m.	FREE
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American Recipe

1 Session	R07049-306	N. Potomac CRC	5/17	F	10:30-11:30 a.m.	FREE
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55+ PROGRAMS

BONE BUILDERS

VIEW BONE BUILDERS CLASSES



Click to view and register.

Dance

BALLROOM

Ballroom Dance

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07050-301	Schweinhaut SC	3/6	W	Noon-1 p.m.	FREE

International Ballroom Dancing with Ed and Helen

13 Sessions	R07057-302	N. Potomac CRC	3/6	W	1-3 p.m.	FREE
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SPECIALTY PROGRAM

Tea Dancing

13 Sessions	R07129-301	Damascus SC	3/7	Th	1-2:30 p.m.	FREE
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FOLK DANCING

Chinese Folk Dancing

13 Sessions	R07009-316	Long Branch CRC	3/4	M	10 a.m.-Noon	FREE
11 Sessions	R07009-302	Holiday Park SC	4/5	F	11 a.m.-Noon	FREE

Dance for Posture and Elegance (Mandarin)

13 Sessions	R07009-314	N. Potomac CRC	3/7	Th	1-3 p.m.	FREE
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Dancing with Ming

13 Sessions	R07009-301	White Oak CRC	3/5	Tu	10:30 a.m.-Noon	FREE
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International Folk Dance Class

14 Sessions	R07009-315	N. Potomac CRC	3/1	F	12:30-2 p.m.	FREE
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Liuying's Classical Chinese Folk Dance

10 Sessions	R07009-312	N. Potomac CRC	3/5	Tu	2-3:30 p.m.	FREE
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QUESTIONS?
CONTACT CUSTOMER SERVICE
Call customer service or send an email.
240-777-6840
RECREATION.CUSTOMERSERVICE@MONTGOMERYCOUNTYMD.GOV



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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



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SPORTS

CLASSES

AQUATICS

LINE DANCING



Click to view and register.

Ballroom/Line Dance

13 Sessions	R07011-303	Wheaton CRC	3/6	W	1-2 p.m.	FREE
12 Sessions	R07011-305	Wheaton CRC	3/7	Th	1-2 p.m.	FREE

Line Dancing

13 Sessions	R07011-308	Schweinhaut SC	3/2	Sa	10:30 a.m.-Noon	FREE
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Line Dancing with Danny

13 Sessions	R07011-316	Long Branch CRC	3/5	Tu	10-11 a.m.	FREE
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Social Line Dance

10 Sessions	R07011-302	Wheaton CRC	3/11	M	10-11 a.m.	FREE
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Soul Line Dance with Peytrienne

13 Sessions	R07005-310	White Oak CRC	3/7	Th	10-11:15 a.m.	FREE
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TAP DANCING

Tap Dance

12 Sessions	R07007-302	Damascus SC	3/4	M	11 a.m.-Noon	\$50
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SENIOR ADVENTURES

3° DAY CAMP

\$25 PER PARTICIPANT

This is a three-day camp for seniors to make connections with fun activities while also exploring places in the community. Sessions take place 9 a.m. - 2 p.m. and include lunch, themed entertainment, guest lectures and trips.

DAMASCUS SC
9701 MAIN ST., DAMASCUS
July 16, 17, 18
Activity: R07104-406

SILVER SPRING RAC
1319 APPLE AVE., SILVER SPRING
Aug. 27, 28, 29
Activity: R07104-405

MARGARET SCHWEINHAUT SC
1000 FOREST GLEN ROAD, SILVER SPRING
July 30, 31, Aug. 1
Activity: R07104-407

NORTH POTOMAC SC
13850 TRAVILAH ROAD, ROCKVILLE
Sept. 10, 11, 12
Activity: R07104-404



ROSS BODDY NRC
18529 BROOKE ROAD, SANDY SPRING
Aug. 14, 15, 16
Activity: R03027-408



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.





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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Educational DISCUSSIONS



Active Living in Spanish- Cafecito y Amistad en Español

Sessions	Activity	Location	Start Date	Day	Time	Fee
10 Sessions	R07087-301	Holiday Park SC	4/1	M	10-11 a.m.	FREE

Book Discussion

3 Sessions	R07065-305	Schweinhaut SC	3/12	Tu	1-2:30 p.m.	FREE
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Charla con Arte (In Spanish/en Español)

10 Sessions	R07087-302	Holiday Park SC	4/1	M	11 a.m.-Noon	FREE
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Coffee & Catch-Up

11 Sessions	R07092-309	Silver Spring RAC	3/11	M	9-10 a.m.	FREE
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Coffee & Conversation with Staff

1 Session	R07092-310	Schweinhaut SC	3/21	Th	9-9:45 a.m.	FREE
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Coping with Change

13 Sessions	R07076-308	Damascus SC	3/7	Th	11 a.m.-Noon	FREE
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11 Sessions	R07076-301	Holiday Park SC	4/4	Th	10:30-11:30 a.m.	FREE
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Coping with Change in Spanish/en Español

11 Sessions	R07076-302	Holiday Park SC	4/2	Tu	11 a.m.-Noon	FREE
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Current Events Discussion with Lyle

13 Sessions	R07063-303	N. Potomac CRC	3/7	Th	10:30-11:30 a.m.	FREE
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Max You

11 Sessions	R07043-301	Holiday Park SC	4/2	Tu	10:30-11:30 a.m.	FREE
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Scale Modeling Group

3 Sessions	R07023-307	N. Potomac CRC	3/19	Tu	6:30-8:30 p.m.	FREE
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LANGUAGE



Click to view and register.

