

# MONTGOMERY COUNTY RECREATION



# 55 & Better

ACTIVITIES FOR SENIORS

FALL 2024



MONTGOMERY COUNTY  
*Recreation*



# **NEW FALL** **REGISTRATION DATES**

**Monday, Aug. 12 • 6:30 a.m.**

**Registration opens for most fall programs.**

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**Monday, Aug. 12 • 9 a.m.**

**Registration opens for Bone Builders,  
Day Trippers and SOAR.**

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**Tuesday, Aug. 13 • 6:30 a.m.**

**Registration opens for fall aquatics programs.**



Montgomery County Board of Elections

# ELECTION WORKERS NEEDED!

Earn a **minimum** stipend of

**\$250**

**OR Up To  
25 SSL Hours  
per day of  
service!**

Individuals who served in previous elections will receive a \$100 bonus per full day served (\$50 for half-day shifts).

**To apply, text “SERVE” to 77788**

## REQUIREMENTS

**Volunteers must be U.S. citizens, registered to vote in Maryland and at least 16 years old. Individuals with bilingual skills are encouraged to apply!**

Have any questions?

Email: [election.judge@montgomerycountymd.gov](mailto:election.judge@montgomerycountymd.gov)

Call: 240-777-8533 Visit: [www.777vote.org](http://www.777vote.org)



# 55+ Senior Programs



## Arts

[CLICK HERE TO REGISTER.](#)

### ARTS AND CRAFTS

Sessions	Activity	Location	Start Date	Day	Time	
<b>Active Aging Week: Paint and Sip</b>						
1 Session	R07095-119	N. Potomac CRC	10/3	Th	10 a.m.-Noon	
<b>Acrylic Paint Instruction with Dereje</b>						
3 Sessions	R07095-153	N. Potomac CRC	10/4	F	Noon-2 p.m.	\$5
<b>Active Aging Week: Fall Flower Decoration</b>						
1 Sessions	R07023-104	N. Potomac CRC	10/2	W	4-6 p.m.	
<b>Card Making with Cindy Boccucci</b>						
3 Sessions	R07095-151	Schweinhaut SC	9/14	Sa	11:30 a.m.-2:30 p.m.	
<b>Ceramic Class</b>						
25 Sessions	R07098-105	Schweinhaut SC	9/3	Tu,Th	9:30 a.m.-1 p.m.	
<b>Easy Art Fun with Kamel</b>						
3 Sessions	R07095-122	N. Potomac CRC	9/19	Th	12:30-2 p.m.	
<b>Evening Crafters</b>						
2 Sessions	R07095-120	N. Potomac CRC	9/18	W	5:30-7 p.m.	
<b>Fun with Art</b>						
13 Sessions	R07052-105	Schweinhaut SC	9/4	W	10 a.m.-Noon	
<b>Intro to Drawing</b>						
10 Sessions	R07095-102	Wheaton CRC	9/5	Th	11 a.m.-Noon	
<b>Let's Gather to Craft and Chat</b>						
3 Sessions	R07113-104	N. Potomac CRC	9/19	Th	12:30-2 p.m.	



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Sessions	Activity	Location	Start Date	Day	Time	
<b>Origami Class</b>						
3 Sessions	R07096-103	Schweinhaut SC	9/9	M	1-3 p.m.	
<b>Painting with Acrylics</b>						
9 Sessions	R07095-103	Wheaton CRC	9/6	F	11 a.m.-Noon	
<b>Watercolors with Gillian</b>						
3 Sessions	R07095-150	N. Potomac CRC	11/5	Tu	10 a.m.-Noon	\$5
<b>Watercolor Painting with Dereje</b>						
12 Sessions	R07095-154	Long Branch CRC	9/10	Tu	10-11 a.m.	
<b>Wheaton Jewelry Club (Non-Instructional)</b>						
10 Sessions	R07117-102	Wheaton CRC	9/5	Th	1-2:30 p.m.	



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SPORTS

CLASSES

AQUATICS



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# KNITTING AND CROCHET

Sessions	Activity	Location	Start Date	Day	Time
<b>Knit and Crochet Group</b>					
13 Sessions	R07003-101	N. Potomac CRC	9/3	Tu	1-3 p.m.
<b>Knit and Crochet Workshop</b>					
13 Sessions	R07003-103	Holiday Park SC	9/4	W	10-11:30 a.m.
<b>Knitting Corner</b>					
13 Sessions	R07003-106	Schweinhaut SC	9/4	W	1-3 p.m.
<b>Needlecraft</b>					
12 Sessions	R07053-102	Damascus SC	9/5	Th	9 a.m.-2 p.m.
<b>Needlecraft, Crochet and Sewing Club</b>					
10 Sessions	R07053-103	Silver Spring RAC	9/20	F	2-4 p.m.
<b>Needles and Yarn</b>					
24 Sessions	R07003-102	Wheaton CRC	9/3	M,Tu	1-3 p.m.

# PERFORMING ARTS

<b>Seasoned Players</b>					
6 Sessions	R07056-102	Schweinhaut SC	9/4	W	1:30-3:30 p.m.



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# Senior Center Locations

Several Locations for Adults 55 and up

## **Damascus Senior Center**

9701 Main St., Damascus • 240-777-6995

## **Holiday Park Senior Center**

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

## **Long Branch Senior Center**

8700 Piney Branch, 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 [mocre.com](http://mocre.com)  
for more information



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# Dance



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Therapeutic Recreation

Sports

Classes

Aquatics

Sessions	Activity	Location	Start Date	Day	Time
<b>Active Aging Week: Indian Stick Dance "Dandiya Raas"</b>					
1 Session	R07012-138	Wheaton CRC	10/4	F	11 a.m.-Noon
<b>Baile Conmigo</b>					
8 Sessions	R07011-111	Wheaton CRC	9/9	M	9:05-9:55 a.m.
<b>Ballroom Dance</b>					
13 Sessions	R07050-110	Schweinhaut SC	9/4	W	Noon-1 p.m.
<b>Ballet</b>					
13 Sessions	R07012-103	Wheaton CRC	9/3	Tu	1:30-2:30 p.m.
<b>Ballet I</b>					
13 Sessions	R07012-102	Wheaton CRC	9/4	W	2:15-3:15 p.m.
<b>Ballroom/Line Dance</b>					
25 Sessions	R07011-104	Wheaton CRC	9/4	W,Th	1-2 p.m.
<b>Chinese Dance &amp; Fitness</b>					
12 Sessions	R07009-102	Holiday Park SC	9/6	F	11-11:50 a.m.
<b>Chinese Folk Dancing</b>					
13 Sessions	R07009-100	White Oak CRC	9/3	Tu	10:30 a.m.-Noon
	R07009-110	N. Potomac CRC	9/4	W	10:30-11:30 a.m.
<b>Chinese Folk Dancing (Beginner)</b>					
12 Sessions	R07009-102	Holiday Park SC	9/6	F	11-11:50 a.m.





