

MONTGOMERY COUNTY RECREATION



55 & Better

ACTIVITIES FOR SENIORS

SPRING 2025



MONTGOMERY COUNTY
Recreation



55+ Senior Programs



Arts ARTS AND CRAFTS


[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time	
Card Making						
3 Sessions	R07095-322	Schweinhaut SC	3/8	Sa	11:30 a.m.-2:30 p.m.	
Ceramics						
26 Sessions	R07098-306	Schweinhaut SC	3/4	Tu,Th	9:30 a.m.-1 p.m.	
12 Sessions	R07098-307	Silver Spring RAC	3/5	W	Noon-3:30 p.m.	
Evening Crafters						
10 Sessions	R07095-336	N. Potomac CRC	3/5	W	4-5:30 p.m.	
Fun with Art						
13 Sessions	R07052-306	Schweinhaut SC	3/5	W	10 a.m.-Noon	
Fun with Crafts						
4 Sessions	R07095-347	N. Potomac CRC	3/20	W-F	12:30-4:30 p.m.	
Illustration and Drawing						
4 Sessions	R07052-309	Damascus CRC	4/2	W	2:30-3:30 p.m.	\$5
Intro to Drawing						
13 Sessions	R07095-302	Wheaton CRC	3/6	Th	11 a.m.-Noon	
Mosaics						
8 Sessions	R07095-308	Damascus CRC	4/1	Tu	9:30-11:30 a.m.	\$5
Origami Class						
3 Sessions	R07096-301	Schweinhaut SC	3/3	M	1-3 p.m.	
Painting with Acrylics						
12 Sessions	R07095-301	Wheaton CRC	3/7	F	11 a.m.-Noon	

KNITTING AND CROCHET

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
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Knit and Crochet Group

13 Sessions	R07003-308	N. Potomac CRC	3/4	Tu	1-3 p.m.
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Knit and Crochet Workshop

12 Sessions	R07003-301	Holiday Park SC	3/26	W	10-11:30 a.m.
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Knitting Corner

26 Sessions	R07003-305	Schweinhaut SC	3/5	W,F	1-3 p.m.
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Needlecraft

10 Sessions	R07053-303	Damascus CRC	3/27	Th	9 a.m.-2 p.m.
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Needlecraft, Crochet and Sewing Club

13 Sessions	R07053-302	Silver Spring RAC	3/7	F	2-4 p.m.
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Needles and Yarn

24 Sessions	R07003-304	Wheaton CRC	3/3	M,Tu	1-3 p.m.
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Quilt Portraits: My Life Matters

6 Sessions	R07053-304	Silver Spring RAC	3/24	M	12:30-2 p.m.
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PERFORMING ARTS

Readers' Theater

4 Sessions	R07056-303	Damascus CRC	4/7	M	2:30-3:30 p.m.
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Seasoned Players

6 Sessions	R07056-302	Schweinhaut SC	3/5	W	1:30-3:30 p.m.
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PHOTOGRAPHY

Photography Club

5 Sessions	R07001-301	Holiday Park SC	4/2	W	10 a.m.-Noon
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WOODCARVING

Woodcarving

11 Sessions	R07002-301	Holiday Park SC	4/4	F	1-3 p.m.
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RECREATION

SPORTS

CLASSES

AQUATICS



Dance

[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Ballet					
13 Sessions	R07012-307	Wheaton CRC	3/4	Tu	1:30-2:30 p.m.
	R07012-333	Silver Spring RAC	3/5	W	10-11 a.m.
	R07012-306	Wheaton CRC	3/5	W	2:15-3:15 p.m.
Ballroom Dance					
13 Sessions	R07050-301	Schweinhaut SC	3/5	W	Noon-1 p.m.
Ballroom/Line Dance					
13 Sessions	R07011-303	Wheaton CRC	3/5	W	1-2 p.m.
	R07011-305	Wheaton CRC	3/6	Th	1-2 p.m.
Chinese Classical Folk Dance					
12 Sessions	R07009-333	N. Potomac CRC	3/4	Tu	2-3:30 p.m.
Chinese Folk Dance					
11 Sessions	R07012-308	Wheaton CRC	3/3	M	1-2 p.m.
12 Sessions	R07009-316	Long Branch CRC	3/3	M	10 a.m.-Noon
	R07009-302	Holiday Park SC	3/28	F	11-11:50 a.m.
13 Sessions	R07009-300	White Oak CRC	3/4	Tu	10:30 a.m.-Noon
	R07009-331	N. Potomac CRC	3/5	W	10:30-11:30 a.m.
Dance Club					
5 Sessions	R07081-304	Holiday Park SC	4/4	F	1-3 p.m.
Dance to the Beat					
13 Sessions	R07012-341	Long Branch CRC	3/6	Th	12:45-1:45 p.m.



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Sessions	Activity	Location	Start Date	Day	Time	
Dance with Me!						
11 Sessions	R07011-318	Wheaton CRC	3/3	M	9:05-9:55 a.m.	
International Ballroom Dancing						
13 Sessions	R07057-312	N. Potomac CRC	3/3	W	1-3 p.m.	
International Folk Dance						
12 Sessions	R07009-332	N. Potomac CRC	3/7	F	12:30-2 p.m.	
Line Dancing						
14 Sessions	R07011-308	Schweinhaut SC	3/1	Sa	10:30 a.m.-Noon	
13 Sessions	R07011-316	Long Branch CRC	3/4	Tu	10-11 a.m.	
Soul Line Dance						
13 Sessions	R07005-310	White Oak CRC	3/6	Th	10:15-11:15 a.m.	
Tea Dancing						
10 Sessions	R07129-301	Damascus CRC	3/27	Th	1-2:30 p.m.	
Tap Dance						
9 Sessions	R07007-302	Damascus CRC	3/24	M	11 a.m.-12:30 p.m.	\$50
Yuan Chi Dance						
11 Sessions	R07012-318	Wheaton CRC	3/3	M	2:30-4 p.m.	



SOAR DAYTRIPPERS

[View Spring 2025 SOAR and Daytrippers brochure](#)


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SPORTS

CLASSES

AQUATICS



Educational



DISCUSSIONS


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Sessions	Activity	Location	Start Date	Day	Time
Active Golden Meet and Greet					
24 Sessions	R07092-301	Holiday Park SC	3/25	Tu,F	9:15-10:30 a.m.
Active Living in Spanish- Cafecito y Amistad					
11 Sessions	R07087-301	Holiday Park SC	3/24	M	10-11 a.m.
Behind The Headlines - Discussion Group					
11 Sessions	R07063-301	Holiday Park SC	3/24	M	10-11:25 a.m.
Book Club					
3 Sessions	R07065-301	Holiday Park SC	4/16	W	4:30-8 p.m.
Book Discussion by Zoom					
3 Sessions	R07065-305	Schweinhaut SC	3/11	Tu	1-2:30 p.m.
Charla con Arte (Español)					
11 Sessions	R07087-302	Holiday Park SC	3/31	M	11 a.m.-Noon
Chat with the Director					
3 Sessions	R07314-312	N. Potomac CRC	3/6	Th	12:30-1:30 p.m.
	R07314-301	Wheaton CRC	3/20	Th	1-2 p.m.
Coffee and Conversation with Staff					
3 Sessions	R07092-310	Schweinhaut SC	3/20	Th	9:30-10:15 a.m.
Coffee Social					
55 Sessions	R07092-304	Damascus CRC	3/17	M-F	9-11 a.m.