Beginner Plus Spanish Class

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07015-306	Schweinhaut SC	3/7	Th	10:30-11:30 a.m.	FREE

Beginner Spanish Class

13 Sessions	R07015-305	Schweinhaut SC	3/7	Th	9:30-10:30 a.m.	FREE
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Everyday English

22 Sessions	R07061-301	Holiday Park SC	4/2	Tu & Th	10-10:55 a.m.	FREE
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Italian Class

12 Sessions	R07021-302	Schweinhaut SC	3/6	W	1-2:30 p.m.	FREE
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Japanese Language and Culture 2

13 Sessions	R07021-303	N. Potomac CRC	3/5	Tu	10:30 a.m.-Noon	FREE
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Spanish 101 Basic

9 Sessions	R07015-303	Holiday Park SC	4/1	M	11 a.m.-Noon	FREE
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Spanish 102 Advanced

9 Sessions	R07015-304	Holiday Park SC	4/1	M	10-11 a.m.	FREE
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Spanish Conversation Group

13 Sessions	R07015-302	White Oak CRC	3/7	Th	1-2 p.m.	FREE
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SPECIALTY PROGRAMS

Brain Games

12 Sessions	R07090-301	White Oak CRC	3/4	M	10-11 a.m.	FREE
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Stretching Exercises with Linda

32 Sessions	R07040-302	N. Potomac CRC	3/4	M,W,F	9:30-11:30 a.m.	FREE
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6 Sessions	R07040-303	N. Potomac CRC	4/26	M,W,F	9:15-10:15 a.m.	FREE
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SPORTS

CLASSES

AQUATICS

SUPPORT GROUP

Active Golden Club

Sessions	Activity	Location	Start Date	Day	Time	Fee
11 Sessions	R07117-304	Holiday Park SC	4/2	Tu	10 a.m.-4 p.m.	FREE

Active Golden Club Fitness

11 Sessions	R07117-306	Holiday Park SC	4/2	Tu	11 a.m.-Noon	FREE
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Active Golden Club Technology

11 Sessions	R07117-305	Holiday Park SC	4/2	Tu	10:30 a.m.-Noon	FREE
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Jai Ho Discussion and Social Group

12 Sessions	R07117-303	N. Potomac CRC	3/4	M	11:30 a.m.-1 p.m.	FREE
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Kensington Club

14 Sessions	R07117-300	White Oak CRC	3/1	W	9:30 a.m.-1:30 p.m.	FREE
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Wheaton Jewelry Club (Non-Instructional)

11 Sessions	R07117-302	Wheaton CRC	3/7	Th	1-2:30 p.m.	FREE
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WORKSHOP OR SPEAKERS SERIES

1 P.M. Educational Lectures

17 Sessions	R07105-301	Holiday Park SC	4/1	M-Th	1-2 p.m.	FREE
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Basic Functional Balance Exercise

8 Sessions	R07030-300	Schweinhaut SC	3/1	F	8:15-9:15 a.m.	FREE
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Happy Life Vietnamese Seniors Group

11 Sessions	R07028-316	Holiday Park SC	4/4	Th	9 a.m.-2 p.m.	FREE
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Nutrition 101

13 Sessions	R07024-308	Schweinhaut SC	3/5	Tu	1:30-2:30 p.m.	FREE
	R07024-309	Schweinhaut SC	3/7	Th	1-2 p.m.	FREE

Wellness Matters

9 Sessions	R07028-311	Silver Spring RAC	4/2	Tu	9-10:30 a.m.	FREE
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Wellness Wednesdays with UMD Nursing Students

10 Sessions	R07028-327	N. Potomac CRC	2/21	W	9:30 a.m.-1:30 p.m.	FREE
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Wellness Workshop: Health in Action

6 Sessions	R07028-326	Silver Spring RAC	4/17	W	1-2 p.m.	FREE
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WRITING

Journaling



Click to view and register.

Sessions	Activity	Location	Start Date	Day	Time	Fee
2 Sessions	R07058-308	Holiday Park SC	4/16	Tu	2:15-3:45 p.m.	FREE

Memoir Writing for Beginners

13 Sessions	R07058-307	Wheaton CRC	3/6	W	10-11:30 a.m.	FREE
8 Sessions	R07058-311	Silver Spring RAC	4/4	Th	2-3:30 p.m.	FREE

Tell Us Your Story

8 Sessions	R07058-310	Holiday Park SC	4/3	W	2-3:30 p.m.	FREE
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Writing Group

6 Sessions	R07058-312	Schweinhaut SC	3/5	Tu	10 a.m.-Noon	FREE
11 Sessions	R07058-301	Holiday Park SC	4/5	F	10-11:30 a.m.	FREE



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SPORTS

CLASSES

AQUATICS

- View flyers and register for activities**
- Stay up-to-date with Rec**
- Access online 24/7**

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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS

Fitness

AEROBIC DANCE

Ballet



Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07012-307	Wheaton CRC	3/5	Tu	1:30-2:30 p.m.	FREE
	R07012-306	Wheaton CRC	3/6	W	2:15-3:15 p.m.	FREE
9 Sessions	R07012-333	Silver Spring RAC	4/3	W	10-11 a.m.	FREE

Ballet Basics

13 Sessions	R07055-310	White Oak CRC	3/5	Tu	10:30-11:30 a.m.	FREE
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Chinese Dance & Fitness

13 Sessions	R07012-311	Wheaton CRC	3/6	W	9:30-11 a.m.	FREE
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Chinese Folk Dance

11 Sessions	R07012-308	Wheaton CRC	3/4	M	1-2 p.m.	FREE
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Dance Fitness with Georgia

12 Sessions	R07012-322	Schweinhaut SC	3/4	M	9:30-10:30 a.m.	FREE
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Intro to Salsa Dance

3 Sessions	R07012-330	Silver Spring RAC	4/5	F	10-11 a.m.	FREE
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Intro to Bhangra and Indian Folk Dances

3 Sessions	R07012-332	Silver Spring RAC	5/17	F	10-11 a.m.	FREE
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Intro to Contra, Square and Circle Dances

3 Sessions	R07012-331	Silver Spring RAC	4/26	F	10-11 a.m.	FREE
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Move and Groove Dance Fitness

9 Sessions	R07012-335	Holiday Park SC	4/1	M	2:30-3:30 p.m.	FREE
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10 Sessions	R07012-336	Holiday Park SC	4/3	W	2:30-3:30 p.m.	FREE
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Superpower Dance Circle

9 Sessions	R07012-312	Wheaton CRC	3/1	F	1:30-2:30 p.m.	FREE
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13 Sessions	R07012-334	Long Branch CRC	3/7	Th	10-11 a.m.	FREE
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Yuan Chi Dance

11 Sessions	R07012-318	Wheaton CRC	3/4	M	2:30-4 p.m..	FREE
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Click to view and register.