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Sessions	Activity	Location	Start Date	Day	Time	
<b>International Ballroom Dancing with Ed and Helen</b>						
11 Sessions	R07057-101	N. Potomac CRC	9/4	W	1-3 p.m.	
<b>International Folk Dance Instruction</b>						
13 Sessions	R07009-106	N. Potomac CRC	9/6	F	12:30-2 p.m.	
<b>Line Dancing</b>						
12 Sessions	R07011-110	Schweinhaut SC	9/7	Sa	10:30 a.m.-Noon	
<b>Social Line Dance</b>						
11 Sessions	R07011-103	Wheaton CRC	9/9	M	10-11 a.m.	
<b>Soul Line Dance</b>						
14 Sessions	R03027-143	Mid-County CRC	9/17	Tu	10:30-11:30 a.m.	
<b>Superpower Dance Circle</b>						
11 Sessions	R07012-122	Wheaton CRC	9/4	W	11:05-11:55 a.m.	
<b>Soul Line Dance with Peytrienne</b>						
13 Sessions	R07005-110	White Oak CRC	9/5	Th	10-11:15 a.m.	
<b>Tap Dance</b>						
12 Sessions	R07007-103	Damascus SC	9/9	M	11 a.m.-12:30 p.m.	\$50
<b>Tea Dancing</b>						
13 Sessions	R07129-101	Damascus SC	9/5	Th	1-2:30 p.m.	
<b>Yuan Chi Dance</b>						
11 Sessions	R07012-108	Wheaton CRC	9/9	M	2:30-4 p.m.	



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# Educational



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## DISCUSSIONS

Sessions	Activity	Location	Start Date	Day	Time
<b>Active Golden Meet and Greet</b>					
25 Sessions	R07092-107	Holiday Park SC	9/3	Tu,F	9:15-10:30 a.m.
<b>Active Living in Spanish- Cafecito y Amistad</b>					
11 Sessions	R07087-101	Holiday Park SC	9/9	M	10-10:50 a.m.
<b>Book Discussion</b>					
3 Sessions	R07065-105	Schweinhaut SC	9/10	Tu	1-2:30 p.m.
<b>Charla con Arte (Español)</b>					
11 Sessions	R07087-102	Holiday Park SC	9/9	M	11 a.m.-Noon
<b>Coffee &amp; Conversation with Staff</b>					
3 Sessions	R07092-108	Schweinhaut SC	9/19	Th	9:30-10:15 a.m.
<b>Coffee Social</b>					
62 Sessions	R07092-103	Damascus SC	9/3	M-F	9-11 a.m.
<b>Coping with Change</b>					
12 Sessions	R07076-102	Holiday Park SC	9/5	Th	10:30-11:30 a.m.
13 Sessions	R07076-104	Damascus SC	9/5	Th	11 a.m.-Noon
<b>Coping with Change in Spanish</b>					
14 Sessions	R07076-103	Holiday Park SC	9/17	Tu	11 a.m.-Noon
<b>Current Events Discussion with Lyle</b>					
13 Sessions	R07063-103	N. Potomac CRC	9/5	Th	10:30-11:30 a.m.

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55+ PROGRAMS

**HEALTH AND WELLNESS**

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55+ PROGRAMS

**SPORTS**

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Sessions	Activity	Location	Start Date	Day	Time
<b>Non Fiction Book Club with Mary</b>					
9 Sessions	R07065-106	Long Branch CRC	10/2	W	1:30-3 p.m.
<b>Wheaton - Maryland Senior Olympics Talk</b>					
1 Session	R07105-124	Wheaton CRC	10/9	W	1-2 p.m.
<b>Current Events Discussion with Stan</b>					
3 Sessions	R07078-102	White Oak CRC	9/12	Th	10-11:15 a.m.
<b>Max You: Maximize the Quality of Life</b>					
13 Sessions	R07043-101	Holiday Park SC	9/3	Tu	10:30-11:30 a.m.
<b>Jai Ho Discussion Group</b>					
10 Sessions	R07312-102	N. Potomac CRC	9/9	M	11:30 a.m.-1 p.m.
<b>Reader's Delight Book Club</b>					
3 Sessions	R07078-103	White Oak CRC	9/17	Tu	10:30-11:30 a.m.
<b>Veterans Discussion</b>					
3 Sessions	R07312-103	Schweinhaut SC	9/4	W	1-2 p.m.

## LANGUAGE

### Beginner Spanish

12 Sessions	R07015-111	Schweinhaut SC	9/5	Th	9:30-10:30 a.m.
11 Sessions	R07118-101	Wheaton CRC	9/9	M	10-11 a.m.

### Beginner Plus Spanish Class

12 Sessions	R07015-112	Schweinhaut SC	9/5	Th	10:30-11:30 a.m.
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### Beginner Spanish Conversation Group

13 Sessions	R07015-100	White Oak CRC	9/4	W	11 a.m.-Noon
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### Caso Cerrado TV show episodes discussion

13 Sessions	R07016-101	Long Branch CRC	9/6	F	10-11 a.m.
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Sessions	Activity	Location	Start Date	Day	Time
<b>Everyday English (Basic) with Greg</b>					
25 Sessions	R07061-107	Holiday Park SC	9/3	Tu,Th	9:50-10:40 a.m.
<b>Everyday English for Chinese Natives</b>					
11 Sessions	R07021-106	N. Potomac CRC	9/9	M	9:30-10:30 a.m.
<b>Everyday English with Deb</b>					
13 Sessions	R07061-108	Holiday Park SC	9/4	W	11-11:50 a.m.
<b>Italian Class</b>					
13 Sessions	R07021-107	Schweinhaut SC	9/4	W	1-2:30 p.m.
<b>Intermediate Spanish</b>					
11 Sessions	R07118-103	Wheaton CRC	9/9	Tu	10-11 a.m.
<b>Intro to Spanish</b>					
11 Sessions	R07118-102	Wheaton CRC	9/9	M	11 a.m.-Noon

## WORKSHOP OR SPEAKER SERIES

### Deliberate Discussions with Sante Group: Healthy Relationships with Ourselves and Others

3 Sessions R07028-100 Virtual Class 10/8 Tu 4-5:15 p.m.

### MCPD: Keeping Seniors Safe Info Session

1 Session R07094-140 N. Potomac CRC 9/23 M 10:30-11:30 a.m.



# WRITING

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Sessions	Activity	Location	Start Date	Day	Time
<b>Memoir Writing for Beginners</b>					
13 Sessions	R07058-105	Wheaton CRC	9/4	W	10-11:30 a.m.
<b>Tell Us Your Story</b>					
8 Sessions	R07058-107	Holiday Park SC	9/4	W	2-3:30 p.m.
<b>Writing Group</b>					
6 Sessions	R07058-108	Schweinhaut SC	9/3	Tu	10 a.m.-Noon
12 Sessions	R07058-102	Holiday Park SC	9/6	F	10-11:30 a.m.