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Sessions	Activity	Location	Start Date	Day	Time
Coping with Change					
12 Sessions	R07076-301	Holiday Park SC	3/27	Th	10:30-11:30 a.m.
10 Sessions	R07076-308	Damascus CRC	3/27	Th	11 a.m.-Noon
Coping with Change in Spanish-Cómo Afrontar el Cambio (en Español)					
12 Sessions	R07076-302	Holiday Park SC	3/25	Tu	11 a.m.-Noon
Current Events Discussion					
12 Sessions	R07063-323	N. Potomac CRC	3/6	Th	10-11:30 a.m.
Driver Safety Tips by MCDOT					
1 Session	R07028-347	N. Potomac CRC	3/13	Th	10:30-11:30 a.m.
Fire Safety, One Cup Coffee (or Hot Cocoa) At A Time					
3 Sessions	R07092-306	Holiday Park SC	4/15	Tu	10-11:30 a.m.
Jai Ho Discussion and Social Group					
12 Sessions	R07312-314	N. Potomac CRC	3/3	M	11:30 a.m.-1 p.m.
Max You					
12 Sessions	R07043-301	Holiday Park SC	3/25	Tu	10:30-11:30 a.m.
Maryland Senior Olympics Presentation					
1 Session	R07116-300	White Oak CRC	3/20	Th	1-2 p.m.
	R07116-306	N. Potomac CRC	3/31	M	10-11 a.m.
Morning Chat & Chew					
13 Sessions	R07063-300	White Oak CRC	3/5	W	9:30-10:30 a.m.
Scale Modeling Group					
3 Sessions	R07023-304	N. Potomac CRC	3/18	Tu	6:30-8:30 p.m.
Veterans Discussion Group					
3 Sessions	R07312-301	Schweinhaut SC	3/5	W	1-2 p.m.
Wellness Matters					
8 Sessions	R07028-311	Silver Spring RAC	4/1	Tu	9-10:30 a.m.





LANGUAGE

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Sessions	Activity	Location	Start Date	Day	Time
Basic English Conversation					
12 Sessions	R07061-306	Holiday Park SC	3/26	W	10-10:50 a.m.
Cultural and Positive English Exercise					
12 Sessions	R07061-305	Holiday Park SC	3/25	Tu	10 a.m.-Noon
English Conversation Group					
26 Sessions	R07021-304	Schweinhaut SC	3/3	M,Th	1-2:30 p.m.
Everyday English for Chinese Natives					
12 Sessions	R07021-310	N. Potomac CRC	3/3	M	9:30-10:30 a.m.
Everyday English					
12 Sessions	R07061-304	Holiday Park SC	3/26	W	11-11:50 a.m.
24 Sessions	R07061-301	Holiday Park SC	3/25	Tu,Th	9:50-10:40 a.m.
French Conversation					
6 Sessions	R07019-300	Schweinhaut SC	3/8	Sa	1-2:30 p.m.
Beginner Italian Class					
13 Sessions	R07021-311	Schweinhaut SC	3/5	W	1-2 p.m.
Intermediate Italian Class					
13 Sessions	R07021-312	Schweinhaut SC	3/5	W	2-3 p.m.
Intermediate Japanese					
13 Sessions	R07021-313	N. Potomac CRC	3/4	Tu	10:30 a.m.-Noon
Beginner Spanish Class					
11 Sessions	R07118-301	Wheaton CRC	3/3	M	10-11 a.m.
13 Sessions	R07015-305	Schweinhaut SC	3/6	Th	9:30-10:30 a.m.
Beginner's Spanish Conversation Group					
13 Sessions	R07015-300	White Oak CRC	3/5	W	11 a.m.-Noon
Beginner Plus Spanish Class					
13 Sessions	R07015-306	Schweinhaut SC	3/6	Th	10:30-11:30 a.m.
Conversational Spanish					
12 Sessions	R07061-302	Wheaton CRC	3/7	F	10-11 a.m.
Intermediate Spanish					
13 Sessions	R07118-303	Wheaton CRC	3/4	Tu	10-11 a.m.
Intermediate Spanish Conversation Group					
13 Sessions	R07015-302	White Oak CRC	3/7	F	11 a.m.-Noon



TECHNOLOGY

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Sessions	Activity	Location	Start Date	Day	Time
Intro to Digital Culture with Senior Planet					
10 Sessions	R07084-302	Holiday Park SC	4/8	Tu,Th	10-11:15 a.m.
Senior Planet: Chromebook Essentials					
10 Sessions	R07105-334	N. Potomac CRC	4/7	M,W	2:15-3:30 p.m.

WRITING

Journaling

3 Sessions	R07058-308	Holiday Park SC	4/15	Tu	2:15-3:45 p.m.
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Memoir Writing for Beginners

6 Sessions	R07058-307	Wheaton CRC	3/5	W	10-11:30 a.m.
12 Sessions	R07058-314	Silver Spring RAC	3/6	Th	1-2:30 p.m.

Writing Group

6 Sessions	R07058-312	Schweinhaut SC	3/4	Tu	10 a.m.-Noon
12 Sessions	R07058-301	Holiday Park SC	3/28	F	10-11:30 a.m.



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CLASSES

AQUATICS



Fitness

AEROBIC DANCE

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Sessions	Activity	Location	Start Date	Day	Time
Bollywood Dance Fitness					
11 Sessions	R07012-340	N. Potomac CRC	3/10	M	10:30-11:30 a.m.
Chinese Dance and Fitness					
13 Sessions	R07012-311	Wheaton CRC	3/5	W	9-10:45 a.m.
Dance for Fun and Fitness					
4 Sessions	R07055-311	Damascus CRC	4/4	F	2:30-3:30
Dance Fitness					
12 Sessions	R07012-322	Schweinhaut SC	3/3	M	9:30-10:30 a.m.
Grooves and Moves Dance Fitness					
6 Sessions	R07012-339	Silver Spring RAC	3/13	Th	2-3 p.m.
Move and Groove Dance Fitness					
10 Sessions	R07012-335	Holiday Park SC	3/31	M	2:30-3:30 p.m.
11 Sessions	R07012-336	Holiday Park SC	4/2	W	2:30-3:30 p.m.
Superpower Dance Circle					
12 Sessions	R07012-300	White Oak CRC	3/6	Th	12:45-1:45 p.m.
	R07012-338	Silver Spring RAC	3/8	Sa	11 a.m.-Noon
13 Sessions	R07012-342	Schweinhaut SC	3/5	W	9-10 a.m.
	R07012-337	Wheaton CRC	3/5	W	11 a.m.-Noon
	R07012-334	Long Branch CRC	3/6	Th	10-11 a.m.



