

MONTGOMERY COUNTY RECREATION



55 & Better

ACTIVITIES FOR SENIORS

FALL 2025



MONTGOMERY COUNTY
Recreation



55+ PROGRAMS

All 55+ programs are free unless noted otherwise.

ARTS AND CRAFTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
6	Chalk Pastel*	R07095-165	Silver Spring	10/9	Th	12:30-2:30 p.m.
3	Cardmaking	R07095-118	Schweinhaut	9/13	Sa	9:30 a.m.-2:30 p.m.
24	Ceramic Class	R07098-105	Schweinhaut	9/2	Tu,Th	9:30 a.m.-1 p.m.
8	Ceramic Class*	R07098-106	Silver Spring	9/17	W	Noon-3:30 p.m.
13	Drawing Club*	R07052-111	Damascus CRC	9/3	W	2-3 p.m.
2	Evening Crafters	R07095-120	North Potomac	10/15	W	5:15-6:45 p.m.
13	Fun with Art	R07052-105	Schweinhaut	9/3	W	10 a.m.-Noon
11	Intro to Drawing	R07095-102	Wheaton	9/4	Th	11 a.m.-Noon
11	Jewelry Club (Non-Instructional)	R07117-102	Wheaton	9/4	Th	1-2:30 p.m.
12	Mosaics*	R07095-138	Damascus CRC	9/2	Tu	9:30-11:30 a.m.
2	Origami Class	R07096-103	Schweinhaut	10/6	M	1-3 p.m.
11	Painting with Acrylics	R07095-103	Wheaton	9/5	F	11 a.m.-1 p.m.
6	Watercolor	R03027-187	Lawton	9/2	Tu	1-2:30 p.m.
3	Watercolor Art*	R07095-150	North Potomac	10/14	Tu	10 a.m.-Noon
12	Watercolor Painting	R07052-104	Long Branch	9/9	Tu	10-11 a.m.
6	Watercolor Painting*	R07095-163	Damascus CRC	9/29	M	10 a.m.-Noon
6	Watercolor Painting	R07095-164	Silver Spring	10/6	M	12:30-2:30 p.m.
8	Watercolor Painting	R03027-169	Mid-County	10/22	W	10:30-11:45 a.m.

*This activity has a fee.

KNITTING AND CROCHET

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Beginning Knitting	R07003-107	Long Branch	9/3	W	1:15-2:15 p.m.
13	Knit and Crochet Group	R07003-101	North Potomac	9/2	Tu	1-3 p.m.
16	Knit and Crochet Workshop	R07003-108	Holiday Park	9/3	W	10-11:30 a.m.
13	MSSC Stitchers	R07003-104	Schweinhaut	9/3	W	1-3 p.m.
10	Needlecraft, Crochet and Sewing Club	R07053-103	Silver Spring	9/19	F	2-4 p.m.
12	Needlecraft Club	R07053-120	Damascus CRC	9/4	Th	10:30 a.m.-12:30 p.m.
22	Needles and Yarn	R07003-102	Wheaton	9/2	M,Tu	1-3 p.m.
12	Quilting Club	R07053-115	Damascus CRC	9/8	M	2-3:45 p.m.

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ARTS

PERFORMING ARTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
6	Seasoned Players	R07056-102	Schweinhaut	9/3	W	1:30-3:30 p.m.
12	Readers' Theater	R07056-104	Damascus CRC	9/8	M	2:30-3:30 p.m.

PHOTOGRAPHY

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
8	Photography Club	R07001-102	Holiday Park	9/3	W	10 a.m.-Noon

WOOD CARVING-WOODWORKING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
15	Woodcarving	R07002-102	Holiday Park	9/5	F	1-3 p.m.

SENIOR OPEN GYM

Open gym activities are available for individuals 55 and up.