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## MARYLAND SENIOR OLYMPICS

# 2024 REGISTRATION IS OPEN!

## SEASON RUNS MAY 1 TO OCT. 13

**32 sports** including pickleball, track & field, swimming, bowling, basketball, volleyball and more!



**NEW  
IN 2024**

Disc golf, platform diving, powerlifting, soccer 8x8 and triathlon.

For ages 50-plus, MSO is open to out-of-state participants.

[www.mdseniorolympics.org](http://www.mdseniorolympics.org)



55+ PROGRAMS



# BONE BUILDERS

VIEW BONE BUILDERS CLASSES

55+ PROGRAMS



# SOAR AND DAYTRIPPERS

VIEW SOAR BROCHURE



# Fitness

## AEROBIC DANCE



Sessions	Activity	Location	Start Date	Day	Time
<b>Ballet</b>					
11 Sessions	R07012-133	Silver Spring RAC	9/18	W	10-11 a.m.
<b>Ballet Basics</b>					
13 Sessions	R07055-110	White Oak CRC	9/3	Tu	10:30-11:30 a.m.
<b>Basic Functional Balance Exercise</b>					
6 Sessions	R07030-104	Schweinhaut SC	9/6	F	9:30-10:30 a.m.
<b>Cardio Dance Fitness</b>					
10 Sessions	R07012-139	Wheaton CRC	9/5	Th	10:30-11:30 a.m.
<b>Chinese Dance &amp; Fitness</b>					
13 Sessions	R07012-107	Wheaton CRC	9/4	W	10-11 a.m.
<b>Chinese Folk Dance</b>					
11 Sessions	R07012-106	Wheaton CRC	9/9	M	1-2 p.m.
<b>Dance Fitness with Georgia</b>					
13 Sessions	R07012-136	Schweinhaut SC	9/9	M	9:30-10:30 a.m.
<b>Dance with Danny</b>					
13 Sessions	R07012-134	Long Branch CRC	9/3	Tu	10-11 a.m.
<b>La Blast</b>					
8 Sessions	R03027-152	Longwood CRC	10/3	Th	10-11 a.m.
<b>Superpower Dance Circle with Jane</b>					
13 Sessions	R07012-135	Long Branch CRC	9/5	Th	10-11 a.m.
	R07012-123	White Oak CRC	9/5	Th	12:45-1:45 p.m.



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# LOW IMPACT

Sessions	Activity	Location	Start Date	Day	Time	
<b>Active Golden Gentle Exercise</b>						
12 Sessions	R07039-112	Holiday Park SC	9/6	F	10-10:50 a.m.	
<b>Balance Boom</b>						
10 Sessions	R07039-115	Silver Spring RAC	9/16	M	10-11 a.m.	
<b>Chairobics</b>						
50 Sessions	R07066-102	Damascus SC	9/3	Tu-F	10-10:45 a.m.	
<b>Fitness Boot Camp</b>						
11 Sessions	R07039-113	Silver Spring RAC	9/21	Sa	9:30-10:30 a.m.	
<b>Gentle Spin with Julien</b>						
12 Sessions	R07039-100	White Oak CRC	9/9	M	10-11 a.m.	
<b>Low Impact Exercises</b>						
16 Sessions	R03027-147	Potomac CRC	9/3	Tu	11:30 a.m.-12:30 p.m.	
<b>Kickboxing</b>						
11 Sessions	R07039-116	Silver Spring RAC	9/17	Tu	10:30-11:30 a.m.	
<b>Small Group Strength &amp; Balance</b>						
26 Sessions	R07039-109	Damascus SC	9/3	Tu,Th	11 a.m.-Noon	\$5
<b>Stretching with Linda</b>						
39 Sessions	R07041-105	N. Potomac CRC	9/4	M,W,F	9:30-10:30 a.m.	
<b>Walking Club</b>						
6 Sessions	R03027-153	Coffield CRC	8/28	W	10:30-11:30 a.m.	
12 Sessions	R07035-103	Damascus SC	9/9	M	10-11 a.m.	
<b>Walking Group</b>						
12 Sessions	R03027-154	Lawton CRC	9/18	W	10-11 a.m.	
<b>Wheaton Walks</b>						
13 Sessions	R07035-102	Wheaton CRC	9/4	W	9:30-11 a.m.	



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# STRENGTH TRAINING

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Sessions	Activity	Location	Start Date	Day	Time
<b>Balance Boom with Everest Wellness</b>					
13 Sessions	R07060-100	White Oak CRC	9/4	W	11 a.m.-Noon
<b>Fall Prevention and Balance Exercise</b>					
13 Sessions	R07060-134	Long Branch CRC	9/4	W	9:30-10:30 a.m.
<b>Full Body Workout</b>					
11 Sessions	R07041-104	Wheaton CRC	9/3	Tu	9:05-9:55 a.m.
<b>Kickboxing with Julien</b>					
3 Sessions	R07060-132	Schweinhaut SC	9/20	F	9:30-10:30 a.m.
<b>Low Impact Exercise Video</b>					
24 Sessions	R07060-111	White Oak CRC	9/5	Th,F	10:30 a.m.-Noon
<b>Low Impact Exercise with Julien</b>					
3 Sessions	R07060-133	Schweinhaut SC	9/13	F	9:30-10:30 a.m.
<b>Muscle Up!</b>					
9 Sessions	R07030-105	Wheaton CRC	9/6	F	1:30-2:30 p.m.
10 Sessions	R07039-114	Silver Spring RAC	9/22	Su	1-2 p.m.





# ZUMBA

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Sessions	Activity	Location	Start Date	Day	Time
<b>Active Golden Zumba</b>					
13 Sessions	R07117-106	Holiday Park SC	9/3	Tu	10:30-11:25 a.m.
	R07117-107	Holiday Park SC	9/3	Tu	11:30 a.m.-12:15 p.m.
<b>Evening Zumba</b>					
12 Sessions	R07070-119	Damascus SC	9/5	Th	5:30-6:30 p.m.
<b>Morning Zumba with Carol</b>					
12 Sessions	R07070-117	N. Potomac CRC	9/4	W	9:30-10:30 a.m.
<b>Zumba</b>					
11 Sessions	R07070-102	Wheaton CRC	9/3	Tu	11 a.m.-Noon
13 Sessions	R07070-106	Damascus SC	9/4	W	11 a.m.-Noon
9 Sessions	R07070-114	Wheaton CRC	9/6	F	9:45-10:45 a.m.
10 Sessions	R07070-103	Wheaton CRC	9/5	Th	2-3 p.m.
	R07070-118	Silver Spring RAC	9/19	Th	7-8 p.m.
<b>Zumba for Active Aging Week</b>					
1 Session	R07070-107	Damascus SC	10/2	W	11 a.m.-Noon
<b>Zumba Gold</b>					
9 Sessions	R07070-115	Wheaton CRC	9/9	M	1:30-2:30 p.m.
11 Sessions	R03027-142	Mid-County CRC	9/19	Th	11:15 a.m.-12:15 p.m.
10 Sessions	R07071-106	Silver Spring RAC	9/20	W	10-11 a.m.
8 Sessions	R03027-151	Longwood CRC	10/1	Tu	11:15 a.m.-12:15 p.m.
<b>Zumba Gold with Amy</b>					
25 Sessions	R07070-100	White Oak CRC	9/3	Tu,Th	9-10 a.m.