BONE BUILDERS

[VIEW BONE BUILDERS CLASSES](#)

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LOW IMPACT

Sessions	Activity	Location	Start Date	Day	Time	
Active Golden Gentle Exercise						
12 Sessions	R07039-330	Holiday Park SC	3/28	F	10-10:50 a.m.	
Balance Boom						
12 Sessions	R07039-325	Silver Spring RAC	3/3	M	10-11 a.m.	
13 Sessions	R07060-301	White Oak CRC	3/5	W	11 a.m.-Noon	
Chairobics						
44 Sessions	R07066-303	Damascus CRC	3/18	Tu-F	10-10:45 a.m.	
Earth Day Walk and Plogging						
1 Session	R07023-310	N. Potomac CRC	4/22	Tu	10-11 a.m.	
Gentle Spin Class						
12 Sessions	R07039-300	White Oak CRC	3/3	M	10-11 a.m.	
Low Impact Exercise						
3 Sessions	R07060-310	Schweinhaut SC	3/14	F	9:30-10:30 a.m.	
Low Impact Exercise Video						
26 Sessions	R07041-300	White Oak CRC	3/6	Th,F	10:30 a.m.-Noon	
Muscle Up!						
12 Sessions	R07030-301	Wheaton CRC	3/7	F	1:30-2:30 p.m.	
10 Sessions	R07039-306	Silver Spring RAC	3/9	Su	1-2 p.m.	
Open Fitness Gym						
59 Sessions	R07039-318	Holiday Park SC	3/24	M-F	8:45 a.m.-4 p.m.	
Sit and Be Fit						
13 Sessions	R07039-326	Silver Spring RAC	3/7	F	1-2 p.m.	
Small Group Strength and Balance						
20 Sessions	R07039-315	Damascus CRC	3/25	Tu,Th	10:30 a.m.-Noon	\$5
Stretching Exercises						
36 Sessions	R07040-311	N. Potomac CRC	3/3	M,W,F	9:30-10:30 a.m.	
Walking Club						
13 Sessions	R07035-311	Damascus CRC	3/17	M	9:30-10:30 a.m.	
Wheaton Walks						
11 Sessions	R07035-301	Wheaton CRC	3/5	W	9:30-10:30 a.m.	

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RECREATION

SPORTS

CLASSES

AQUATICS



STRENGTH TRAINING



[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Basic Functional Balance Exercise					
6 Sessions	R07030-300	Schweinhaut SC	3/7	F	9:30-10:30 a.m.
Fall Prevention and Balance Exercise					
14 Sessions	R07060-316	Long Branch CRC	2/26	W	9:30-10:30 a.m.
Fitness Boot Camp					
12 Sessions	R07039-324	Silver Spring RAC	3/8	Sa	9:30-10:30 a.m.
Fitness Testing with a Physical Therapist					
1 Session	R07028-345	N. Potomac CRC	3/5	W	9:30-11 a.m.
Full Body Workout					
13 Sessions	R07041-303	Wheaton CRC	3/4	Tu	9:05-9:55 a.m.
Heart Plus Exercise					
26 Sessions	R07041-304	N. Potomac CRC	3/4	Tu,Th	3:15-4 p.m.
Kickboxing					
13 Sessions	R07039-328	Silver Spring RAC	3/4	Tu	10:30-11:30 a.m.
3 Sessions	R07060-308	Schweinhaut SC	3/21	F	9:30-10:30 a.m.



ZUMBA

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Sessions	Activity	Location	Start Date	Day	Time
Zumba					
10 Sessions	R07070-304	Damascus CRC	3/26	W	11 a.m.-Noon
	R07070-308	Damascus CRC	3/27	Th	5:30-6:30 p.m.
11 Sessions	R07070-325	N. Potomac CRC	3/3	M	9:15-10:15 a.m.
	R07070-313	Silver Spring RAC	3/13	Th	6:30-7:30 p.m.
12 Sessions	R07070-306	Wheaton CRC	3/7	F	9:45-10:45 a.m.
13 Sessions	R07070-301	Wheaton CRC	3/4	Tu	11-11:50 a.m.
	R07070-302	Wheaton CRC	3/6	Th	11-11:50 a.m.
Zumba Gold					
11 Sessions	R07070-309	Wheaton CRC	3/3	M	1:30-2:30 p.m.
13 Sessions	R07071-304	Silver Spring RAC	3/7	F	10-11 a.m.
26 Sessions	R07071-300	White Oak CRC	3/4	Tu,Th	9:05-10:05 a.m.
Zumba Video					
26 Sessions	R07070-320	N. Potomac CRC	3/4	Tu,Th	9:30-10:15 a.m.



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THERAPEUTIC
RECREATION

SPORTS

CLASSES

AQUATICS

BONEBUILDERS

Spring 2025

MARCH 10-JUNE 12

Activity	Location	Date	Days	Time
R03010-302	Bauer Drive 1 CRC	3/10	M,W	11:30 a.m.-12:30 p.m.
R03010-303	Bauer Drive 2 CRC	3/11	Tu,Th	1:30-2:30 p.m.
R03010-304	Clara Barton NRC	3/10	M,W	1:30-2:30 p.m.
R03010-324	Coffield 2 CRC	3/10	M,W	9:15-10:15 a.m.
R03010-305	Coffield 1 CRC	3/11	Tu,Th	9:15-10:15 a.m.
R03010-322	Damascus CRC	3/11	Tu,Th	2:30-3:30 p.m.
R03010-306	Germantown 1 CRC	3/10	M,Th	1-2 p.m.
R03010-325	Germantown 2 CRC	3/10	M,W	2:15-3:15 p.m.
R03010-307	Lawton CRC	3/11	Tu,Th	9:30-10:30 a.m.
R03010-323	Long Branch CRC	3/10	M,W	10-11 a.m.
R03010-308	Longwood 1 CRC	3/10	M,W	11:15 a.m.-12:15 p.m.
R03010-309	Longwood 2 CRC	3/10	M,W	2-3 p.m.
R03010-310	Mid-County CRC	3/11	Tu,Th	1-2 p.m.
R03010-311	N. Potomac 1 CRC	3/10	M,W	10:45-11:45 a.m.
R03010-312	N. Potomac 2 CRC	3/11	Tu,Th	10:40-11:40 a.m.
R03010-313	N. Potomac 3 CRC	3/11	Tu,Th	11:50 a.m.-12:50 p.m.
R03010-314	Potomac 1 CRC	3/10	M,W	9-10 a.m.
R03010-317	Potomac 2 CRC	3/10	M,W	Noon-1 p.m.
R03010-315	Praisner 1 CRC	3/10	M,W	11 a.m.-12 p.m.
R03010-327	Praisner 2 CRC	3/10	M,W	2-3 p.m.
R03010-328	Ross Boddy NRC	3/11	Tu,Th	Noon-1 p.m.
R03010-319	Schweinhaut SC	3/11	Tu,Th	10:30-11:30 a.m.
R03010-326	Silver Spring 2 RAC	3/10	M,W	1-2 p.m.
R03010-321	Silver Spring 1 RAC	3/11	Tu,Th	10-11 a.m.
R03010-320	Wheaton 2 CRC	3/10	M,W	11 a.m.-12 p.m.
R03010-316	Wheaton 1 CRC	3/11	Tu,Th	9:15-10:15 a.m.
R03010-318	Wisconsin Place CRC	3/11	Tu,Th	1-2 p.m.