VIEW OPEN GYM SCHEDULE







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DANCE



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
16	Ballroom Line Dance Practice	R07011-108	Holiday Park	9/8	M	10-10:50 a.m.
13	Ballroom Dance Lessons	R07050-110	Schweinhaut	9/3	W	Noon-1:30 p.m.
12	Ballroom Dancing (Non-Instructional)	R07129-111	Damascus CRC	9/4	Th	1-2:30 p.m.
23	Ballroom/Line Dance	R07011-104	Wheaton	9/3	W,Th	1-2 p.m.
8	Biodanza	R07028-104	Holiday Park	10/3	F	9:45-10:50 a.m.
13	Chinese Classical Folk Dance	R07009-105	North Potomac	9/2	Tu	2-3:30 p.m.
11	Chinese Folk Dance	R07012-106	Wheaton	9/8	M	1-2 p.m.
13	Chinese Folk Dancing	R07009-103	North Potomac	9/3	W	10:30-11:30 a.m.
13	Chinese Folk Dancing	R07009-100	White Oak	9/2	Tu	10:30 a.m.-Noon
15	Chinese Folk Dancing (Beginner)	R07009-118	Holiday Park	9/5	F	11-11:50 am
12	Dance for Posture and Elegance (Mandarin)	R07009-115	North Potomac	9/4	Th	1-3 p.m.
12	International Ballroom Dancing	R07057-101	North Potomac	9/3	W	1-3 p.m.
12	International Folk Dance Instruction Class	R07009-113	North Potomac	9/5	F	12:15-1:15 p.m.
13	Line Dancing	R03027-131	Potomac	9/30	Tu	10:15-11:15 a.m.
13	Line Dancing	R03027-192	Potomac	9/24	W	10:30-11:30 a.m.
12	Line Dancing	R03027-191	Potomac	9/25	Th	10:30-11:30 a.m.
12	Line Dancing	R03027-138	Potomac	9/26	F	10:15-11:15 a.m.
13	Line Dancing	R07011-110	Schweinhaut	9/6	Sa	10:30 am-Noon
10	Line Dancing	R07011-112	North Potomac	9/12	F	1:30-2:15 p.m.
11	Martial Arts Health Dance	R07008-101	North Potomac	9/6	Sa	9:30-11 a.m.
13	Martial Arts Health Dance and Fan	R03027-111	Potomac	9/22	M	10:30-11:30 a.m.
12	Martial Arts Health Dance and Fan	R03027-112	Potomac	9/27	Sa	2-4 p.m.
8	Salsa Dancing	R03027-1100	Mid-County	9/9	Tu	10:30-11:30 a.m.
4	Salsa Dancing	R07012-113	Silver Spring	10/23	Th	10-11 a.m.
12	Soul Line Dance	R07005-110	White Oak	9/4	Th	10:15-11:15 a.m.
8	Superpower Line Dance	R03027-170	Mid-County	9/29	M	1-2 p.m.
8	Superpower Line Dance	R07005-101	Silver Spring	9/16	Tu	12:30-1:30 p.m.
12	Tap Dance	R07007-122	Damascus CRC	9/8	M	11 a.m.-12:30 p.m.
8	Urban Line Dance	R03027-143	Mid-County	10/2	Th	1-2 p.m.