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Aquatics



# BONE BUILDERS

Fall 2024

## SEPT. 3-NOV. 27

Activity	Location	Date	Day	Time
R03010-103	Bauer Drive CRC	9/3	Tu,Th	1:30-2:30 p.m.
R03010-102	Bauer Drive CRC	9/4	M,W	11:30 a.m.-12:30 p.m.
R03010-104	Clara Barton NRC	9/4	M,W	1:30-2:30 p.m.
R03010-105	Coffield CRC	9/3	Tu,Th	9:15-10:15 a.m.
R03010-124	Coffield CRC	9/4	M,W	9:15-10:15 a.m.
R03010-122	Damascus SC	9/17	Tu,Th	2:30-3:30 p.m.
R03010-106	Germantown CRC	9/5	M,Th	1-2 p.m.
R03010-107	Lawton CRC	9/3	Tu,Th	9:15-10:15 a.m.
R03010-123	Long Branch CRC	9/4	M,W	10-11 a.m.
R03010-108	Longwood CRC	9/4	M,W	11:15 a.m.-12:15 p.m.
R03010-109	Longwood CRC	9/4	M,W	2-3 p.m.
R03010-110	Mid-County CRC	9/3	Tu,Th	1-2 p.m.
R03010-112	N. Potomac CRC	9/3	Tu,Th	10:40-11:40 a.m.
R03010-113	N. Potomac CRC	9/3	Tu,Th	11:50 a.m.-12:50 p.m.
R03010-111	N. Potomac CRC	9/4	M,W	10:45-11:45 a.m.
R03010-114	Potomac CRC	9/4	M,W	9-10 a.m.
R03010-117	Potomac CRC	9/4	M,W	Noon-1 p.m.
R03010-115	Praisner CRC	9/4	M,W	11 a.m.-Noon
R03010-119	Schweinhaut SC	9/3	Tu,Th	10:30-11:30 a.m.
R03010-121	Silver Spring RAC	9/17	Tu,Th	10-11 a.m.
R03010-101	Virtual Class	9/4	M,W	11 a.m.-Noon
R03010-116	Wheaton CRC	9/3	Tu,Th	9:15-10:15 a.m.
R03010-120	Wheaton CRC	9/4	M,W	11 a.m.-Noon
R03010-118	Wisconsin Place CRC	9/3	Tu,Th	1-2 p.m.

# FREE AGES 55+

One hour classes held twice per week are designed to increase bone density.

### REGISTRATION OPENS ON MONDAY, AUG. 12 AT 9 A.M.



# OUTDOOR FITNESS EQUIPMENT



Available at the following Recreation facilities:

Holiday Park Senior Center

Schweinhaut Senior Center

Potomac Community Recreation Center



## The Fun Starts Here.



View flyers and register for activities



Stay up-to-date with Rec



Access online 24/7



View from your desktop, laptop  
and mobile device.



VISIT [WWW.MOCOREC.COM/BULLETIN](http://WWW.MOCOREC.COM/BULLETIN)

**FREE**

# Fall FESTIVALS

Bring the whole family and celebrate with us at our annual fall festivals. Activities include pumpkin painting, music, games, crafts, petting zoo and more.



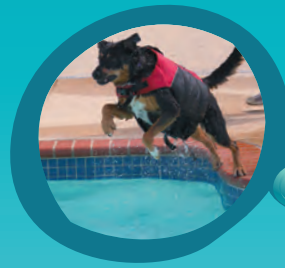
Search this code on  
ActiveMontgomery.org

..... **ACTIVITY R03003**

## 55+ MINI TRIPS

<u>Mini Trip</u>	<u>Activity</u>	<u>Leaving From</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
Trip to Damascus Fair	R07101-136	Damascus SC	9/6	F	9:30-11:30 a.m.
Wheaton Barbecue Picnic	R07101-181	Long Branch CRC	9/6	F	9:45 a.m.-1 p.m.
JCA Bus Outing to Clarksburg Outlets	R07101-101	N. Potomac CRC	9/10	Tu	9:45 a.m.-1:30 p.m.
Amish Market	R07101-113	Long Branch CRC	9/13	F	9:30 a.m.-Noon
Active Aging Week Signature Event	R07101-172	Long Branch CRC	9/30	M	9:30 a.m.-1:30 p.m.
Active Aging Week Signature Event	R07101-175	Wheaton CRC	9/30	M	9:30 a.m.-1:30 p.m.
Trip to North Potomac for Active Aging Week	R07101-179	Damascus SC	9/30	M	9:15 a.m.-2 p.m.
National Gallery of Art	R07101-177	N. Potomac CRC	10/8	Tu	9:45 a.m.-1:30 p.m.
Crossroads Farmers Market	R07101-182	Long Branch CRC	10/9	W	10:45 a.m.-12:15 p.m.
Wheaton Mall	R07101-183	Wheaton CRC	10/17	Th	9:30 a.m.-Noon
Montgomery County Recycling Center	R07101-137	N. Potomac CRC	10/24	Th	9:15-11:30 a.m.
Amish Market in Germantown	R07101-133	N. Potomac CRC	11/21	Th	9:45 a.m.-12:30 p.m.

# Pooch Pool Party



Saturday, Aug. 24 - Activity R05092-501

Sunday, Aug. 25 - Activity R05092-502

11 a.m. - 3 p.m.

\$10

Upper County outdoor Pool  
8211 Emory Grove Road  
Gaithersburg



Pre-registration is required.  
Written proof of current  
rabies vaccination  
required for admission!



MONTGOMERY COUNTY  
Recreation



# Games



Sessions	Activity	Location	Start Date	Day	Time
<b>Active Golden Bingo</b>					
13 Sessions	R07085-110	Holiday Park SC	9/3	Tu	1-2:30 p.m.
12 Sessions	R07085-109	Holiday Park SC	9/6	F	11 a.m.-Noon
<b>American Mahjong</b>					
12 Sessions	R07047-100	White Oak CRC	9/6	F	12:30-3:30 p.m.
<b>Beginners American Mahjong</b>					
4 Sessions	R07047-106	N. Potomac CRC	10/7	M	10-11:30 a.m.
<b>Bingo</b>					
24 Sessions	R07085-112	Schweinhaut SC	9/5	M,Th	10:30-11:30 a.m.
13 Sessions	R07085-107	White Oak CRC	9/3	Tu	1-2 p.m.
10 Sessions	R07085-111	Silver Spring RAC	9/19	Th	12:30-1:30 p.m.
<b>Bingo and a Movie</b>					
3 Sessions	R03027-149	Clara Barton NRC	9/9	M	10 a.m.-Noon
<b>Bingo: Participant's Choice</b>					
6 Sessions	R07085-108	White Oak CRC	9/4	W	1-2 p.m.
<b>Brain Games</b>					
10 Sessions	R07090-101	Silver Spring RAC	9/16	M	9:30-10:30 a.m.
11 Sessions	R07090-102	White Oak CRC	9/16	M	10-11 a.m.
<b>Bridge</b>					
13 Sessions	R07074-105	Damascus SC	9/3	Tu	11 a.m.-3 p.m.
<b>Canasta</b>					
13 Sessions	R07112-103	Damascus SC	9/5	Th	1-3 p.m.
<b>Duplicate Bridge</b>					
13 Sessions	R07074-102	Holiday Park SC	9/4	W	12:30-4 p.m.