FREE
AGES 55+

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

Senior Neighborhood Programs

Multiple locations throughout the County

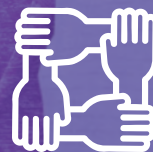
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Fitness and Wellness



Sports and Games



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DISCOVERY AWAITS

SENIOR ADVENTURES

SAVE THE DATE

REGISTRATION BEGINS TUESDAY, MAY 13

3-DAY CAMPS • MULTIPLE LOCATIONS • 9 A.M. - 2 P.M.

\$25
PER PERSON

June 10, 11, 12 • North Potomac SC

July 15, 16, 17 • Silver Spring SC

July 29, 30, 31 • Margaret Schweinhaut SC

Aug. 13, 14, 15 • Ross Boddy NRC



MONTGOMERY COUNTY
Recreation

For more information about our Senior Adventures Camp, email rec.seniors@montgomerycountymd.gov

Senior Center Locations

Several
Locations
for Adults
55 and up

Damascus Senior Center

Closing for Renovations on Feb. 28

Senior programs will be available at Damascus Community Recreation Center in mid-March.

25520 Oak Drive, Damascus • 240-777-6930

Holiday Park Senior Center

3950 Ferrara Drive, Silver Spring • 240-777-4999

Long Branch Senior Center

8700 Piney Branch Road, Silver Spring • 240-777-6975

Margaret Schweinhaut Senior Center

1000 Forest Glen Road, Silver Spring • 240-777-8085

North Potomac Senior Center

13850 Travilah Road, Rockville • 240-773-4805

Silver Spring Senior Center

1319 Apple Ave., Silver Spring • 240-777-6900

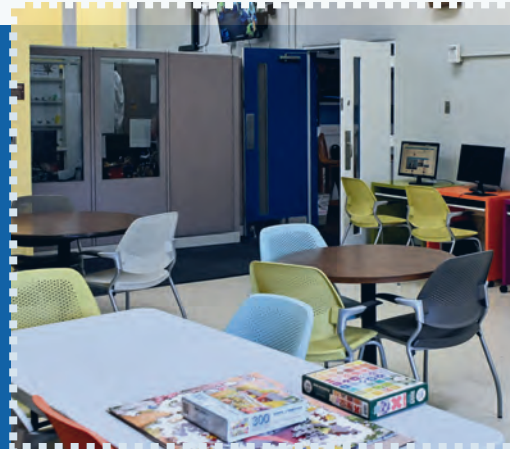
White Oak Senior Center

1700 April Lane, Silver Spring • 240-777-6944

Wheaton Senior Center

11701 Georgia Ave., Wheaton • 240-773-4830

**Visit mcorec.com
for more information**





Games

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Sessions	Activity	Location	Start Date	Day	Time
Active Golden Bingo					
12 Sessions	R07085-301	Holiday Park SC	3/25	Tu	1-2:30 p.m.
	R07085-309	Holiday Park SC	3/28	F	10:30 a.m.-Noon
American Mah Jongg					
12 Sessions	R07047-320	N. Potomac CRC	3/3	M	10 a.m.-Noon
13 Sessions	R07047-322	N. Potomac CRC	3/6	Th	1-4 p.m.
	R07047-300	White Oak CRC	3/7	F	12:30-3:30 p.m.
11 Sessions	R07047-301	Holiday Park SC	3/24	M	1-4 p.m.
10 Sessions	R07047-308	Damascus CRC	3/26	W	12:30-3:30 p.m.
	R07047-308	Damascus CRC	3/26	W	12:30-3:30 p.m.
Beginner's American Mah Jongg Lessons					
4 Sessions	R07047-310	N. Potomac CRC	4/7	M	10-11:30 a.m.
Beginner's Bridge					
13 Sessions	R07074-306	Silver Spring RAC	3/5	W	12:30-2:30 p.m.
Bid Whist					
13 Sessions	R07112-300	White Oak CRC	3/6	Th	Noon-5 p.m.
Bingo					
25 Sessions	R07085-302	Schweinhaut SC	3/3	M,Th	10:30-11:30 a.m.
13 Sessions	R07085-304	Long Branch CRC	3/4	Tu	1-2 p.m.
	R07085-315	White Oak CRC	3/4	Tu	1-2 p.m.
	R07085-307	Silver Spring RAC	3/6	Th	12:30-1:30 p.m.
7 Sessions	R07085-316	White Oak CRC	3/5	W	1-2 p.m.
Board Games					
12 Sessions	R07112-307	Silver Spring RAC	3/3	M	1-3 p.m.
Brain Games					
12 Sessions	R07090-300	White Oak CRC	3/3	M	10-11 a.m.
	R07090-304	Silver Spring RAC	3/3	M	9:30-10:30 a.m.
Brainworks					
13 Sessions	R07023-308	Long Branch CRC	3/5	W	10-11 a.m.
Bridge					
10 Sessions	R07074-305	Damascus CRC	3/25	Tu	11 a.m.-3 p.m.