SOAR

DAY TRIPPERS

Mini Trips

View Fall 2025 Trips and Tours



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EDUCATIONAL

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
31	Active Golden Meet and Greet	R07092-107	Holiday Park	9/2	Tu,F	9-10 a.m.
16	Active Living in Spanish- Cafecito y Amistad	R07087-104	Holiday Park	9/8	M	10-10:50 a.m.
7	Arm Chair Adventure	R07088-105	White Oak	9/10	W	12:45-1:45 p.m.
10	Artificial Intelligence Lecture Series	R07105-125	North Potomac	10/13	M,W	2:30-3:30 p.m.
9	Basic English Conversation for Mandarin Speakers	R07061-104	North Potomac	9/15	M	9:30-10:30 a.m.
11	Beginner English	R07061-101	Wheaton	9/5	F	11 a.m.-Noon
13	Beginner Italian Class	R07021-109	Schweinhaut	9/3	W	1-2 p.m.
12	Beginner Plus Spanish	R07015-112	Schweinhaut	9/4	Th	10:30-11:30 a.m.
12	Beginner Spanish	R07015-111	Schweinhaut	9/4	Th	9:30-10:30 a.m.
11	Beginner Spanish	R07118-101	Wheaton	9/8	M	10-11 a.m.
16	Behind the Headlines - Discussion Group	R07063-105	Holiday Park	9/8	M	10-11:25 a.m.
12	Bonjour! Basic French Conversation and Culture	R07019-102	North Potomac	9/9	Tu	2-3 p.m.
4	Book Club	R07065-102	Holiday Park	9/17	W	3-4 p.m.
2	Book Discussion	R07065-105	Schweinhaut	9/9	Tu	1-2:30 p.m.
16	Charla con Arte (Español)	R07087-103	Holiday Park	9/8	M	11-11:50 a.m.
3	Coffee and Conversation with Staff	R07092-108	Schweinhaut	9/18	Th	9:30-10:15 a.m.
62	Coffee Social	R07092-109	Long Branch	9/2	M-F	9-10:30 a.m.
62	Coffee Social	R07092-118	Damascus CRC	9/2	M-F	9-11 a.m.
10	Computer Essentials	R07084-119	Holiday Park	10/14	Tu,Th	10-11:15 a.m.
11	Conversational Spanish	R07015-101	Wheaton	9/5	F	10-11 a.m.
10	Conversational Spanish for Beginners	R07015-113	North Potomac	9/10	W	4-5:30 p.m.
15	Coping with Change	R07076-104	Holiday Park	9/4	Th	10:30-11:30 a.m.
12	Coping with Change	R07076-108	Damascus CRC	9/4	Th	11 a.m.-Noon
12	Coping with Change	R07076-109	North Potomac	9/5	F	10-11 a.m.
16	Coping with Change in Spanish - Superando los Cambios: Grupo de Apoyo Emocional	R07076-105	Holiday Park	9/2	Tu	11-11:50 a.m.
31	Cultural and Positive English Exercise	R07061-109	Holiday Park	9/2	Tu,Th	10 a.m.-Noon
24	English Conversation Group	R07021-110	Schweinhaut	9/4	M,Th	1-2:30 p.m.
11	English Reading and Writing for Mandarin Speakers	R07061-105	North Potomac	9/10	W	9:30-10:15 a.m.
16	Everyday English	R07061-108	Holiday Park	9/3	W	11-11:50 a.m.
31	Everyday English (Basic)	R07061-107	Holiday Park	9/2	Tu,Th	9:50-10:40 a.m.
13	French Conversation	R07019-103	Schweinhaut	9/13	Sa	1-2:30 p.m.



EDUCATIONAL

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
4	Fire Safety, One Cup of Coffee or Chocolate at a Time	R07092-104	Holiday Park	9/17	W	9:30-11 a.m.
13	Intermediate Italian Class	R07021-107	Schweinhaut	9/3	W	2-3 p.m.
11	Intermediate Spanish	R07118-103	Wheaton	9/2	Tu	10-11 a.m.
10	Jai Ho Discussion and Social Group	R07312-102	North Potomac	9/8	M	11:30 a.m.-1 p.m.
16	Max You	R07043-102	Holiday Park	9/2	Tu	10:30-11:30 a.m.
12	Memoir Writing	R07058-105	Wheaton	9/3	W	10-11:30 a.m.
8	Memoir Writing	R07058-110	Silver Spring	9/18	Th	1-2:30 p.m.
3	Military Discussion Group	R07312-103	Schweinhaut	9/10	W	1-2 p.m.
24	Nutrition 101	R07024-106	Schweinhaut	9/2	Tu,Th	1:30-2:30 p.m.
2	Reader's Delight Book Club	R07078-105	White Oak	9/9	Tu	10:30-11:30 a.m.
6	Rose and Bud - Discussion Group	R07063-106	Holiday Park	9/11	Th	11 a.m.-Noon
12	Sante Senior Circle (Formerly Coping with Change)	R07076-100	White Oak	9/8	M	11-11:50 a.m.
16	Senior Coffee House	R03027-186	Lawton	9/4	Th	9:30 a.m.-12:30 p.m.
25	Tech Tutoring	R07084-128	Long Branch	9/2	Tu,Th	11 a.m.-3 p.m.
13	VASA Support Group (in Vietnamese)	R07111-105	Long Branch	9/5	F	10 a.m.-1 p.m.
8	Wellness Matters	R07028-119	Silver Spring	9/16	Tu	9-10:30 a.m.
10	Wellness Wednesdays with University of MD Nursing Students	R07028-102	North Potomac	9/10	W	9 a.m.-3 p.m.
6	Writers Group	R07058-108	Schweinhaut	9/2	Tu	10 a.m.-Noon
15	Writers Group	R07058-109	Holiday Park	9/5	F	10-11:25 a.m.