LOW IMPACT

Balance Boom

Sessions	Activity	Location	Start Date	Day	Time	Fee
11 Sessions	R07039-325	Silver Spring RAC	3/11	M	10-11 a.m.	FREE

Chairobics (Chair Aerobics)

53 Sessions	R07066-303	Damascus SC	3/1	Tu-F	10-10:45 a.m.	FREE
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Fitness Boot Camp

11 Sessions	R07039-324	Silver Spring RAC	3/16	Sa	9:30-10:30 a.m.	FREE
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Full Body Workout

11 Sessions	R07041-303	Wheaton CRC	3/5	Tu	9:05-9:55 a.m.	FREE
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Gentle Spin with Julien

12 Sessions	R07039-301	White Oak CRC	3/4	M	10-11 a.m.	FREE
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Seated Exercise with Fereshteh

13 Sessions	R07066-305	N. Potomac CRC	3/5	Tu	12:30-1:15 p.m.	FREE
	R07066-306	N. Potomac CRC	3/7	Th	9:30-10:15 a.m.	FREE

Silver Spring Striders

12 Sessions	R07035-310	Silver Spring RAC	3/13	W	8-9:30 a.m.	FREE
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Sit and Be Fit

11 Sessions	R07039-326	Silver Spring RAC	3/15	F	1-2 p.m.	FREE
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Small Group Strength & Balance

26 Sessions	R07039-315	Damascus SC	3/5	Tu,Th	10:30 a.m.-Noon	\$5
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Walk For Health

18 Sessions	R07035-315	Long Branch CRC	4/2	Tu,Th	1-2:30 p.m.	FREE
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Walking Club

13 Sessions	R07035-311	Damascus SC	3/4	M	9:30-10:30 a.m.	FREE
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Wheaton Walks

13 Sessions	R07035-301	Wheaton CRC	3/6	W	9:30-10:30 a.m.	FREE
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SPORTS

CLASSES

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CLASSES

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STRENGTH TRAINING

Fall Prevention and Balance Exercise

Sessions	Activity	Location	Start Date	Day	Time	Fee
27 Sessions	R07060-316	Long Branch CRC	2/28	W & F	9:30-10:30 a.m.	FREE

Fitness Equipment Orientation

13 Sessions	R07039-308	Holiday Park SC	5/9	Th	11 a.m.-Noon	FREE
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Fitness Room Orientation

13 Sessions	R07119-301	Silver Spring RAC	4/2	Tu	1-1:30 p.m.	FREE
	R07119-302	Silver Spring RAC	4/2	Tu	1:30-2 p.m.	FREE
	R07119-303	Silver Spring RAC	4/9	Tu	1-1:30 p.m.	FREE
	R07119-304	Silver Spring RAC	4/9	Tu	1:30-2 p.m.	FREE
	R07119-305	Silver Spring RAC	4/16	Tu	1-1:30 p.m.	FREE
	R07119-306	Silver Spring RAC	4/16	Tu	1:30-2 p.m.	FREE
	R07119-307	Silver Spring RAC	4/23	Tu	1-1:30 p.m.	FREE
	R07119-308	Silver Spring RAC	4/23	Tu	1:30-2 p.m.	FREE
	R07119-309	Silver Spring RAC	5/4	Sa	11-11:30 a.m.	FREE
	R07119-310	Silver Spring RAC	5/4	Sa	11:30 a.m.-Noon	FREE
	R07119-311	Silver Spring RAC	5/11	Sa	11-11:30 a.m.	FREE
	R07119-312	Silver Spring RAC	5/11	Sa	11:30 a.m.-Noon	FREE
	R07119-313	Silver Spring RAC	5/18	Sa	11-11:30 a.m.	FREE
	R07119-314	Silver Spring RAC	5/18	Sa	11:30 a.m.-Noon	FREE
	R07119-315	Silver Spring RAC	5/25	Sa	11-11:30 a.m.	FREE
	R07119-316	Silver Spring RAC	5/25	Sa	11:30 a.m.-Noon	FREE

Kickboxing with Julien

3 Sessions	R07060-308	Schweinhaut SC	3/15	F	8:15-9:15 a.m.	FREE
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Low Impact Exercise Video

26 Sessions	R07060-305	White Oak CRC	3/7	Th & F	10:30 a.m.-Noon	FREE
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Low Impact Exercise with Julien

3 Sessions	R07060-310	Schweinhaut SC	3/8	F	8:15-9:15 a.m.	FREE
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Click to view and register.

ZUMBA

Morning Zumba with Carol

Sessions	Activity	Location	Start Date	Day	Time	Fee
11 Sessions	R07070-312	N. Potomac CRC	3/4	M	9:15-10:30 a.m.	FREE

Zumba

10 Sessions	R07070-306	Wheaton CRC	3/1	F	9:45-10:45 a.m.	FREE
11 Sessions	R07070-301	Wheaton CRC	3/5	Tu	11 a.m.-Noon	FREE
13 Sessions	R07070-308	Damascus SC	3/6	W	11 a.m.-Noon	FREE
11 Sessions	R07070-302	Wheaton CRC	3/7	Th	2-3 p.m.	FREE
12 Sessions	R07070-313	Silver Spring RAC	3/13	W	7-8 p.m.	FREE

Zumba Gold

9 Sessions	R07070-309	Wheaton CRC	3/4	M	1:30-2:30 p.m.	FREE
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Zumba Gold with Amy

26 Sessions	R07071-301	White Oak CRC	3/5	Tu,Th	9-10 a.m.	FREE
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Zumba with Everest Wellness

8 Sessions	R05132-314	Clara Barton NRC	4/8	M	9:15-10:15 a.m.	\$110
9 Sessions	R05132-315	Clara Barton NRC	4/12	F	9:15-10:15 a.m.	\$124

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Therapeutic
Recreation

Sports

Classes

Aquatics

THE REC INSIDER



SIGN UP

**FOR OUR
NEWSLETTER TODAY!**



BONE BUILDERS

Spring 2024

MARCH 11 - JUNE 13

Bauer Drive CRC

R03010-302 M,W 11:30 a.m.-12:30 p.m.
R03010-303 Tu,Th 1:30-2:30 p.m.

Clara Barton NRC

R03010-304 M,W 1:30-2:30 p.m.

Coffield CRC

R03010-305 Tu,Th 9:15-10:15 a.m.

Germantown CRC

R03010-306 M,Th 1-2 p.m.

Lawton CRC

R03010-307 Tu,Th 9:15-10:15 a.m.

Longwood CRC

R03010-308 M,W 11:15 a.m.-12:15 p.m.
R03010-309 M,W 2-3 p.m.

Mid-County CRC

R03010-310 Tu,Th 1-2 p.m.

N. Potomac CRC

R03010-311 M,W 10:45-11:45 a.m.
R03010-312 Tu,Th 10:45-11:45 a.m.
R03010-313 Tu,Th 11:50 a.m.-12:50 p.m.