[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
<b>Game Day</b>					
3 Sessions	R03027-150	Lawton CRC	9/26	Th	1-3:30 p.m.
<b>Mahjong</b>					
13 Sessions	R07047-104	Damascus SC	9/4	W	12:30-3 p.m.
	R07047-101	Wheaton CRC	9/4	W	1-4 p.m.
<b>Open Party Bridge</b>					
12 Sessions	R07075-101	Holiday Park SC	9/6	F	12:45-3:30 p.m.
<b>Pinochle Card Game</b>					
13 Sessions	R07099-104	Schweinhaut SC	9/4	W	1-3 p.m.
<b>Pinochle with Mr. Kelly</b>					
13 Sessions	R07099-105	White Oak CRC	9/3	Tu	11:30 a.m.-1:30 p.m.
<b>Rummikub (Drop-In)</b>					
10 Sessions	R07086-104	Silver Spring RAC	9/19	Th	10-11:30 a.m.
<b>Rummikub with Evelyn</b>					
13 Sessions	R07086-102	Holiday Park SC	9/3	Tu	11 a.m.-2 p.m.
<b>Scrabble</b>					
13 Sessions	R07073-104	Holiday Park SC	9/4	W	1-4 p.m.
<b>Social Bridge</b>					
12 Sessions	R07074-100	White Oak CRC	9/9	M	1-3:30 p.m.
11 Sessions	R07074-106	Silver Spring RAC	9/18	W	12:30-2:30 p.m.
<b>Virtual Reality</b>					
10 Sessions	R07313-101	N. Potomac CRC	9/9	M	12:30-1:30 p.m.



55 +

Therapeutic  
Recreation

Sports

Classes

Aquatics



55 +

# Health and Wellness



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Therapeutic Recreation

Sports

Classes

Aquatics

Sessions	Activity	Location	Start Date	Day	Time
<b>Blood Pressure Screening</b>					
13 Sessions	R07108-113	Schweinhaut SC	9/6	F	1-2 p.m.
<b>Meditation to Mindfulness Meditation</b>					
12 Sessions	R07077-102	Holiday Park SC	9/6	F	11 a.m.-Noon
<b>Wellness Matters</b>					
8 Sessions	R07028-119	Silver Spring RAC	10/1	Tu	9-10:30 a.m.
<b>Wellness Wednesdays with UMD Nursing Students</b>					
12 Sessions	R07028-102	N. Potomac CRC	9/18	W	9:30 a.m.-2 p.m.
<b>YOGA</b>					
<b>Chair Yoga</b>					
25 Sessions	R07032-114	Long Branch CRC	9/3	Th	9-10 a.m.
8 Sessions	R03027-145	Plum Gar CRC	9/13	F	Noon-1 p.m.
<b>Gentle Yoga for Beginners</b>					
10 Sessions	R07029-111	Silver Spring RAC	9/16	M	3-4 p.m.
<b>Hatha Yoga and Stress Management with Suzana</b>					
13 Sessions	R05128-113	Lawton CRC	9/13	F	9:45-11 a.m. \$182
<b>Slow Flow Yoga with Susan</b>					
10 Sessions	R07029-107	N. Potomac CRC	9/9	M	2:30-3:30 p.m.
<b>Yin Yoga with Adina Crawford</b>					
13 Sessions	R07032-113	Schweinhaut SC	9/7	Sa	9:15-10:15 a.m.
<b>Yoga Paras Todos</b>					
9 Sessions	R07032-106	Wheaton CRC	9/6	F	3-4 p.m.





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Sessions	Activity	Location	Start Date	Day	Time	
<b>Yoga</b>						
11 Sessions	R07032-105	Wheaton CRC	9/3	Tu	3-4 p.m.	
12 Sessions	R07029-104	Damascus SC	9/6	F	11 a.m.-Noon	
8 Sessions	R07032-102	Wheaton CRC	9/9	M	10-11 a.m.	
<b>Yoga for All with Edgar</b>						
12 Sessions	R07029-110	White Oak CRC	9/6	F	9:15-10:15 a.m.	
<b>Yogalates</b>						
13 Sessions	R07032-104	Wheaton CRC	9/4	W	9:45-10:45 a.m.	
	R07032-112	Silver Spring RAC	9/17	Tu	6:30-7:30 p.m.	
<b>Wisdom Yoga</b>						
13 Sessions	R05128-108	BCC Center	9/13	F	10:30-11:30 a.m.	\$143

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SPORTS

CLASSES

AQUATICS





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# Martial Arts



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AQUATICS

Sessions	Activity	Location	Start Date	Day	Time
<b>Beginners Tai Chi</b>					
13 Sessions	R07025-102	Holiday Park SC	9/4	W	9:30-10:20 a.m.
	R07025-112	N. Potomac CRC	9/3	Tu	9:30-11 a.m.
<b>CASSA Tai Chi</b>					
12 Sessions	R07025-114	Long Branch CRC	9/9	M	10-11 a.m.
<b>Integral Tai Chi with JJ</b>					
12 Sessions	R07025-100	White Oak CRC	9/6	F	1-2 p.m.
<b>Intro to Qigong</b>					
11 Sessions	R07059-104	N. Potomac CRC	9/12	Th	9:30-10:15 a.m.
<b>Let's Practice Qigong</b>					
12 Sessions	R07059-101	Wheaton CRC	9/6	F	1-2 p.m.
<b>Qi Gong with Mike Kornely</b>					
13 Sessions	R07059-103	Schweinhaut SC	9/7	Sa	Noon-1 p.m.
<b>Self-Defense Tae Kwon Do</b>					
13 Sessions	R07026-101	Holiday Park SC	9/6	F	2-2:50 p.m.
<b>Tai Chi</b>					
13 Sessions	R07025-105	Damascus SC	9/3	Tu	11 a.m.-Noon
<b>Tai Chi Beginners</b>					
26 Sessions	R07025-105	Damascus SC	9/3	Tu	11 a.m.-Noon
37 Sessions	R07025-110	White Oak CRC	9/4	M,W,F	9-10 a.m.
<b>Tai Chi Chuan with Glenn Moy</b>					
13 Sessions	R07025-113	Schweinhaut SC	9/3	Tu	2-3 p.m.
<b>Tai Chi CMC 37 Yang Style and Chi Gong Exercises</b>					
14 Sessions	R07025-107	N. Potomac CRC	9/13	F	10-11:30 a.m.
<b>Tai Chi Exercises</b>					
13 Sessions	R07025-103	Holiday Park SC	9/3	Tu	9:30-10:20 a.m.
<b>Tai Chi Sword</b>					
11 Sessions	R07027-101	Holiday Park SC	9/9	M	2:30-3:25 p.m.

