

MONTGOMERY COUNTY RECREATION

55 & Better

ACTIVITIES FOR SENIORS



SPRING 2021



MONTGOMERY COUNTY
Recreation

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**VIRTUAL
CLASSES
AVAILABLE**

Staying home?
Virtual classes
are now available.
Register today.

**OUTDOOR
CLASSES
AVAILABLE**



All in-person activities will
take place outdoors.
Access to buildings will not
be permitted.
Face masks are required.



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



Registration for Spring 2021 begins on **Feb. 8, 2021**

MONTGOMERY COUNTY RECREATION



REC ROOM

A VIRTUAL RECREATION EXPERIENCE

FREE RESOURCES AVAILABLE ONLINE AT
WWW.MOCOREC.COM/RECROOM

You've got the whole world in your hands.
Discover new places and explore new spaces with the click of a mouse.

Stay Fit. Stay Healthy. Stay Creative. Stay Home.





Arts & Crafts

Knitting/Crochet



Knit and Crochet Group

Ages 55 & Up
107904 Virtual Class

9 Sessions FREE
3/30 Tu 10-11:30 a.m.



Photo Club

Ages 55 & Up
107908 Virtual Class

2 Sessions FREE
4/7, 5/5 W 10 a.m.- Noon

Wood Carving/Woodworking



Woodcarving Group

Ages 55 & Up
107903 Virtual Class

10 Sessions FREE
3/26 F 1-2:30 p.m.



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Dance

Folk Dancing



International Folk Dance

Ages 55 & Up

10 Sessions

FREE

107894 Holiday Park SC

4/1 Th

10-10:45 a.m.

Hula



Hula Dance

Ages 55 & Up

9 Sessions

FREE

107896 Virtual Class

3/29 M

1-1:45 p.m.

International



Garba Dance

Ages 55 & Up

10 Sessions

FREE

107885 Virtual Class

4/1 Th

2-2:55 p.m.

Line Dancing

Urban Line Dance

Ages 55 & Up

8 Sessions

\$72

Instructor: Peytrienne McCormick

107374 Good Hope NRC

4/13 Tu

11 a.m.-Noon



Please Remember Your Mask

Due to COVID-19 restrictions, all in-person classes require a face mask to participate.



Educational

Community Programs

Active Living Chinese Discussion Group

Ages 55 & Up 13 Sessions FREE
107956 Virtual Class 4/2 F 11 a.m.-Noon

Active Living Spanish Discussion Group

Ages 55 & Up 13 Sessions FREE
109582 Virtual Class 4/5 M 9:30- 10:30 a.m.

JCA Transportation Options Webinar

Ages 55 & Up 1 Session FREE
107919 Virtual Class 5/13 Th 11 a.m.-12:30 p.m.

Long Term Care Planning and Funding Options

Ages 55 & Up 1 Session FREE
107916 Virtual Class 4/22 Th 10-11:30 a.m.

Montgomery County's Seat: History of Rockville

Ages 55 & Up 1 Session FREE
107921 Virtual Class 3/9 Tu 3-4 p.m.

Transportation Options for Seniors

Ages 55 & Up 1 Session FREE
107922 Virtual Class 4/6 Tu 10-11:30 a.m.

Vocabulary Blast

Ages 55 & Up 2 Sessions FREE
107927 Virtual Class 4/19 M 10-11 a.m.

Educational

Discussions



Healthy Hobbies Discussion Group

Ages 55 & Up	8 Sessions	FREE
107909 Virtual Class	4/5 M	2-3 p.m.

Potomac Storied History with Judith Welles

Ages 55 & Up	1 Session	FREE
108180 Virtual Class	3/11 Th	2-3 p.m.

Senior Connections: LGBTQ Alliance

Ages 55 & Up	3 Sessions	FREE
107913 Virtual Class	4/8 Th	5-6:30 p.m.



What In The World!

Ages 55 & Up	9 Sessions	FREE
107907 Virtual Class	4/2 F	3-4 p.m.

Wheaton Cuisine

Ages 55 & Up	1 Session	FREE
107895 Virtual Class	4/13 Tu	11:30 a.m.-12:30 pm.
107884 Virtual Class	5/11 Tu	11:30 a.m.-12:30 pm.



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Educational

Fine Arts

Jazz & Juice: Celebrating International Jazz Day

Ages 55 & Up 1 Session FREE
 107918 Virtual Class 4/30 F 5-6 p.m.

Musical Musings

Ages 55 & Up 6 Sessions FREE
 107914 Virtual Class 4/8 Th 2-3 p.m.

Virtual Museum Tour

Ages 55 & Up 1 Session FREE
 107898 Virtual Class 4/6 Tu 9:30-10:30 a.m.

Language



French Conversation

Ages 55 & Up 9 Sessions FREE
 107889 Virtual Class 3/29 M 11 a.m.-Noon



French Intermediate

Ages 55 & Up 10 Sessions FREE
 107887 Virtual Class 3/31 W 11:30 am-12:30 pm

Fitness

Spinning Bike Class

Ages 55 & Up 12 Sessions **FREE**
 107920 Schweinhaut SC 3/11 Th 9-10 a.m.