Potomac CRC

R03010-314 M,W 9-10 a.m.
R03010-317 M,W Noon-1 p.m.

Praisner CRC

R03010-315 M,W 11 a.m.-Noon

Schweinhaut SC

R03010-319 Tu,Th 10:30-11:30 a.m.

Silver Spring RAC

R03010-321 Tu,Th 10-11 a.m.

Wheaton CRC

R03010-316 Tu,Th 9:15-10:15 a.m.
R03010-320 M,W 11:30-12:30 p.m.

Wisconsin Place CRC

R03010-318 Tu,Th 1-2 p.m.

Virtual

R03010-301 M,W 11 a.m.-Noon

FREE
AGES 55+

ONE HOUR CLASSES HELD TWICE
PER WEEK ARE DESIGNED TO
INCREASE BONE DENSITY.



OUTDOOR



FITNESS EQUIPMENT



Available at the following Recreation facilities:

Holiday Park Senior Center

Schweinhaut Senior Center

Potomac Community Recreation Center



Games



Board Games

Sessions	Activity	Location	Start Date	Day	Time	Fee
8 Sessions	R07112-307	Silver Spring RAC	4/1	M	6-8 p.m.	FREE

Canasta

13 Sessions	R07112-303	Damascus SC	3/7	Th	1-3:30 p.m.	FREE
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BINGO

Bingo

25 Sessions	R07085-302	Schweinhaut SC	3/4	M & Th	10:30-11:30 a.m.	FREE
13 Sessions	R07085-315	White Oak CRC	3/5	Tu	Noon	FREE
4 Sessions	R07085-307	Silver Spring RAC	4/11	Th	Noon	FREE

Bingo en Español

13 Sessions	R07085-316	White Oak CRC	3/6	W	Noon	FREE
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BOARD GAMES

Rummikub Club with Elsa

54 Sessions	R07086-301	Holiday Park SC	4/1	M-F	1-4 p.m.	FREE
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Rummikub Club with Evelyn

11 Sessions	R07086-302	Holiday Park SC	4/2	Tu	11 a.m.-2 p.m.	FREE
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Scrabble

11 Sessions	R07073-301	Holiday Park SC	4/3	W	1-4 p.m.	FREE
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Scrabble Tips & Tricks

12 Sessions	R07073-302	Schweinhaut SC	3/4	M	11 a.m.-Noon	FREE
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CARD GAMES



Click to view and register.

American Mahjong

Sessions	Activity	Location	Start Date	Day	Time	Fee
12 Sessions	R07047-312	N. Potomac CRC	3/4	M	10 a.m.-Noon	FREE
13 Sessions	R07047-315	N. Potomac CRC	3/6	W	10 a.m.-Noon	FREE
	R07047-313	N. Potomac CRC	3/7	Th	10 a.m.-Noon	FREE

Asian Mahjong

14 Sessions	R07047-311	N. Potomac CRC	3/1	F	1-3 p.m.	FREE
13 Sessions	R07047-314	N. Potomac CRC	3/5	Tu	10 a.m.-Noon	FREE
	R07047-316	N. Potomac CRC	3/6	W	10:30 a.m.-12:30 p.m.	FREE

Beginner Bridge III

9 Sessions	R07074-307	Holiday Park SC	4/2	Tu	1-3 p.m.	FREE
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Beginners American Mahjong Lessons and Practice Skills with Nancy

5 Sessions	R07047-310	N. Potomac CRC	4/1	M	10-11:30 a.m.	FREE
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Bridge

13 Sessions	R07074-305	Damascus SC	3/5	Tu	11 a.m.-3 p.m.	FREE
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Bridge (Drop-in)

9 Sessions	R07074-306	Silver Spring RAC	4/3	W	1-3 p.m.	FREE
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Duplicate Bridge

11 Sessions	R07074-303	Holiday Park SC	4/3	W	12:45-4 p.m.	FREE
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Intermediate Bridge III

11 Sessions	R07074-308	Holiday Park SC	4/4	Th	1-3 p.m.	FREE
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Mahjong

13 Sessions	R07047-326	Long Branch CRC	3/4	M	9:30 a.m.-Noon	FREE
19 Sessions	R07047-306	Wheaton CRC	3/4	M,W	1-4 p.m.	FREE
13 Sessions	R07047-308	Damascus SC	3/6	W	12:30-3:30 p.m.	FREE

Mahjong Club

10 Sessions	R07047-301	Holiday Park SC	4/1	M	1-4 p.m.	FREE
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Open Party Bridge

11 Sessions	R07075-301	Holiday Park SC	4/5	F	12:45-3:30 p.m.	FREE
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Pinochle Card Game

13 Sessions	R07099-305	Schweinhaut SC	3/6	W	1-3 p.m.	FREE
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Pinochle with Mr. Kelly

13 Sessions	R07099-301	White Oak CRC	3/5	Tu	11:30 a.m.-1:30 p.m.	FREE
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Social Bridge

64 Sessions	R07074-301	White Oak CRC	3/6	M	12:30-3:30 p.m.	FREE
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55 +

Therapeutic
Recreation

Sports

Classes

Aquatics



55 +

Health and Wellness



55 +
THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

HEALTH SCREENINGS

Blood Pressure Screening

Sessions	Activity	Location	Start Date	Day	Time	Fee
14 Sessions	R07108-319	Schweinhaut SC	3/1	F	Noon	FREE

MEDITATION

Healthy Body, Peaceful Mind with Tammy

8 Sessions	R07077-305	N. Potomac CRC	3/4	M	2-3:30 p.m.	FREE
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SPECIAL EVENTS

UMD Nursing Program for Wheaton 55+

24 Sessions	R07094-301	Wheaton CRC	2/7	W & Th	9 a.m.-4 p.m.	FREE
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REMINDER

All prices, dates, times and locations are current as of the time the GUIDE is produced. They are subject to change due to unforeseen circumstances.