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Canasta					
10 Sessions	R07112-303	Damascus CRC	3/27	Th	1-3:30 p.m.
Chess Club					
12 Sessions	R07110-303	Schweinhaut SC	3/3	M	10:30 a.m.-1 p.m.
13 Sessions	R07110-305	Silver Spring RAC	3/6	Th	1-2 p.m.
Chinese Mahjong					
13 Sessions	R07047-326	Long Branch CRC	3/3	M	9:30 a.m.-Noon
24 Sessions	R07047-306	Wheaton CRC	3/3	M,W	1-4 p.m.
26 Sessions	R07047-307	N. Potomac CRC	3/4	Tu,W	10 a.m.-Noon
13 Sessions	R07047-317	N. Potomac CRC	3/7	F	Noon-4 p.m.
Duplicate Bridge					
12 Sessions	R07074-303	Holiday Park SC	3/26	W	Noon-4 p.m.
Open Party Bridge					
11 Sessions	R07075-301	Holiday Park SC	4/4	F	12:45-3:30 p.m.
Pinochle Card Game					
13 Sessions	R07099-305	Schweinhaut SC	3/5	W	1-3 p.m.
Pinochle Fun					
13 Sessions	R07099-301	White Oak CRC	3/4	Tu	11:30 a.m.-1:30 p.m.
Rummikub					
13 Sessions	R07086-304	Schweinhaut SC	3/3	M	12:30-2 p.m.
	R07086-303	Silver Spring RAC	3/6	Th	9:30-11 a.m.
59 Sessions	R07086-301	Holiday Park SC	3/24	M-F	1-4 p.m.
12 Sessions	R07086-302	Holiday Park SC	3/25	Tu	11 a.m.-2 p.m.
Scrabble					
12 Sessions	R07073-301	Holiday Park SC	3/26	W	1-4 p.m.
Social Bridge					
12 Sessions	R07074-302	White Oak CRC	3/3	M	1-3:30 p.m.
Table Games and Creative Coloring					
64 Sessions	R07112-302	Long Branch CRC	3/3	M-F	9-10:30 a.m.



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SPORTS

CLASSES

AQUATICS



Health and Wellness



[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Blood Pressure Screening					
13 Sessions	R07108-319	Schweinhaut SC	3/7	F	1-2 p.m.
Healthy Body, Peaceful Mind					
11 Sessions	R07077-323	N. Potomac CRC	3/3	M	2-3:30 p.m.
Mindfulness Meditation					
12 Sessions	R07077-304	Holiday Park SC	3/28	F	11 a.m.-Noon
Nutrition 101					
13 Sessions	R07024-308	Schweinhaut SC	3/4	Tu	1:30-2:30 p.m.
UMD Nursing Program					
20 Sessions	R07094-301	Wheaton CRC	3/5	W,Th	9 a.m.-4 p.m.
Wellness Wednesdays with UMD Nursing Students					
10 Sessions	R07028-327	N. Potomac CRC	3/5	W	9:30 a.m.-3 p.m.



YOGA

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Chair Yoga					
26 Sessions	R07032-314	Long Branch CRC	3/4	Tu,Th	9-10 a.m.
13 Sessions	R07032-310	Wheaton CRC	3/4	Tu	3-4 p.m.
Gentle Yoga					
12 Sessions	R07029-311	Silver Spring RAC	3/3	M	3-4 p.m.
Yin Yoga					
12 Sessions	R07032-307	Schweinhaut SC	3/1	Sa	9:15-10:15 a.m.
Yoga					
11 Sessions	R07032-304	Wheaton CRC	3/3	M	10-11 a.m.
13 Sessions	R07032-301	Wheaton CRC	3/6	Th	3-4 p.m.
13 Sessions	R07029-301	White Oak CRC	3/7	F	9:05-10:05 a.m.
10 Sessions	R07029-307	Damascus CRC	3/28	F	11 a.m.-Noon
Yoga Para Todos					
26 Sessions	R07032-311	Long Branch CRC	2/27	Tu,Th	9-10 a.m.
Yogalates					
12 Sessions	R07032-315	Silver Spring RAC	3/4	Tu	6:30-7:30 p.m.
13 Sessions	R07032-303	Wheaton CRC	3/5	W	9:30-10:30 a.m.



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SPORTS

CLASSES

AQUATICS



Martial Arts



[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Beginners Tai Chi					
12 Sessions	R07025-327	N. Potomac CRC	3/11	Tu	9:30-11 a.m.
	R07025-310	Holiday Park SC	3/26	W	9:30-10:20 a.m.
Integral Tai Chi					
13 Sessions	R07025-328	White Oak CRC	3/7	F	1-2 p.m.
Intro to Qigong					
13 Sessions	R07059-313	N. Potomac CRC	3/6	Th	9:30-10:15 a.m.
Martial Arts Health Dance					
14 Sessions	R07010-312	N. Potomac CRC	3/1	Sa	9:30-11 a.m.
Qigong					
12 Sessions	R07059-303	Wheaton CRC	3/7	F	1-2 p.m.
Qi Gong					
14 Sessions	R07059-305	Schweinhaut SC	3/1	Sa	Noon-1 p.m.



[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
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Self Defense

6 Sessions	R07028-301	Wheaton CRC	3/7	F	11-11:50 a.m.
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Self-Defense Tae Kwon Do

12 Sessions	R07026-301	Holiday Park SC	3/28	F	2-3 p.m.
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Tai Chi

10 Sessions	R07025-302	Damascus CRC	3/25	Tu	11 a.m.-Noon
12 Sessions	R07025-322	Wheaton CRC	3/7	F	10:45-11:45 a.m.
13 Sessions	R07025-321	Long Branch CRC	3/3	M	10-11 a.m.
	R07025-319	Silver Spring RAC	3/7	F	9-10 a.m.
	R07027-322	N. Potomac CRC	3/7	F	2:30-3:30 p.m.
26 Sessions	R07025-305	White Oak CRC	3/4	Tu,Th	2-3 p.m.
39 Sessions	R07025-300	White Oak CRC	3/3	M,W,F	9-10 a.m.

Tai Chi Chuan

13 Sessions	R07025-316	Schweinhaut SC	3/4	Tu	1:30-2:30 p.m.
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Tai Chi Exercises

11 Sessions	R07025-315	Holiday Park SC	3/25	Tu	9:30-10:20 a.m.
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Tai Chi Sword

9 Sessions	R07027-301	Holiday Park SC	3/24	M	2:30-3:30 p.m.
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55+ MINI TRIPS • FREE

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Mini Trip	Activity	Leaving From	Date	Day	Time
Volunteer Fair at N Potomac CRC	R07101-302	Wheaton CRC	3/4	Tu	10:15 a.m.-1 p.m.
Montgomery Mall Mini Trip	R07101-304	Wheaton CRC	5/22	Th	9:30 a.m.-12:30 p.m.
Dollar Tree/Aldi Shopping Trip	R07101-312	White Oak CRC	3/14	F	9:30-11:30 a.m.
Mt. Airy Walmart Trip	R07101-315	Damascus CRC	4/1	Tu	9:30-11:30 a.m.
Milestone Shopping Trip	R07101-316	Damascus CRC	4/15	Tu	9:30-11:30 a.m.
Outing-National Gallery of Art	R07101-334	N. Potomac CRC	5/20	Tu	9:30 a.m.-1 p.m.
Flower Mart/White Elephant Sale at Washington Nat'l Cathedral	R07101-354	N. Potomac CRC	5/2	F	9:15 a.m.-12:30 p.m.
Second Ave. Thrift Store & Lunch	R07101-356	Schweinhaut SC	3/21	F	9:30 a.m.-2 p.m.
Washington DC Cherry Blossoms	R07101-357	Schweinhaut SC	4/11	F	9:30 a.m.-2 p.m.