Bocce Game Day

Ages 55 & Up 4 Sessions **FREE**
 108181 Schweinhaut SC 4/7 W 11 a.m.-Noon

Walking Around North Potomac Senior Center

Ages 55 & Up 9 Sessions **FREE**
 107893 N. Potomac SC 3/2 Tu 1:30-2:15 p.m.

Explore Upper Montgomery County Walking Trails

Ages 55 & Up 9 Sessions **FREE**
 107900 N. Potomac SC 3/4 Th 11-11:45 a.m.

Aerobic Dance

Dance and Fitness

Ages 18 & Up 22 Sessions **\$165**
 Instructor: Virginia Azureo
 104460 Good Hope NRC 4/6 Tu,Th 10-11 a.m.

104048 Holiday Park SC 20 Sessions **\$150**
 4/7 M,W 6-7 p.m.

104461 Holiday Park SC 9 Sessions **\$68**
 4/10 Sa 8:45-9:45 a.m.



Fitness

Aerobic Exercise

Gym Phobia and How to Conquer It

Ages 55 & Up 4 Sessions FREE
107928 Virtual Class 3/8 M 11 a.m.-Noon

Low Impact Exercise



Chair Dancing

Ages 55 & Up 10 Sessions FREE
107890 Virtual Class 4/1 Th 1-1:45 p.m.

Seated Stretch & Tone

Ages 55 & Up 4 Sessions FREE
107925 Virtual Class 4/6 Tu 10-10:30 a.m.

Tai Chi

Outdoor Tai Chi

Ages 55 & Up 16 Sessions FREE
107923 Potomac CRC 4/7 W,F 10-11 a.m.



Tai Chi Sword

Ages 55 & Up 9 Sessions FREE
107897 Holiday Park SC 3/29 M 2:30-3:25 p.m.

Fitness

Total Body Conditioning

Kelley's 50+ Complete Workout

Ages 50 & Up 11 Sessions \$83
 Instructor: Pamela Kelley
 103150 Virtual Class 4/8 ● Th 9:15-10:15 a.m.

Yoga

Hatha Yoga and Stress Management Beg/Cont 50+

Ages 55 & Up 11 Sessions \$110
 Instructor: Suzana Cooper
 104034 Virtual Class 4/9 F 10-11 a.m.

Outdoor Yoga for Vitality

Ages 55 & Up 4 Sessions \$48
 107509 N. Potomac CRC 4/6 Tu 11 a.m.-Noon

Yoga for Vitality

Ages 50 & Up 4 Sessions \$48
 107509 Virtual Class 3/2 Tu 11 a.m.-Noon

Chair Yoga

Ages 55 & Up 9 Sessions \$90
 Instructor: Suzana Cooper
 104033 Virtual Class 4/12 M 10-11 a.m.



Health/ Wellness

Discussions

Gratitude Lifestyle

Ages 55 & Up

107888 Virtual Class

6 Sessions

4/6 Tu

FREE

1:30-2:30 p.m.

Support Groups

Max You Group

Ages 55 & Up

107906 Virtual Class

8 Sessions

4/6 Tu

FREE

10:30-11:25am.

Music

Discussions

Music Through the Ages Conversations

Ages 55 & Up

107891 Virtual Class

4 Sessions

3/4 Th

FREE

4-5 p.m.



Virtual Classes Now Available

Prefer to stay home?

Register for a virtual class. Instructions and links will be provided after registration.

Special Events

First Friday Happy Hour

Ages 55 & Up

107931 Virtual Class

2 Sessions

3/5,4/2 F

FREE

3-4 p.m.

Tea for All Social

Ages 55 & Up

107874 Virtual Class

2 Sessions

3/19,4/16 F

FREE

3-4 p.m.

Who's the Greenest of Them All? Contest

Ages 55 & Up

107930 Virtual Class

1 Session

3/16 Tu

FREE

10-11 a.m.

Monthly Birthday Celebration

Ages 55 & Up

107902 Virtual Class

2 Sessions

3/12,4/9 F

FREE

3-4 p.m.





Trips and Tours

Day Trips

Meet-Up Woodlawn Manor Park-Underground Railroad Trail

Ages 18 & Up	1 Session	FREE
107508 Woodlawn Manor	4/15 Th	9-11 a.m.

Meet-Up Lake Needwood Hiker/Biker Trail-Walk-Shaded Trail

Ages 18 & Up	1 Session	FREE
107507 Lake Needwood	4/22 Th	9-11 a.m.

Meet-Up Hike-Meadowside

Ages 18 & Up	1 Session	FREE
80169 Meadowside Lot	4/29 Th	9-11 a.m.



**SIGN-UP FOR
REC ALERTS**

Sign-up for Rec Alerts for inclement weather information.



Rec YOUR WAY



A new, personalized experience to share with your friends and family. Create a custom class designed just for you. It's Rec, Your Way. For more information visit www.mocorec.com/yourway or call 240-777-4926.

Hablamos Español



MONTGOMERY COUNTY
Recreation



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