YOGA

Every Body's Yoga



[Click to view and register.](#)

Sessions	Activity	Location	Start Date	Day	Time	Fee
10 Sessions	R07029-303	Holiday Park SC	4/3	W	3-4 p.m.	FREE

Gentle Yoga for Beginners

6 Sessions	R07029-311	Silver Spring RAC	3/11	M	1-2 p.m.	FREE
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Hatha Yoga

10 Sessions	R07033-301	Holiday Park SC	4/5	F	9-9:50 a.m.	FREE
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Hatha Yoga (Virtual)

10 Sessions	R07034-301	Holiday Park SC	4/2	Tu	9-9:50 a.m.	FREE
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Martial Arts Health Dance with Josephine

12 Sessions	R07010-302	N. Potomac CRC	3/2	Sa	9:15-10:45 a.m.	FREE
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Yin Yoga with Adina Crawford

Instructor: Adina Crawford

13 Sessions	R07032-307	Schweinhaut SC	3/2	Sa	9-9:55 a.m.	FREE
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Yoga

14 Sessions	R07029-307	Damascus SC	3/1	F	11 a.m.-Noon	FREE
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9 Sessions	R07032-304	Wheaton CRC	3/4	M	9:30-10:30 a.m.	FREE
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Yoga (Chair)

10 Sessions	R07029-306	Holiday Park SC	4/2	Tu	11:15 a.m.-12:05 p.m.	FREE
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Yoga For Balance

10 Sessions	R07032-309	Holiday Park SC	4/2	Tu	10-10:50 a.m.	FREE
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Yoga para Todos

26 Sessions	R07032-314	Long Branch CRC	3/5	Tu,Th	9-10 a.m.	FREE
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Yoga with Susan

9 Sessions	R07029-312	N. Potomac CRC	4/1	M	2:30-3:30 p.m.	FREE
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Yogalates

13 Sessions	R07032-303	Wheaton CRC	3/6	W	9:30-10:30 a.m.	FREE
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55 +

Martial Arts



SELF-DEFENSE

Self-Defense Tae Kwon Do



Click to view and register.

Sessions	Activity	Location	Start Date	Day	Time	Fee
11 Sessions	R07026-301	Holiday Park SC	4/5	F	2-3 p.m.	FREE

TAI CHI

Beginners Tai Chi

10 Sessions	R07025-310	Holiday Park SC	4/3	W	9:30-10:20 a.m.	FREE
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CASSA Tai Chi

13 Sessions	R07025-321	Long Branch CRC	3/4	M	10-11 a.m.	FREE
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Tai Chi

13 Sessions	R07025-302	Damascus SC	3/5	Tu	1-2 p.m.	FREE
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Tai Chi (In Person - Beginner's Welcome)

39 Sessions	R07025-300	White Oak CRC	3/4	M,W,F	9-10 a.m.	FREE
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26 Sessions	R07025-305	White Oak CRC	3/5	Tu,Th	2-3 p.m.	FREE
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Tai Chi Chuan with Glenn Moy

13 Sessions	R07025-301	Schweinhaut SC	3/5	Tu	2-3 p.m.	FREE
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Tai Chi CMC 37 Yang Style and Chi Gong Exercises with Kristen

12 Sessions	R07025-320	N. Potomac CRC	4/12	F	10-11:30 a.m.	FREE
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Tai Chi Exercises

11 Sessions	R07025-315	Holiday Park SC	4/2	Tu	9:30-10:20 a.m..	FREE
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Tai Chi for Beginners

12 Sessions	R07025-319	Silver Spring RAC	3/14	Th	9-10 a.m..	FREE
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Tai Chi Sword

10 Sessions	R07027-301	Holiday Park SC	4/1	M	2:30-3:30 p.m..	FREE
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Tai Chi with Master Guo

14 Sessions	R07027-302	N. Potomac CRC	3/1	F	2:15-3 p.m..	FREE
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QIGONG

Let's Practice Qigong

12 Sessions	R07059-303	Wheaton CRC	3/1	F	1-2 p.m.	FREE
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Qigong with Mike Kornely

Instructor: Mike Kornely

13 Sessions	R07059-305	Schweinhaut SC	3/2	Sa	Noon-1 p.m.	FREE
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55 +
THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

Music



55 +

ART INSTRUCTION

Angklung Music Lessons

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07109-304	Schweinhaut SC	3/2	Sa	Noon-2 p.m.	FREE

Djembe Drum Circle

5 Sessions	R07115-306	Silver Spring RAC	5/2	Thu	10-11 a.m.	FREE
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Intro to Ukulele

4 Sessions	R07115-305	Silver Spring RAC	4/4	Thu	10-11 a.m.	FREE
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Let's Practice Ukulele!

13 Sessions	R07115-302	Wheaton CRC	3/7	Thu	1:05-2 p.m.	FREE
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Ukulele for Beginners

13 Sessions	R07115-301	Wheaton CRC	3/7	Thu	Noon-1 p.m.	FREE
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SINGING

Holiday Park Singers

10 Sessions	R07080-321	Holiday Park SC	4/3	W	11 a.m.-Noon	FREE
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Music in Motion: Songs of Childhood

8 Sessions	R07080-316	Damascus SC	4/4	Th	11 a.m.-Noon	FREE
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Song Circle

3 Sessions	R07080-307	Schweinhaut SC	3/8	F	1:30-3:30 p.m.	FREE
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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS



55 +

Special Events



Click to view and register.

CHESS

Chess Club

Sessions	Activity	Location	Start Date	Day	Time	Fee
12 Sessions	R07110-303	Schweinhaut SC	3/4	M	10:30 a.m.-1 p.m.	FREE

SPECIAL EVENTS

Afternoon Cinema

12 Sessions	R07088-301	White Oak CRC	3/4	M	12:30-2 p.m.	FREE
	R07088-302	Silver Spring RAC	3/12	Tu	1-3 p.m.	FREE

Ballet: Sleeping Beauty- Theater of Maryland

1 Session	R07107-302	Holiday Park SC	4/18	Th	1-3 p.m.	FREE
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Bethesda Dance Center Performance

1 Session	R07107-336	N. Potomac CRC	4/13	Sa	1-2 p.m.	FREE
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Cinco de Mayo

1 Session	R07107-307	Holiday Park SC	5/7	Tu	1-2 p.m.	FREE
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THERAPEUTIC RECREATION

SPORTS

CLASSES

AQUATICS



Dance Club Friday

Sessions	Activity	Location	Start Date	Day	Time	Fee
11 Sessions	R07081-304	Holiday Park SC	4/5	F	1-3 p.m.	FREE

Fashion Show

1 Session	R07089-320	Long Branch CRC	4/24	W	10:30 a.m.-12:30 p.m.	FREE
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Mother's Day Brunch

1 Session	R07089-306	Wheaton CRC	5/10	F	11:30 a.m.-1 p.m.	FREE
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Mother's Day Social

1 Session	R07107-303	Holiday Park SC	5/14	Tu	1-2 p.m.	FREE
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Volunteer Recognition

1 Session	R07107-308	Holiday Park SC	5/16	Th	11 a.m.-3 p.m.	FREE
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Sports

BASKETBALL



Basketball Skills Competition

Sessions	Activity	Location	Start Date	Day	Time	Fee
1 Session	R07122-302	White Oak CRC	4/17	W	10-11:30 a.m.	FREE

BOCCE

Bocce Tournament

1 Session	R07124-303	Schweinhaut SC	5/11	Sa	10 a.m.-Noon	FREE
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Therapeutic Recreation

Sports

Classes

Aquatics

55+ SPORTS LEAGUES

[VIEW SPORTS LEAGUES](#)





Click to view and register.