# Music



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Sessions	Activity	Location	Start Date	Day	Time
<b>Angklung Music Lessons</b>					
13 Sessions	R07109-103	Schweinhaut SC	9/7	Sa	Noon-2 p.m.
<b>Karaoke</b>					
13 Sessions	R07080-126	Holiday Park SC	9/3	Tu	2:30-3:30 p.m.
12 Sessions	R07080-127	Holiday Park SC	9/6	F	1-1:45 p.m.
<b>Let's Practice Ukulele! Club</b>					
12 Sessions	R07115-102	Wheaton CRC	9/5	Th	1-2 p.m.
<b>Piano Club</b>					
3 Sessions	R07115-104	Holiday Park SC	9/9	M	2-3 p.m.
<b>Song Circle</b>					
3 Sessions	R07080-128	Schweinhaut SC	9/13	F	1:30-3:30 p.m.



**55+ @ SSRAC**

**SILVER SPRING RECREATION AND AQUATIC CENTER**



View senior activities and classes at Silver Spring Senior Center.

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Therapeutic Recreation

Sports

Classes

Aquatics



# Special Events



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Sessions	Activity	Location	Start Date	Day	Time
<b>Great Pumpkin Carving</b>					
1 Session	R07107-115	N. Potomac CRC	10/21	M	12:30-2 p.m.
<b>Hispanic Heritage Lunch and Music</b>					
1 Session	R07089-111	Long Branch CRC	10/23	W	11 a.m.-1:30 p.m.
<b>Potomac Community Village - Zoom Museums Around the Country</b>					
1 Session	R03027-146	Potomac CRC	9/13	F	10:30 a.m.-Noon
<b>Wild West Senior Social / Showdown Costume Party</b>					
1 Session	R03027-148	Praisner CRC	10/31	Th	1-3 p.m.
<b>Yoga for Active Aging Week</b>					
1 Sessions	R07029-103	Damascus SC	10/4	F	11 a.m.-Noon

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# THE REC INSIDER



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**FOR OUR NEWSLETTER TODAY!**





# Sports



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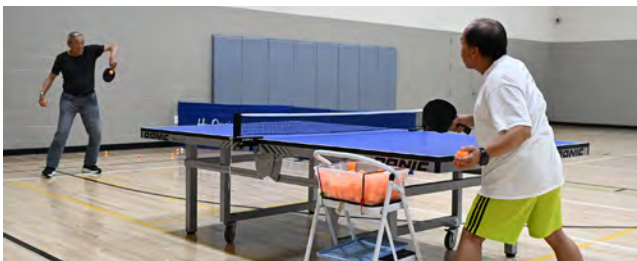
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CLASSES

AQUATICS

Sessions	Activity	Location	Start Date	Day	Time
<b>Basketball Skills Demo</b>					
2 Sessions	R07122-102	Silver Spring RAC	10/8	Tu	1-2:30 p.m.
<b>Billiards</b>					
74 Sessions	R07103-106	Schweinhaut SC	9/3	M-Sa	9 a.m.-4 p.m.
64 Sessions	R07103-102	Damascus SC	9/3	M-F	9 a.m.-4 p.m.
61 Sessions	R07103-105	Holiday Park SC	9/3	M-F	8:45 a.m.-4 p.m.
13 Sessions	R07103-107	Schweinhaut SC	9/7	Sa	9 a.m.-3 p.m.
<b>Drop-in Soccer <span style="background-color: #0070C0; color: white; padding: 2px;">NEW</span></b>					
13 Sessions	R07128-101	N. Potomac CRC	9/4	W	10 a.m.-Noon
7 Sessions	R07128-103	N. Potomac CRC	9/5	Th	4:30-6:30 p.m.
12 Sessions	R07128-102	N. Potomac CRC	9/6	F	10 a.m.-Noon
<b>Cornhole Demo</b>					
1 Session	R07123-101	White Oak CRC	10/22	Tu	11 a.m.-Noon
<b>Open Bocce Ball Play</b>					
26 Sessions	R07124-100	Schweinhaut SC	9/3	Tu,Th	9 a.m.-3 p.m.
<b>Open Table Tennis</b>					
61 Sessions	R07097-102	Holiday Park SC	9/3	M-F	8:45 a.m.-4 p.m.
<b>Shuffleboard Demo and Tournament</b>					
1 Session	R07121-101	Holiday Park SC	9/25	W	5:30-7:30 p.m.
<b>Shuffleboard Demo</b>					
1 Session	R07121-102	White Oak CRC	11/19	Tu	11 a.m.-Noon
<b>Table Tennis (Ping Pong)</b>					
12 Sessions	R07097-108	Schweinhaut SC	9/6	F	10:30 a.m.-Noon
11 Sessions	R07097-107	Schweinhaut SC	9/9	M	Noon-2 p.m.



# PICKLEBALL

[→ CLICK HERE TO REGISTER.](#)

Sessions	Activity	Location	Start Date	Day	Time
<b>Advanced Beginners Pickleball</b>					
10 Sessions	R07091-113	Schweinhaut SC	9/5	Th	2-3 p.m.
<b>Drop-in Pickleball</b>					
9 Sessions	R03027-155	Coffield CRC	8/20	Tu	10 a.m.-3 p.m.
<b>Intermediate Pickleball</b>					
10 Sessions	R07091-114	Schweinhaut SC	9/5	Th	3-4 p.m.
<b>Newbies and Beginners Pickleball</b>					
13 Sessions	R07091-112	Schweinhaut SC	9/5	Th	1-2 p.m.
<b>Open Pickleball</b>					
8 Sessions	R07091-115	Schweinhaut SC	10/4	F	10:30 a.m.-Noon
<b>Outdoor Pickleball (weather permitting)</b>					
6 Sessions	R07091-104	N. Potomac CRC	9/5	Th	4-6:30 p.m.
<b>Pickleball</b>					
12 Sessions	R07091-100	White Oak CRC	9/5	Th	10 a.m.-Noon



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Recreation

Sports

Classes

Aquatics

# REGISTRATION BEGINS MONDAY, AUG. 12 AT 9 A.M.

FOR MORE INFORMATION, VISIT [WWW.MOCOREC.COM](http://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 - 101 International Spy Museum, Washington D.C. .... Th, Sept 26 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$89**

Francis Gary Powers, Jr. will meet us at the Spy Museum where we will explore multiple galleries that include various secrets, coming face-to-face with spies and spy masters. Gary Powers, Jr. will answer questions at the exhibit of the Gary Powers Sr. U-2 spy mission that resulted in his father being shot down and put on trial in the Soviet Union during the Cold War. Lunch on your own at the L'Enfant Plaza food court. Fee includes transportation, admission to the museum and guide fee.