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Music

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Sessions	Activity	Location	Start Date	Day	Time
African Drumming					
6 Sessions	R07115-311	Silver Spring RAC	3/5	W	2-3 p.m.
Angklung Music Lessons					
14 Sessions	R07109-304	Schweinhaut SC	3/1	Sa	Noon-2 p.m.
Chinese Karaoke					
13 Sessions	R07080-360	N. Potomac CRC	3/4	Tu	2-3:30 p.m.
Karaoke					
14 Sessions	R07080-222	Holiday Park SC	3/25	Tu	2:30-3:30 p.m.
12 Sessions	R07080-324	Holiday Park SC	3/28	F	1-1:45 p.m.
Let's Practice Ukulele! Club					
13 Sessions	R07115-302	Wheaton CRC	3/6	Th	1-2 p.m.
Piano Club					
3 Sessions	R07115-307	Holiday Park SC	4/7	M	2-3:45 p.m.
Practice for Piano Club					
3 Sessions	R07115-309	Holiday Park SC	4/14	M	2-3:45 p.m.
Song Circle					
3 Sessions	R07080-307	Schweinhaut SC	3/14	F	1:30-3:30 p.m.
Ukulele for Beginners					
7 Sessions	R07115-305	Silver Spring RAC	4/16	W	1-2 p.m.



THE REC INSIDER



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MONTGOMERY COUNTY
Recreation



Special Events

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Sessions	Activity	Location	Start Date	Day	Time
Akhmedova Ballet Presents "Pictures at an Exhibition"					
1 Session	R07094-313	Schweinhaut SC	5/10	Sa	1-2:30 p.m.
Aloha Friday, Asian Pacific American Heritage Month					
1 Session	R07107-316	Holiday Park SC	5/23	F	1-3 p.m.
Amateur Hour Showcase					
1 Session	R07107-300	White Oak CRC	5/23	F	10:30 a.m.-Noon
Asian American and Pacific Islander Heritage Month Dance					
1 Session	R07107-349	Holiday Park SC	5/2	F	1-3 p.m.
Fashion Boot Camp Rehearsals					
2 Sessions	R07107-360	East County CRC	3/8	Sa	11 a.m.-2 p.m.
Fashion Show					
1 Session	R07089-320	Long Branch CRC	4/23	W	10:30 a.m.-12:30 p.m.
Hello Spring: Hand Dance vs Line Dance Social					
1 Session	R07107-310	White Oak CRC	3/21	F	11 a.m.-1 p.m.
History of Central Asia Dances					
1 Session	R07107-304	Holiday Park SC	4/8	Tu	1-2 p.m.
Holi Celebration of Colors					
1 Session	R07107-342	N. Potomac CRC	3/10	M	12:30-1:45 p.m.
Kentucky Derby Dance					
1 Session	R07107-321	Holiday Park SC	5/30	F	1-3 p.m.



[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Get to Know the Rec Center					
1 Session	R07107-358	Damascus CRC	3/24	M	1-2 p.m.
Mother's Day Brunch					
1 Session	R07089-306	Wheaton CRC	5/9	F	11:30 a.m.-1 p.m.
New Movie Mondays					
12 Sessions	R07088-300	White Oak CRC	3/3	M	12:30-2 p.m.
Public Transit Travel Training					
1 Session	R07105-335	N. Potomac CRC	4/22	Tu	9-11 a.m.
Spring Line Dance Party					
1 Session	R07107-303	Holiday Park SC	4/25	F	1-3 p.m.
"Swan Lake" with Ballet Theater of Maryland					
1 Session	R07107-302	Holiday Park SC	4/29	Tu	1-2 p.m.
Volunteer Resource Fair					
1 Session	R07107-359	N. Potomac CRC	3/4	Tu	11 a.m.-1 p.m.



JOIN US FOR A SPECIAL EVENT!

DAMASCUS SENIOR CENTER PROGRAMMING BEGINS IN MARCH

**ACTIVITY R07107-358
MARCH 24 • 1-2 P.M.
DAMASCUS CRC**

Damascus Senior Center will close for renovations at the end of February 2025.

Limited programming for seniors will begin at Damascus CRC on March 17.

Full programming for seniors will be available starting March 24 at 25520 Oak Drive, Damascus

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Sports



BASKETBALL



[CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
Basketball Skills Competition					
1 Session	R07122-303	White Oak CRC	4/22	Tu	10:30-11:30 a.m.

KICKBALL

Seniors Kickball Fun

1 Session	R07315-300	N. Potomac CRC	4/3	Th	10-11:30 a.m.
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PICKLEBALL

Newbies and Beginners Pickleball

10 Sessions	R07091-310	Schweinhaut SC	3/6	Th	1-2 p.m.
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Intermediate Pickleball

10 Sessions	R07091-313	Schweinhaut SC	3/6	Th	3-4 p.m.
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Advanced Beginners Pickleball

10 Sessions	R07091-312	Schweinhaut SC	3/6	Th	2-3 p.m.
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Outdoor Pickleball (weather permitting)

9 Sessions	R07091-314	N. Potomac CRC	4/3	Th	4-6 p.m.
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Pickleball Demo

1 Session	R07091-316	Silver Spring RAC	4/7	M	12:30-2 p.m.
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Pickleball

13 Sessions	R07091-315	White Oak CRC	3/6	Th	10 a.m.-Noon
	R07091-300	Schweinhaut SC	3/7	F	10:30 a.m.-Noon



SENIOR OPEN GYM

Open gym activities are available for individuals 55 and up.

[VIEW OPEN GYM SCHEDULE](#)



SOCCER

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
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Outdoor Soccer

26 Sessions	R07128-301	N. Potomac CRC	3/5	W	9:45 a.m.-Noon
22 Sessions	R07128-302	N. Potomac CRC	4/4	F	9:45 a.m.-Noon

Walking Soccer

25 Sessions	R07128-304	N. Potomac CRC	3/3	M	9:45 a.m.-Noon
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TABLE TENNIS

Table Tennis (Ping Pong)

12 Sessions	R07097-308	Schweinhaut SC	3/3	M	Noon-2 p.m.
13 Sessions	R07097-309	Schweinhaut SC	3/7	F	10:30 a.m.-Noon

VOLLEYBALL

Senior Volleyball

12 Sessions	R07039-302	White Oak CRC	3/3	M	11 a.m.-1 p.m.
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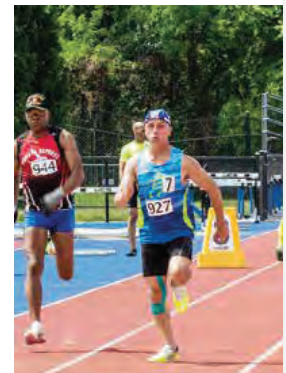


2025 | INFORMATION & REGISTRATION GUIDE



WELCOME TO THE 2025 SEASON!