PICKLEBALL

Advanced Beginners Pickleball

Sessions	Activity	Location	Start Date	Day	Time	Fee
13 Sessions	R07091-312	Schweinhaut SC	3/7	Th	2-3 p.m.	FREE

Intermediate Pickleball

13 Sessions	R07091-313	Schweinhaut SC	3/7	Th	3-4 p.m.	FREE
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Newbies and Beginners Pickleball

13 Sessions	R07091-310	Schweinhaut SC	3/7	Th	1-2 p.m.	FREE
1 Session	R07091-311	Long Branch CRC	4/9	Tu	6:30-8:30 p.m.	FREE

Outdoor Pickleball (weather permitting)

10 Sessions	R07091-314	N. Potomac CRC	3/14	Th	4-7 p.m.	FREE
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Pickleball

13 Sessions	R07091-315	White Oak CRC	3/7	Th	10 a.m.-Noon	FREE
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TABLE TENNIS

Table Tennis (Ping Pong)

13 Sessions	R07097-309	Schweinhaut SC	3/2	Sa	10:30 a.m.-Noon	FREE
12 Sessions	R07097-308	Schweinhaut SC	3/4	M	Noon-2 p.m.	FREE

Table Tennis Tournament

1 Session	R07097-307	N. Potomac CRC	4/23	Tu	10-11:30 a.m.	FREE
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55 +

THERAPEUTIC
RECREATION

SPORTS

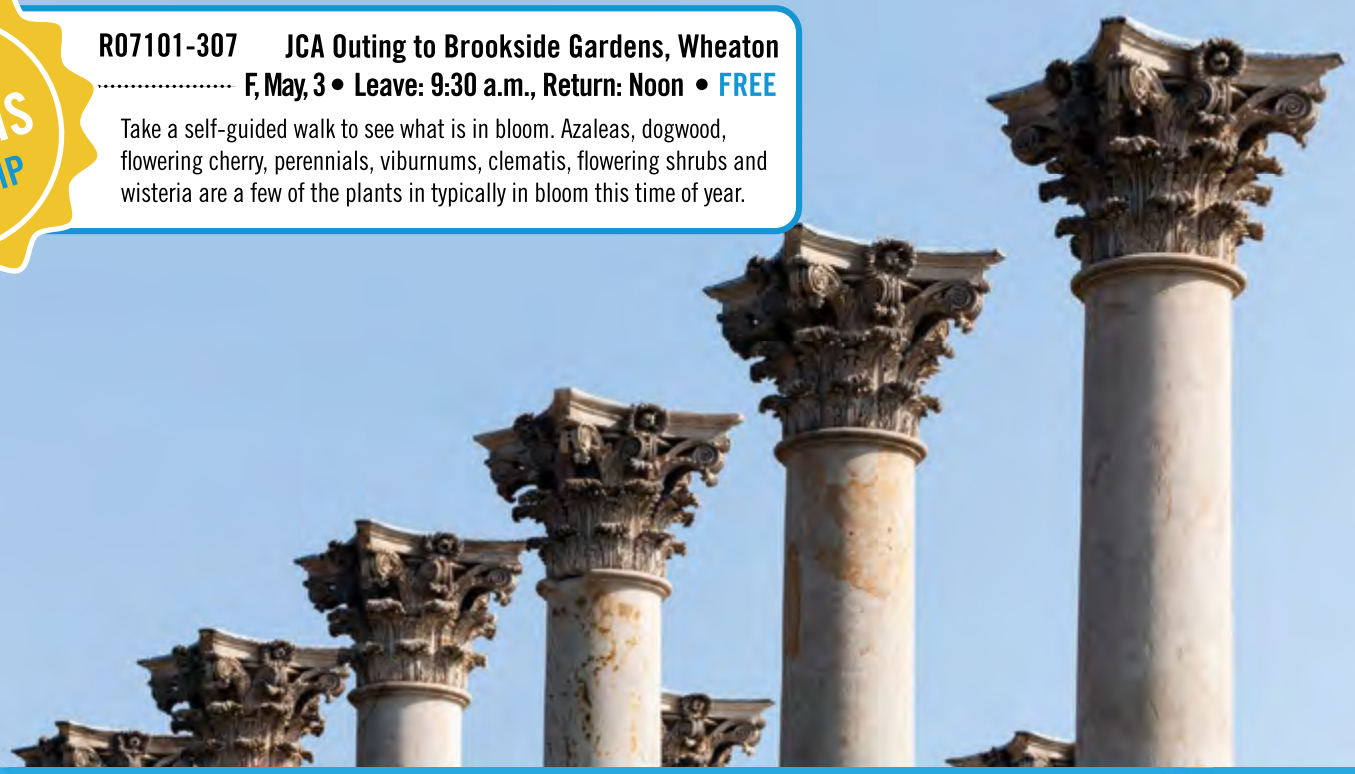
CLASSES

AQUATICS



R07101-307 JCA Outing to Brookside Gardens, Wheaton
..... **F, May, 3 • Leave: 9:30 a.m., Return: Noon • FREE**

Take a self-guided walk to see what is in bloom. Azaleas, dogwood, flowering cherry, perennials, viburnums, clematis, flowering shrubs and wisteria are a few of the plants in typically in bloom this time of year.



SPRING TRIPS AND TOURS ARE HERE!



MONTGOMERY COUNTY RECREATION
SOAR
SENIOR OUTDOOR ADVENTURES IN RECREATION

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

R07082 - 301 Cherry Blossom Cruise and Lunch on board Spirit Cruise Line,..... Th, April 4 • Leave: 9:30 a.m., Return: 4 p.m. • Fee: \$120 Washington, D.C.