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FITNESS

AEROBIC DANCE

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
11	Ballet	R07012-103	Wheaton	9/2	Tu	1:30-2:30 p.m.
12	Ballet	R07012-102	Wheaton	9/3	W	2:15-3:15 p.m.
10	Ballet	R07012-133	Silver Spring	9/17	W	10-11 a.m.
13	Cardio Dance Fitness	R07012-139	Wheaton	9/3	W	9:05-9:40 a.m.
17	Cardio Fit	R07012-143	North Potomac	9/3	W	9:15-10:15 a.m.
12	Chinese Dance and Fitness	R07012-107	Wheaton	9/3	W	9-10:45 a.m.
12	Dance Fitness	R07012-136	Schweinhaut	9/8	M	9:30-10:30 a.m.
12	Dance with Me!	R07011-111	Wheaton	9/8	M	9:05-9:55 a.m.
8	Grooves and Moves Dance Fitness	R07012-110	Silver Spring	9/18	Th	2-3 p.m.
4	Jazz Dance	R07012-112	Silver Spring	9/19	F	2-3 p.m.
16	Move and Groove Dance Fitness	R07012-124	Holiday Park	9/8	M	2:30-3:30 p.m.
15	Move and Groove Dance Fitness	R07012-125	Holiday Park	9/3	W	2:30-3:30 p.m.
12	Move to the Beat	R07012-134	Long Branch	9/4	Th	12:45-1:45 p.m.
25	Superpower Dance Circle	R07012-111	Long Branch	9/2	Tu,Th	10-11 a.m.
13	Superpower Dance Circle	R07012-122	Wheaton	9/3	W	11-11:45 a.m.
13	Superpower Dance Circle	R07012-144	Schweinhaut	9/3	W	9-10 a.m.
12	Superpower Dance Circle	R07012-123	White Oak	9/4	Th	12:45-1:45 p.m.
10	Superpower Dance Circle	R07012-132	Silver Spring	9/20	Sa	11 a.m.-Noon
11	Yuan Chi Dance	R07012-108	Wheaton	9/8	M	2:30-4 p.m.


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FITNESS

LOW-IMPACT



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
15	Active Golden Gentle Exercise	R07039-112	Holiday Park	9/5	F	10-10:50 a.m.
8	Balance and Mobility	R07039-132	Silver Spring	9/16	Tu	3-4 p.m.
13	Balance Boom	R07060-100	White Oak	9/3	W	11 a.m.-Noon
9	Balance Boom with Everest Wellness	R07039-115	Silver Spring	9/15	M	10:15-11:15 a.m.
6	Basic Functional Balance Exercise	R07030-102	Schweinhaut	9/5	F	9:30-10:30 a.m.
12	Chairobics	R07066-113	Damascus CRC	9/2	Tu	10-10:45 a.m.
13	Chairobics	R07066-114	Damascus CRC	9/3	W	10-10:45 a.m.
12	Chairobics	R07066-115	Damascus CRC	9/4	Th	10-10:45 a.m.
12	Chairobics	R07066-116	Damascus CRC	9/5	F	10-10:45 a.m.
10	Fitness Boot Camp	R07039-113	Silver Spring	9/20	Sa	9:30-10:30 a.m.
3	Fitness Room Orientation	R07039-131	Damascus CRC	9/8	M	11 a.m.-Noon
12	Full Body Workout	R07041-104	Wheaton	9/2	Tu	9:05-9:55 a.m.
12	Gentle Spin	R07039-100	White Oak	9/8	M	10-11 a.m.
9	Happy Soles (Walking Club)	R07035-123	Wisconsin Place	9/25	Th	10:30-11:30 a.m.
22	Heart Plus Exercise	R07041-107	North Potomac	9/9	Tu,Th	3:30-4:30 p.m.
10	LaBlast Fitness	R03027-189	Longwood	9/18	Th	10-11 a.m.
3	Low Impact Exercise	R07060-133	Schweinhaut	9/12	F	9:30-10:30 a.m.
10	Low Impact Exercise	R03027-182	Clara Barton	9/15	M	11:30 a.m.-12:30 p.m.
13	Low Impact Exercise	R03027-177	Potomac	9/24	W	10:30-11:30 a.m.
24	Low Impact Exercise Video	R07060-111	White Oak	9/4	Th,F	10:30 a.m.-Noon
12	Muscle Up!	R07030-105	Wheaton	9/5	F	1:30-2:30 p.m.
10	Muscle Up!	R07039-114	Silver Spring	9/21	Su	1-2 p.m.
16	Music and Fun Exercise Active Golden	R07039-120	Holiday Park	9/2	Tu	10:30-11:15 a.m.
10	Sit and Be Fit	R07039-117	Silver Spring	9/19	F	1-2 p.m.
36	Stretching Exercises	R07041-108	North Potomac	9/3	M,W,F	9:30-10:45 a.m.
13	Trail Walking Club	R07035-122	Damascus CRC	9/3	W	9:15-10:15 a.m.
12	Walking Club	R07035-121	Damascus CRC	9/8	M	10-11 a.m.
13	Wheaton Walks	R07035-102	Wheaton	9/3	W	9:30-11 a.m.