"TO PARTICIPATE IS TO WIN!"



Howard County
RECREATION & PARKS



REGISTRATION BEGINS WEDNESDAY, FEB. 19 AT 9 A.M.

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



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, Washington D.C. Th, April 3 • Leave 9:30 a.m., Return 4 p.m. • Fee: \$136

We will cruise along the Potomac River and enjoy a lunch buffet on the Spirit of Washington as we enjoy the sights. The Captain will narrate historic sights and music will be provided for dancing. Fee includes transportation, cruise and lunch. Trip is on as scheduled regardless of bloom status and held rain or shine.

R07082-302 Walking Tour of Historic St. Mary's City, MD Th, April 10 • Leave 7:15 a.m., Return 5:30 p.m. • Fee: \$89

Experience colorful living history, fascinating archaeology and the great natural beauty of St. Mary's City in the beautiful tidewater landscape of Southern Maryland. We will have a guided tour of the area. Fee includes transportation, tours and lunch at St. Mary's College, Café Bon Appétit. Trip is held rain or shine.

R07082-303 John Wilkes Booth Escape Route Tour, MD Th, April 17 • Leave 8:15 a.m., Return 4:15 p.m. • Fee: \$82

Follow the escape tour of Abraham Lincoln assassin John Wilkes Booth narrated by veteran guide (and Booth relative) Rick Snider. We'll visit the Mary Surratt House in Clinton and Dr. Mudd House in Waldorf while passing several sights along the backroads used by Booth to the Maryland-Virginia border. We will have lunch at a waterfront restaurant on your own. Fee includes transportation, admission and guide. Trip is held rain or shine.

R07082-304 Winterthur Museum, Gardens and Library, DE Th, May 22 • Leave 7 a.m., Return 5 p.m. • Fee: \$84

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 is on your own at the on-site café. Fee includes transportation and admission. Trip is held rain or shine.

R07082-305 Annual Sailing Trip on the Liberte, Annapolis, MD W, May 28 • Leave 8:30 a.m., Return 3:30 p.m. • Fee: \$120

Enjoy three hours on a 76-foot-long sailboat with a professional captain and crew. Fee includes transportation, lunch and sail. Trip is held weather permitting.

R07082-306 B&O Railroad Museum, Baltimore, MD Th, June 5 • Leave 8:30 a.m., Return 3:30 p.m. • Fee: \$82

The museum and historic railway station exhibits historic railroad equipment and is home to the most comprehensive collection of railroad artifacts in the Western Hemisphere. You will enjoy exploring the expansive campus as well as the café and gift shop. Fee includes transportation, admission and tour. Lunch is on your own at The B&O Café. Trip is held rain or shine.

R07082-307 The National Museum of the United States Army, Fort Belvoir, VA Th, June 12 • Leave 8:45 a.m., Return 3:45 p.m. • Fee: \$69

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 theatre, a tranquil rooftop garden and hundreds of historic treasures rarely or never-before-seen by the public. Lunch is on your own at the café onsite. Fee includes transportation. Trip is held rain or shine.





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 Hershey - Story Museum - Gardens and Chocolate World, Hershey, PA W, April 23 • Leave 7 a.m., Return 5 p.m. • Fee: \$84

The story of Milton S. Hershey and the town that bears his name is presented through exhibits and interactive experiences. We will then make our way to Hershey Gardens to tour the beauty and wonder of nature as well as the butterfly atrium. After our visit, we will travel to Hershey Chocolate World to experience all that it has to offer. Lunch is on your own at the food hall on-site. Fee includes transportation and admissions. Trip is held rain or shine.

R07083-302 “Neil Berg's The 70's: Long Live Rock N' Roll” at The Weinberg Center, Frederick, MD Sa, April 26 • Leave 4:45 p.m., Return 10:45 p.m. • Fee: \$92

The 70's started with new classic rock bands and ended up with an exciting new wave of music. This incredible concert includes the songs and stories of many of the iconic artists of the era including Elton John, Billy Joel, The Eagles, Fleetwood Mac, Queen, Bruce Springsteen, Pink Floyd, The Rolling Stones, Chicago, Styx, David Bowie and one-hit-wonders as well. Visit downtown Frederick before the show for dinner and shopping on your own! Fee includes transportation and admission. Trip is held rain or shine.

R07083-303 Tea Time at the Tea Trolley, Delta, PA Th, May 8 • Leave 9 a.m., Return 5 p.m. • Fee: \$98

Step back in time and enjoy a full high tea service surrounded by Victorian elegance. Fee includes transportation and high tea. Trip is held rain or shine.

R07083-304 Carroll County Farmer's Market - Mother's Day Event, Westminster, MD Sa, May 10 • Leave 9 a.m., Return 3 p.m. • Fee: \$52

The market is all indoors with 60 vendors and a free giveaway of a flowering plant to the first 500 moms to arrive. There will be many beautiful hanging baskets, potted plants, spring garden plants, herbs and more available for Mother's Day gifts. You will also be able to check out crafts, arts, baked goods, gourmet food items, wine and cheese. Fee includes transportation. Trip is held weather permitting.

R07083-305 Virginia Museum of Fine Arts, Richmond, VA W, May 14 • Leave 8 a.m., Return 5 p.m. • Fee: \$74

Visitors will see art that spans over 6,000 years of history and represents many different cultures. You will have time on your own to experience all the museum has to offer. Lunch is on your own at the Best Café. Fee includes transportation and guided tour. Trip is held rain or shine.

R07083-306 “Shear Madness at the Kennedy Center,” Washington D.C. Su, June 1 • Leave 12:45 p.m., Return 5:45 p.m. • Fee: \$89

This unique whodunit-comedy takes place in the Shear Madness hairstyling salon and is chock full of up-to-the-minute spontaneous humor. Fee includes transportation and show. Lunch is on your own at the KC Café before the show. Trip is held rain or shine.

R07083-307 Baker Park Bandshell - Concert Series, Frederick, MD Su, June 8 • Leave 5 p.m., Return 10 p.m. • Fee: \$54

Enjoy high quality musical entertainment from a wide range of musical backgrounds. You will have time to enjoy the food trucks before the show and the performing group will be announced in March when they finalize the schedule. Fee includes transportation. Trip is held weather permitting.