We will cruise along the Potomac River and enjoy a buffet on the Spirit Cruise Line. Enjoy the sights of Washington, D.C. The captain will narrate historic sites and music will be provided for dancing. Fee includes transportation, cruise and lunch. Trip is on as scheduled regardless of bloom status.

R07082 - 302 A Guided Tour of the Library of Congress, Washington, D.C.Th, April 11 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$69

We will have a 90-minute guided tour of "The Library of Congress: Its Collections, Art and Architecture." We will have lunch at the Madison Building Café, on your own, after our tour. Fee includes transportation and tour.

R07082 - 303 Walking Tour - Secrets and Scandals on Embassy RowW, May 15 • Leave: 9 a.m., Return: 3 p.m. • Fee: \$69 with Guide Rick Snider, Washington, D.C.

Welcome to DuPont Circle, the heart of Embassy Row. We'll see homes of former presidents along with the Cosmos Club, Spanish Steps, a political assassination site and more, while passing many of the city's embassies. Lunch on your own at a restaurant nearby. Fee includes transportation and tour.

R07082 - 304 Hillwood Museum and Gardens, Washington, D.C.W, May 22 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$74

Experience a self-guided tour at your leisure. Allow time to view special exhibitions, tour the greenhouse and find collections-related gifts in the museum shop. Purchase lunch on your own from the Merriweather Café To Go to enjoy at the tent tables. Fee includes transportation and entrance to the museum and gardens.

R07082 - 305 Annual Sailing Trip On the Liberte, Annapolis, MD W, May 29 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$118

Our ever-popular sailing trip out of Annapolis. Enjoy three hours under sail on a 76-foot-long sailboat with a professional captain and crew. Fee includes transportation, bagged lunch and sail.

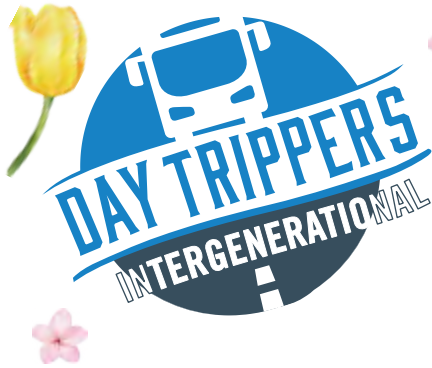
R07082 - 306 Go Wild and Take a Safari, Halifax, PA W, June 5 • Leave: 7 a.m., Return: 5 p.m. • Fee: \$79

Experience exotic encounters, wildlife that you can touch and adventure you can feel on interactive Safaris at Lake Tobias Wildlife Park. Lunch is on your own at the Park food stand or you can bring your own. Fee includes admission and transportation.

R07082 - 307 Planes, Trains and Trolleys - Moving America, Hagerstown, MD W, June 12 • Leave: 7:15 a.m., Return: 5:15 p.m. • Fee: \$79

The heart of America's transportation system began in Maryland. We will have guided tours of various museums including the Hagerstown Aviation Museum, Hagerstown Railroad Museum and Boonesboro Trolley Station Museum. Lunch will be on your own at a local restaurant. Fee includes transportation and tours.

MONTGOMERY COUNTY RECREATION



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.



R07083 - 301 MAMMA MIA! - The Hippodrome Theatre, Baltimore, MD Su, April 21 • Leave: 11 a.m., Return: 6 p.m. • Fee: \$149

For nearly 25 years, people all around the world have fallen in love with the characters, the story and the music that make MAMMA MIA! the ultimate feel-good show. Set on a Greek island paradise where the sun always shines, a tale of love, friendship and identity is beautifully told through the timeless hits of ABBA. Fee includes transportation and show ticket.

R07083 - 302 Weinberg Center for the Arts - The FSO presents "The Best of Broadway," Frederick, MD Su, April 28 • Leave: 11:45 a.m., Return: 6 p.m. • Fee: \$84

Experience the magic of Broadway as the Frederick Symphony Orchestra presents the timeless melodies and unforgettable stories that have captivated audiences for generations. Lunch on your own in downtown Frederick before the show. Fee is for transportation and show.

R07083 - 303 National Cathedral - Flower Mart, Washington, D.C. F, May 3 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$54

Purchase spring plants for your garden, find treasures and shop from a wide array of merchandise at over more than 65 boutique booths. Flower Mart is the perfect place to find gifts for Mother's Day, graduations and something special just for you! Explore the international floral displays inside the Great Hall of the Cathedral. Meals are on your own.

R07083 - 304 91st Annual Dover Days Festival - First State History, Dover, DE Sa, May 4 • Leave: 8 a.m., Return: 5 p.m. • Fee: \$64

Each year's Dover Days activities showcase Delaware's state history and heritage, as well as highlights from contemporary times such as traditional Maypole Dancing, games, tethered hot air balloon rides, a moon bounce village, more than 100 craft and food vendors, music, colonial artisans' village and historic re-enactments. Fee is for transportation.

R07083 - 305 Kate Pearl Tea Room at Gypsy's, Westminster, MD Th, May 9 • Leave: 9:30 a.m., Return: 4:30 p.m. • Fee: \$94

The tearoom is a place to unwind, to slow down, celebrate, connect and be pampered. We like to think of it as a spa for the soul. We will enjoy a Full Royal Tea. Fee includes transportation and full High Tea.

R07083 - 306 Occoquan Riverfest and Craft Show, Occoquan, VA Su, June 2 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$64

RiverFest and Craft Show 2024 will feature activities for all ages, including hundreds of arts and crafts booths, games, musical entertainment, great food, a beer and wine garden, a whole host of river activities and more! Fee is for transportation.

R07083 - 307 Frederick Festival of the Arts, Frederick, MD Su, June 9 • Leave: 9 a.m., Return: 3 p.m. • Fee: \$64

Our outdoor art festival brings together some of the most talented regional artists for an unforgettable showcase of creativity and artistic expression. Located in the heart of historic Downtown Frederick, Carroll Creek Park offers a picturesque setting for a day trip. Explore the park's urban charm and natural beauty, with specialty shops, outdoor dining and local distilleries and breweries adding to the festive atmosphere. Fee is for transportation.