STRENGTH TRAINING

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Balance Boom	R07060-100	White Oak	9/3	W	11 a.m.-Noon
3	Cardio Drumming	R07060-183	Schweinhaut	9/17	W	10:30-11:30 a.m.
13	Fall Prevention and Balance Exercise	R07060-102	Long Branch	9/3	W	11 a.m.-Noon
3	Kickboxing	R07060-132	Schweinhaut	9/19	F	9:30-10:30 a.m.
11	Steady Strength	R07060-182	Damascus CRC	9/11	Th	6:15-7:15 p.m.

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FITNESS

ZUMBA

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Zumba	R07070-102	Wheaton	9/2	Tu	11 a.m.-Noon
13	Zumba	R07070-120	Long Branch	9/2	Tu	2-3 p.m.
13	Zumba	R07070-124	Damascus CRC	9/3	W	11 a.m.-Noon
10	Zumba	R03027-190	Longwood	9/3	W	12:45-1:45 p.m.
12	Zumba	R07070-103	Wheaton	9/4	Th	11-11:45 a.m.
12	Zumba	R07070-114	Wheaton	9/5	F	9:45-10:45 a.m.
11	Zumba	R07070-111	North Potomac	9/8	M	9:15-10:15 a.m.
10	Zumba	R03027-139	Clara Barton	9/17	W	3-4 p.m.
9	Zumba	R07070-130	Silver Spring	9/18	Th	6:30-7:30 p.m.
25	Zumba Gold	R07070-100	White Oak	9/2	Tu,Th	9:05-10:05 a.m.
12	Zumba Gold	R07070-128	Damascus CRC	9/4	Th	5-6 p.m.
12	Zumba Gold	R07070-115	Wheaton	9/8	M	1:30-2:30 p.m.
10	Zumba Gold	R03027-188	Longwood	9/16	Tu	11:15 a.m.-12:15 p.m.
10	Zumba Gold	R07071-106	Silver Spring	9/19	F	10-11 a.m.
8	Zumba Gold	R03027-142	Mid-County	9/25	Th	11:15 a.m.-12:15 p.m.
25	Zumba Video	R07070-131	North Potomac	9/2	Tu,Th	9:30-10:15 a.m.



IMPORTANT: DAMASCUS SENIOR CENTER PROGRAMS

DAMASCUS SENIOR CENTER PROGRAMMING IS AVAILABLE AT THE DAMASCUS COMMUNITY RECREATION CENTER

Damascus Senior Center is closed for renovations.