**R07082 - 102 Waterford Fair, an Autumn Celebration of Americana, Waterford, VA ..... F, Oct. 4 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$69**

Shop, play, tour and make memories during this 80-year-old tradition! The Fair is the Mid-Atlantic's quintessential fall festival demonstrating fine heritage contemporary craft artisans, living historians, a juried art show, historic properties tour, local libations and entertainment for all ages. Fee includes transportation and event admission.

**R07082 - 103 Walking Tour Secrets and Scandals on Embassy Row with Guide Rick Snider, Washington D.C.**

..... W, Oct. 9 • Leave: 9 a.m., Return: 3 p.m. • Fee: \$72  
Welcome to DuPont Circle, the heart of Embassy Row. We'll see homes of former presidents along with the Cosmos Club, Spanish Steps, political assassination site and more while passing many of the city's 177 embassies. Lunch is on your own at a restaurant nearby. Fee includes transportation and tour guide.

**R07082 - 104 Rocky Gap Casino Resort, Flintstone, MD ..... Tu, Oct 15 • Leave: 8 a.m., Return: 5 p.m. • Fee: \$69**

Enjoy the magnificent fall foliage through the mountains of western Maryland. Try your luck at the Rocky Gap Casino or take advantage of the fall views, walking trails and dining with majestic lake views. Fee is for transportation.

**R07082 - 105 James Madison's Montpelier, Montpelier Station, VA ..... Th, Oct 17 • Leave: 7 a.m., Return: 5 p.m. • Fee: \$89**

This one-hour guided tour is the most popular way to experience this historic site. Explore the histories and legacies of James and Dolley Madison, the enslaved community and the Constitution as you journey through the landscape and inside the home. Full access to the ground is included with your admission. You will have time on your own after the tour to explore the 'Mere Distinction of Colour' exhibition, David M. Rubenstein Visitor Center and museum shop, Madison family and enslaved community cemeteries, Annie duPont Formal Garden and Mr. Madison's Temple. Lunch will be on your own at a lunch stop nearby. Fee includes transportation, admission and guided tour.

**R07082 - 106 Antietam National Battlefield and Ritchie History Museum, Sharpsburg, MD ..... W, Oct. 23 • Leave: 7:30 a.m., Return: 5:30 p.m. • Fee: \$82**

One of the most preserved battlefields, Antietam inspired Lincoln to issue the Emancipation Proclamation, one of the major turning points in the American Civil War. We will have a guided tour of Civil War related sites as well as the Ritchie History Museum. Lunch will be on your own at a nearby food court. Fee includes transportation, admissions and guided tours.

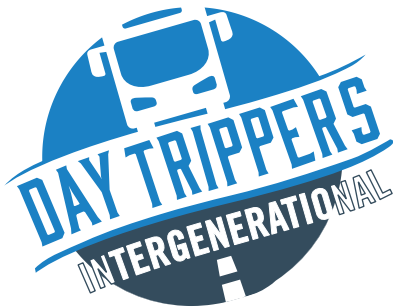
**R07082 - 107 U.S. Botanical Garden "Season's Greenings" exhibit and White House Visitors Center, Washington D.C. .... W, Dec. 4 • Leave: 8 a.m., Return: 3:30 p.m. • Fee: \$64**

Our first stop will be The White House Visitor Center, which offers visitors a window into the president's iconic home. The exhibit area features historical artifacts, interpretive panels, photos and archival footage and interactive elements for visitors of all ages. Security screening is required for entry to the visitor center. We will then make our way to the U.S. Botanical Garden. The popular annual holiday display "Season's Greenings" features model trains in the gated outdoor gardens, festive lights throughout the Garden, poinsettias, holiday decor and landmarks made from plant. We will then make our way to Union Station, decorated for the Holidays, with time on your own to eat at the food court and shop. Fee includes transportation.

**R07082 - 108 Longwood Gardens and Holiday Lights, Kennett Square, PA ..... W, Dec. 11 • Leave: 10:30 a.m., Return: 8:30 p.m. • Fee: \$94**

Visits the gardens and conservatory during the daylight hours. Experience the magic of "A Longwood Holiday" as you never have before, even more spectacular with the opening of "Longwood Reimagined." From our sprawling new West Conservatory to imaginative new outdoor landscapes, experience the season and make incredible new memories. At nightfall revel in hundreds of thousands of lights and delight in beauty at every turn. Meals on your own at the self-service café. Fee includes transportation, admission and Holiday Lights display.





## 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 - 101 Artsfest 2024! Ann Marie Sculpture Gardens, Solomons, MD ..... Sa, Sept. 21 • Leave: 8:30 a.m., Return: 3:30 p.m. • Fee: \$69**

Set amidst the spectacular backdrop of the 30-acre sculpture garden, Artsfest is truly a unique arts experience! Explore the excitement of the Tent Circle and the Arts Building, then wander the shady Wooded Path to find artists and activities nestled in the beautiful woods. Meals on your own at the event. Fee includes transportation and admission.

**R07083 - 102 Fells Point Fun Festival, Baltimore, MD ..... Su, Oct. 6 • Leave: 9:30 a.m., Return: 3:30 p.m. • Fee: \$54**

We're the largest live music event in Baltimore, but that's not all! We have hundreds of food and retail vendors. Come on down to our neighborhood for a cool beverage, a crab cake, some Maryland flag swag and listen to great bands. We power the most fun weekend in Charm City. Fee includes transportation.

**R07083 - 103 60th Bedford Fall Festival, Bedford, PA ..... Su, Oct. 13 • Leave: 7:30 a.m., Return: 5:30 p.m. • Fee: \$64**

Bedford's fall foliage brings people together over crafts, art, music and fellowship. Centered in the historic downtown, the festival brings the best local arts, crafts and culture together in the crisp mountains of central Pennsylvania. Handmade clothes and apparel, jewelry, furniture, home decor, seasonal items, festive treats and more. Fee includes transportation.

**R07083 - 104 Oysterfest Chesapeake Bay Maritime Museum, St. Michaels, MD ..... Sa, Oct. 26 • Leave: 8 a.m., Return: 4:30 p.m. • Fee: \$79**

The event featuring live music, boat rides, oysters, cooking demos and varieties of food for purchase to enjoy. Fee includes transportation and entrance.