R07083 - 308 Tour the National Arboretum, Washington, D.C. Th, June 13 • Leave: 8:30 a.m., Return: 3 p.m. • Fee: \$54

Discover a stunning collection of plants and sites as the Arboretum aims to increase the aesthetic, environmental and economic importance of landscape and ornamental plants. The attraction does so through gardens and exhibits. Experience your self-guided tour at your own pace, followed by a visit to the popular Eastern Market for eating and shopping. Fee is for transportation.



REGISTRATION BEGINS MONDAY, FEB. 12 AT 9 A.M.

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

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AT OUR NEWEST FACILITY

SILVER SPRING

RECREATION AND AQUATIC CENTER

1319 APPLE AVE. | SILVER SPRING

55+



ART



SUMMER
CAMPS



FITNESS



AQUATICS



FACILITY ADDRESSES

Spring 2024 registration begins Monday, Feb. 12



Looking for Senior Centers?

[Click here to view senior center locations.](#)



Looking for pool locations?

[Click here to view Aquatics facilities.](#)

ELEMENTARY SCHOOLS

Arcola ES.....1820 Franwall Ave., Wheaton-Glenmont, 20902
 Bethesda ES.....7600 Arlington Road, Bethesda, 20814
 Bradley Hills ES.....8701 Hartsdale Ave, Bethesda, 20817
 Chevy Chase ES.....4015 Rosemary St, Chevy Chase, 20815
 Highland ES.....3100 Medway St, Wheaton-Glenmont 20902
 Kemp Mill ES.....411 Sisson St., Silver Spring, 20902
 Luxmanor ES.....6201 Tilden Ln, Rockville, 20852
 Oakland Terrace ES.....2720 Plyers Mill Road, Silver Spring, 20902
 North Chevy Chase ES.....3700 Jones Bridge Road, Chevy Chase 20815
 Pine Crest ES.....201 Woodmoor Dr, Silver Spring, 20901
 Rock View ES.....3901 Denfeld Ave., Kensington 20895
 Travilah ES.....13801 Dufief Mill Road, North Potomac, 20878
 Sligo Creek ES.....500 Schuyler Rd, Silver Spring, 20910
 Watkins Mill ES.....19001 Watkins Mill Rd, Montgomery Village, 20886

MIDDLE SCHOOLS

Cabin John MS.....10701 Gainsborough Rd, Potomac, 20854
 Earle B. Wood MS.....14615 Bauer Drive, Rockville, 20853
 Montgomery Village MS.....19300 Watkins Mill Rd, Montgomery Village, 20886
 Tilden MS.....6300 Tilden Ln, Rockville, 20852

RECREATION FACILITIES

Recreation Administrative Office.....2425 Reedie Drive, 10th Floor, Wheaton, 20902
 Bauer Drive CRC.....14625 Bauer Drive, Rockville, 20853
 Clara Barton NRC.....7425 MacArthur Blvd., Cabin John, 20818
 Damascus CRC.....25520 Oak Drive, Damascus, 20872
 East County CRC.....3310 Gateshead Manor Way, Silver Spring, 20904
 Germantown CRC.....18905 Kingsview Drive, Germantown, 20874
 Good Hope NRC.....14715 Good Hope Road, Silver Spring, 20905
 Gwendolyn Coffield CRC.....2450 Lyttonsville Road, Silver Spring, 20910
 Lawton CRC.....4301 Willow Lane, Chevy Chase, 20815
 Long Branch CRC.....8700 Piney Branch Road, Silver Spring, 20901
 Longwood CRC.....19300 Georgia Ave., Brookeville, 20833
 Marilyn J. Praisner CRC.....14906 Old Columbia Parkway, Burtonsville, 20866
 Mid-County CRC.....2004 Queensguard Road, Silver Spring, 20906
 Nancy H. Dacek North Potomac CRC.....13850 Travilah Road, Rockville, 20850
 Plum Gar CRC.....19561 Scenery Drive, Germantown, 20874
 Potomac CRC.....11315 Falls Road, Potomac, 20854
 Ross Boddy NRC.....18529 Brooke Road, Sandy Spring, 20860
 Scotland NRC.....7000 Scotland Drive, Potomac, 20854
 Silver Spring RAC.....1319 Apple Ave., Silver Spring, 20910
 Upper County CRC.....8201 Emory Grove Road, Gaithersburg, 20877
 Wheaton CRC.....11701 Georgia Ave., Wheaton, 20902
 White Oak CRC.....1700 April Lane, Silver Spring, 20904
 Wisconsin Place CRC.....5311 Friendship Blvd., Chevy Chase, 20815

HIGH SCHOOLS

Wheaton HS.....12401 Dalewood Dr, Silver Spring, 20906

PARKS

Ayrlawn LP.....5652 Oakmont Ave, Bethesda, 20817
 Cabin John LP.....7401 Macarthur Blvd, Cabin John, 20818
 Cabin John RP.....7400 Tuckerman Lane, Bethesda, 20817
 Calverton Galway LP.....3039 Fairland Rd, Silver Spring, 20904
 Veirs Mills LP.....4425 Garrett Park Road, Silver Spring, 20906
 Layhill Village LP.....1920 Queensguard Road, Wheaton, 20906
 Wheaton RP.....2000 Shorefield Road, Wheaton, 20902
 Ridge Road RP.....21155 Frederick Rd, Germantown, 20876
 Olney Manor RP.....16601 Georgia Ave., Olney, 20832

OTHER FACILITIES

Life Rescue Training.....12105 Nebel St., Rockville, 20852
 School of Music.....1331 Rockville Pike, Ste. Q, Rockville, 20852
Bethesda-Chevy Chase Regional Services Center-
Regional Services Center-B-CC.....4805 Edgemoor Lane, Bethesda, 20814

WHERE THE FUN BEGINS

SPRING 2024

Registration begins
Monday, Feb. 12

Have questions?

The customer service and outreach teams are here to help!



HOURS OF OPERATION

Monday - Friday
8:30 a.m.-4:30 p.m.



CALL US

Customer Service Available
8:30 a.m.-4:30 p.m.
[240-777-6840](tel:240-777-6840)



VISIT US

8:30 a.m.-4:30 p.m.
Administrative Office
2425 Reddie Drive
10th Floor
Wheaton, MD 20902
[See Map](#)



Montgomery County Recreation
2425 Reddie Drive
10th Floor
Wheaton, MD 20902



www.mocorec.com



[240-777-6840](tel:240-777-6840)



recreation.customerservice@montgomerycountymd.gov



MONTGOMERY COUNTY
Recreation