Damascus Senior Center programs and activities will be held at
Damascus Community Recreation Center
 25520 Oak Drive, Damascus

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GAMES



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
23	American Mah Jongg	R07047-101	Wheaton	9/3	M,W	1-4 p.m.
12	American Mah Jongg	R07047-103	North Potomac	9/4	Th	1-4 p.m.
11	American Mah Jongg	R07047-110	North Potomac	9/8	M	10 a.m.-Noon
16	American Mah Jongg Club	R07047-104	Holiday Park	9/8	M	1-4 p.m.
11	Beginner American Mah Jongg	R07047-162	Damascus CRC	9/3	W	11:30 a.m.-3 p.m.
10	Beginners Bridge	R07074-106	Silver Spring	9/17	W	12:30-2:30 p.m.
25	Beginners Bridge Play	R07074-111	North Potomac	9/2	Tu,Th	1-3 p.m.
13	Bingo	R07085-102	Long Branch	9/2	Tu	1-2 p.m.
23	Bingo	R07085-112	Schweinhaut	9/4	M,Th	10:30-11:30 a.m.
9	Bingo	R07085-111	Silver Spring	9/18	Th	12:30-1:30 p.m.
9	Board Games	R07112-111	Silver Spring	9/15	M	1-3 p.m.
12	Brain Games	R07090-102	White Oak	9/8	M	10-11 a.m.
10	Brain Games	R07090-101	Silver Spring	9/15	M	9:30-10:30 a.m.
12	Bridge Club	R07074-110	Damascus CRC	9/2	Tu	11 a.m.-3 p.m.
12	Canasta Club	R07112-113	Damascus CRC	9/4	Th	12:30-3:30 p.m.
16	Card and Board Game Day	R03027-185	Lawton	9/4	Th	1-3:30 p.m.
12	Chess Club	R07110-104	Schweinhaut	9/8	M	10:30 a.m.-1 p.m.
13	Chinese Mahjong	R07047-108	North Potomac	9/3	W	10 a.m.-Noon
12	Chinese Mahjong	R07047-111	North Potomac	9/5	F	12:15-2:15 p.m.
16	Duplicate Bridge	R07074-107	Holiday Park	9/3	W	12:45-3:45 p.m.
13	Mahjong	R03027-132	Potomac	9/29	M	1-3 p.m.
13	Mahjong	R03027-133	Potomac	9/30	Tu	6:30-8:30 p.m.
15	Open Party Bridge	R07075-103	Holiday Park	9/5	F	12:45-3:30 p.m.
13	Pinochle	R07099-104	Schweinhaut	9/3	W	1-3 p.m.
11	Play for Fun	R07117-108	Wheaton	9/8	M	11 a.m.-Noon
6	Qigong	R03027-156	Mid-County	11/4	Tu	10-11 a.m.
9	Rummikub	R07086-104	Silver Spring	9/18	Th	9:30-11:30 a.m.
10	Rummikub	R07086-107	North Potomac	9/8	M	1:15-3:15 p.m.
78	Rummikub Club	R07086-103	Holiday Park	9/2	M-F	1-4 p.m.
16	Rummikub Club	R07086-106	Holiday Park	9/2	Tu	11 a.m.-2 p.m.
16	Scrabble	R07073-105	Holiday Park	9/3	W	1-3:45 p.m.



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HEALTH AND WELLNESS

HEALTH SCREENINGS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
13	Blood Pressure Screening	R07108-113	Schweinhaut	9/5	F	1-2 p.m.
3	Blood Pressure Screening	R07108-135	Damascus CRC	9/10	W	10:30-11:30 a.m.
8	Wellness Matters	R07028-119	Silver Spring	9/16	Tu	9-10:30 a.m.
10	Wellness Wednesdays with University of MD Nursing Students	R07028-102	North Potomac	9/10	W	9 a.m.-3 p.m.

MEDITATION

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
12	Mindfulness Art	R07077-103	North Potomac	9/4	Th	10:30-11:30 a.m.
15	Mindfulness Meditation	R07077-106	Holiday Park	9/5	F	11-11:50 a.m.