CLUB ADVENTURE

★ Winter and Spring

★
After School Program

LOCATIONS*:

Damascus CRC
N. Potomac CRC
Praisner CRC
East County CRC
Long Branch CRC

Coffield CRC
Mid-County CRC
Plum Gar CRC
Upper County CRC
White Oak CRC

**Some sites provide bus transportation from schools. Contact the center for detailed information.*

Monday ★ Friday
3:30 - 6:30 p.m.

Ages 5-11

\$75

Per Month



Scan QR to register

★
Join Us!

For grades K-5.

Enjoy sports, crafts, dance and more. Multiple locations available.



MONTGOMERY COUNTY
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FACILITY ADDRESSES

Registration begins Wednesday, Feb. 19 for spring programs.



Looking for Senior Centers?

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



Looking for pool locations?

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

ELEMENTARY SCHOOLS

Arcola ES.....	1820 Franwall Ave, Silver Spring 20902
Bethesda ES.....	7600 Arlington Rd, Bethesda 20814
Chevy Chase ES.....	4015 Rosemary St, Chevy Chase, 20815
Forest Knolls ES.....	10830 Eastwood Ave., Silver Spring, 20901
Glenallan ES.....	12520 Heurich Rd, Silver Spring, 20902
Oakland Terrace ES.....	2720 Pylers Mill Rd, Silver Spring 20902
Rock View ES.....	3901 Denfeld Ave., Kensington 20895
Sligo Creek ES.....	500 Schuyler Rd, Silver Spring, 20910

MIDDLE SCHOOLS

Cabin John MS.....	10701 Gainsborough Rd, Potomac 20854
Montgomery Village MS....	19300 Watkins Mill Rd, Montgomery Village, 20886
Tilden MS- Rock Terrace Center.....	6300 Tilden Ln, Rockville, 20852
Wood MS.....	14615 Bauer Dr, Rockville 20853

HIGH SCHOOLS

Kennedy HS	1901 Randolph Rd, Wheaton, 20902
Paint Branch HS.....	14121 Old Columbia Pike, Burtonsville, MD 20866
Thomas S. Wootton. HS.....	2100 Wootton Pkwy, Rockville 20850

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

PARKS

Ayrlawn LP.....	5652 Oakmont Ave, Bethesda, 20817
Bauer Drive LP.....	14625 Bauer Dr, Aspen Hill, 20853
Fairland RP.....	3928 Greencastle Rd., Fairland 20866
Layhill LP.....	14901 Layhill Rd, Cloverly, 20906
Layhill Village LP.....	1920 Queensguard Rd, Wheaton, 20906
Laytonia Park.....	7300 Airpark Rd, Gaithersburg, 20879
Northwest Branch RP.....	1450 Norbeck Rd, Aspen Hill, 20906
Olney Manor RP.....	16601 Georgia Ave, Olney 20832
Ridge Road RP.....	21155 Frederick Rd, Germantown, 20876
South Germantown RP.....	18041 Central Park Circle Boyds, 20841
Veirs Mill LP.....	4425 Garrett Park Rd, Silver Spring, 20906



OTHER FACILITIES

Germantown Soccer Plex.....	18031 Central Park Cir, Boyds, 20841
Life Rescue Training.....	12105 Nebel St., Rockville, 20852
School of Music.....	1331 Rockville Pike, Ste. Q, Rockville, 20852

PAYMENT AND REFUND INFORMATION

WAYS TO REGISTER

ONLINE

Credit Card payment only. Register 24 hours a day, seven days a week for all activities at www.ActiveMONTGOMERY.org.

BY MAIL

Check or money order payment only.
Fill out and sign the registration form and mail it to:
ActiveMONTGOMERY
2425 Reedie Drive
10th Floor
Wheaton, MD 20902

DROP-OFF

Customers may drop off their registration form and payment at:
Montgomery County Recreation
Administrative Office
2425 Reedie Drive
10th Floor
Wheaton, MD 20902
Monday - Friday
9 a.m. - 3:30 p.m.

PAYMENT INFORMATION

- Full payment must be made at time of registration.
- Do not submit registrations and/or payments to Recreation instructors.
- For Montgomery County Recreation activities, non-county residents must pay an additional \$15 per activity per participant.

CHECKS and MONEY ORDERS

- Make checks and money orders payable to ActiveMONTGOMERY.
- Checks and money orders must include name, address, and telephone number.
- If your check is returned unpaid, your account will be debited for the original check amount, and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222, ext. 2 to arrange payment for any outstanding checks and service fees due.
- Please allow two weeks to receive a refund by check.

CREDIT CARDS

- Visa, MasterCard, American Express and Discover are accepted.
- Registration form must include correct credit card number, expiration date, authorized signature and authorized total amount.
- Montgomery County Recreation reserves the right to pursue all available options to collect any funds owed as a result of a dishonored check or credit card, charge incurred due to unsubstantiated credit card disputes, or any outstanding debt.

WITHDRAWALS AND REFUNDS

Service Type	Withdrawal Time Frame	Withdrawal Reason & Method	Refund Amount
Camps, Classes, Leagues, and Trips & Tours	At least 14 (fourteen) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Full refund
	Less than 14 (fourteen) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Refund less 50% of the total fee
	On activity start date or later; After league schedule is posted	N/A	No refund will be issued
Rentals	At least 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Full refund
	Less than 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	Refund less 50% of the total fee
	On rental date	N/A	No refund will be issued
For classes/sessions/games missed by participant		No refund will be issued	For more information visit www.mocorec.com 
When make up sessions are offered			
Memberships			

Withdrawal Methods:

Online: at www.ActiveMONTGOMERY.org
Email: Rec.FinanceOffice@MontgomeryCountyMD.gov
In Person with signature:
Recreation Administrative Office
2425 Reedie Drive
10th Floor
Wheaton, MD 20902

Refund Methods:

Refunds will be issued in the same form as payment rendered, except cash. Credit card payments are returned to the original credit card used for payment. Credit card refunds that cannot be returned to the original credit card used for payment will be returned by check. All other forms of payment are returned by check.

Questions:

Call 240-777-6806 (8:30 a.m.-4:30 p.m.)
Email: Rec.FinanceOffice@MontgomeryCountyMD.gov



CONTACT CUSTOMER SERVICE

Customer Service Available

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

Phone: 240-777-6840

Email: recreation.customerservice@montgomerycountymd.gov

2425 Reedie Drive, 10th Floor, Wheaton, MD 20902



MONTGOMERY COUNTY
Recreation

WHERE THE FUN BEGINS

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



VISIT US

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

Administrative Office

2425 Reddie Drive

10th Floor

Wheaton, MD 20902

See Map

SPRING 2025

Registration begins
**Wednesday,
Feb. 19**



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



www.mocorec.com



240-777-6840



recreation.customerservice@montgomerycountymd.gov



MONTGOMERY COUNTY
Recreation