**R07083 - 105 Beautiful: The Carol King Musical, Riverside Center for the Performing Arts, Fredericksburg, VA ..... Su, Oct. 27 • Leave: 10:15 a.m., Return: 8:15 p.m. • Fee: \$119**

Before she was hit-maker Carole King, she was Carole Klein, a spunky, young songwriter from Brooklyn with a unique voice. From the chart-topping hits she wrote for the biggest acts in music to her own life-changing, trailblazing success with tapestry, Beautiful: The Carole King Musical takes you back to where it all began. Featuring beloved songs including "I Feel the Earth Move," "One Fine Day," "(You Make Me Feel Like) A Natural Woman," "You've Got a Friend," and the title song, "Beautiful." Fee includes transportation, pre-show meal and show.

**R07083 - 106 Kitchen Shoppe Gourmet Lunch Demo and Shopping, Carlisle, PA ..... Th, Nov. 7 • Leave: 9 a.m., Return: 5 p.m. • Fee: \$98**

We will enjoy a full gourmet lunch demo served to us from all courses and shopping at the 20,000-item retail store. Fee includes transportation, full-demo and lunch service.

**R07083 - 107 DANIEL at Sight & Sound Theatres®, Lancaster, PA ..... Th, Nov. 14 • Leave: 8:45 a.m., Return: 7:45 p.m. • Fee: \$162**

Taken from his people, Daniel is exiled far from home in the perilous kingdom of Babylon. Now this faithful servant must navigate his new life inside a palace filled with golden statues and shifting empires. From the fiery furnace to the infamous den of lions, DANIEL is a spectacular theatrical experience for the whole family. Witness one of the Bible's most powerful stories as it comes to life in this brand-new original stage production. Fee includes transportation, pre-show lunch at a restaurant nearby and show.

**R07083 - 108 Tea Affair, Lititz, PA ..... F, Dec. 6 • Leave: 9 a.m., Return: 5 p.m. • Fee: \$94**

Experience a full high tea and retail shopping located in the heart of America's "Coolest Small Town," Lititz, PA. We will have time to shop in the town which will be decorated and stocked for the holidays. Fee includes transportation and full high tea.

**R07083 - 109 The Candelight Dinner Theatre, "Holiday Inn," Wilmington, DE ..... Su, Dec. 22 • Leave: 10:15 a.m., Return: 7:45 p.m. • Fee: \$119**

A Connecticut farmhouse is transformed into an inn featuring shows to celebrate each holiday from Thanksgiving to the Fourth of July. Inspired by the Academy Award-winning film of the same name, Holiday Inn is a story of romance with a mix of small-town living, bright lights and the lure of stardom. This joyous musical features thrilling dance numbers, laugh-out-loud comedy and nearly two dozen Irving Berlin classics. Fee includes transportation, pre-show meal and show.

# FACILITY ADDRESSES

**Registration begins Monday, August 12 for most fall programs**

**Registration begins Tuesday, August 13 for fall Aquatics programs**



**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., Silver Spring 20902
Bethesda ES.....	7600 Arlington Rd, Bethesda 20814
Glenallan ES.....	12520 Heurich Rd, Silver Spring 20902
Luxmanor ES.....	.6201 Tilden Ln, Rockville 20852
Oakland Terrace ES.....	2720 Plyers Mill Rd, Silver Spring 20902
Rock View ES.....	.3901 Denfeld Ave., Kensington 20895
Sligo Creek ES.....	.500 Schuyler Rd, Silver Spring, 20910

## MIDDLE SCHOOLS

Agryle MS.....	2400 Bel Pre Rd, Silver Spring 20906
Cabin John MS.....	10701 Gainsborough Rd, Potomac 20854
Tilden MS.....	.6300 Tilden Ln, Rockville 20852
Wood MS.....	.14615 Bauer Dr, Rockville 20853
White Oak MS.....	12201 New Hampshire Ave, Silver Spring 20904

## HIGH SCHOOLS

Paint Branch HS.....	14121 Old Columbia Pike, Burtonsville 20866
Thomas S. Wootton.....	2100 Wootton Pkwy, Rockville 20850
Wheaton HS.....	12401 Dalewood Dr, Silver Spring 20906

## 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

Arcola LP.....	11501 Channing Dr, Silver Spring 20902
Bauer Drive LP.....	14625 Bauer Dr, Aspen Hill 20853
Cabin John RP.....	.7400 Tuckerman Lane, Bethesda, 20817
Calverton Galway LP.....	3039 Fairland Rd, Silver Spring 20904
Fernwood LP.....	.6708 Michaels Dr, Bethesda 20817
Layhill Village LP.....	1920 Queensguard Road, Wheaton, 20906
Long Branch LP.....	.509 E. University Blvd., Silver Spring 20901
Olney Manor RP.....	.16601 Georgia Ave., Olney, 20832
Ridge Road RP.....	21155 Frederick Rd, Germantown, 20876
Tilden Woods LP.....	.6800 Tilden Ln, Rockville 20852
Veirs Mill LP.....	4425 Garrett Park Rd, Silver Spring 20906
Wheaton RP.....	2000 Shorefield Road, Wheaton, 20902

## OTHER FACILITIES

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

# PAYMENT AND REFUND INFORMATION

New Refund Policy  
Effective Monday, May 13

## WAYS TO REGISTER

### ONLINE

Credit Card payment only. Register 24 hours a day, seven days a week for all activities at [www.ActiveMONTGOMERY.org](http://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, noncounty 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 <b>14 (fourteen)</b> calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	<b>Full refund</b>
	Less than <b>14 (fourteen)</b> calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	<b>Refund less 50% of the total fee</b>
	On activity start date or later; After league schedule is posted	N/A	<b>No refund will be issued</b>
Rentals	At least <b>30 (thirty)</b> calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	<b>Full refund</b>
	Less than 30 (thirty) calendar days before start date	Any reason, ONLINE, EMAIL or IN PERSON	<b>Refund less 50% of the total fee</b>
	On rental date	N/A	<b>No refund will be issued</b>
For classes/sessions/games missed by participant		<b>No refund will be issued</b>	For more information visit <a href="http://www.mocorec.com">www.mocorec.com</a>
When make up sessions are offered			
Memberships			



### Withdrawal Methods:

Online: at [www.ActiveMONTGOMERY.org](http://www.ActiveMONTGOMERY.org)  
Email: [Rec.FinanceOffice@MontgomeryCountyMD.gov](mailto:Rec.FinanceOffice@MontgomeryCountyMD.gov)  
In Person with signature:  
Recreation Administrative Office  
2425 Reedie Drive  
10<sup>th</sup> 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](mailto: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](mailto:recreation.customerservice@montgomerycountymd.gov)

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



MONTGOMERY COUNTY  
Recreation

# FALL 2024

# WHERE THE FUN BEGINS

Registration for most fall programs begins  
**Monday, Aug. 12**

Registration for fall Aquatic programs begins  
**Tuesday, Aug. 13**

## 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](http://www.mocorec.com)



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



[recreation.customerservice@montgomerycountymd.gov](mailto:recreation.customerservice@montgomerycountymd.gov)



MONTGOMERY COUNTY  
*Recreation*