YOGA

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
9	Chair Yoga	R07029-111	Silver Spring	9/15	M	3-4 p.m.
12	Chair Yoga	R07032-105	Wheaton	9/2	Tu	3-4 p.m.
12	Chair Yoga	R07032-114	Long Branch	9/4	Th	9-10 a.m.
12	Chair Yoga	R07029-125	Damascus CRC	9/8	M	9:45-10:45 a.m.
13	Gentle Yoga	R03027-176	Potomac	9/30	Tu	Noon-1 p.m.
12	Laughter Yoga	R07032-103	Wheaton	9/4	Th	10-11 a.m.
12	Seated Yoga	R07032-125	White Oak	9/8	M	12:45-1:45 p.m.
11	Slow Flow Yoga	R07029-107	North Potomac	9/11	Th	2-3 p.m.
13	Yin Yoga	R07032-113	Schweinhaut	9/6	Sa	9:15-10:15 a.m.
13	Yoga	R07029-118	Damascus CRC	9/3	W	2:15-3:15 p.m.
12	Yoga	R07029-117	Damascus CRC	9/5	F	11 a.m.-Noon
11	Yoga	R07032-126	Long Branch	9/8	M	1-2 p.m.
6	Yoga	R03027-183	Lawton	10/7	Tu	11 a.m.-Noon
6	Yoga	R03027-184	Lawton	10/9	Th	10:30-11:30 a.m.
6	Yoga	R03027-168	Mid-County	10/13	M	10-11 a.m.
12	Yoga For All	R07029-110	White Oak	9/5	F	9-10 a.m.
8	Yogalates	R07032-112	Silver Spring	9/16	Tu	6:30-7:30 p.m.
13	Yogalates	R07032-104	Wheaton	9/3	W	9:45-10:45 a.m.
13	Yogalates	R07032-127	Long Branch	9/5	F	1-2 p.m.


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BONEBUILDERS

Fall 2025

SEPT. 2-NOV.26

FREE
AGES 55+

CLASSES ARE DESIGNED
TO INCREASE
BONE DENSITY.

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MORE

Location	Activity	Date	Days	Time
Bauer Drive 1	R03010-102	9/3	M,W	11:30 a.m.-12:30 p.m.
Bauer Drive 2	R03010-103	9/2	Tu,Th	1:30-2:30 p.m.
Clara Barton	R03010-104	9/8	M,W	1:30-2:30 p.m.
Coffield 1	R03010-105	9/2	Tu,Th	9:15-10:15 a.m.
Coffield 2	R03010-124	9/3	M,W	9:15-10:15 a.m.
Damascus CRC	R03010-122	9/2	Tu,Th	2:30-3:30 p.m.
Germantown 1	R03010-106	9/4	M,Th	1-2 p.m.
Germantown 2	R03010-125	9/4	M,Th	2:15-3:15 p.m.
Lawton	R03010-107	9/2	Tu,Th	9:15-10:15 a.m.
Long Branch	R03010-123	9/3	M,W	9:45-10:45 a.m.
Longwood 1	R03010-108	9/3	M,W	11:15 a.m.-12:15 p.m.
Longwood 2	R03010-109	9/3	M,W	2-3 p.m.
Mid-County	R03010-110	9/2	Tu,Th	1-2 p.m.
North Potomac 1	R03010-111	9/3	M,W	10:45-11:45 a.m.
North Potomac 2	R03010-112	9/2	Tu,Th	10:40-11:40 a.m.
North Potomac 3	R03010-113	9/2	Tu,Th	11:50 a.m.-12:50 p.m.
Potomac 1	R03010-114	9/3	M,W	9-10 a.m.
Potomac 2	R03010-117	9/3	M,W	Noon-1 p.m.
Praisner 1	R03010-115	9/3	M,W	11 a.m.-Noon
Praisner 2	R03010-127	9/3	M,W	2-3 p.m.
Ross Boddy	R03010-128	9/2	Tu,Th	Noon-1 p.m.
Schweinhaut	R03010-119	9/2	Tu,Th	10:30-11:30 a.m.
Silver Spring 1	R03010-121	9/2	Tu,Th	10-11 a.m.
Silver Spring 2	R03010-126	9/15	M,W	1-2 p.m.
Wheaton 1	R03010-116	9/2	Tu,Th	9:15-10:15 a.m.
Wheaton 2	R03010-120	9/3	M,W	11 a.m.-Noon
Wisconsin Place	R03010-118	9/9	Tu,Th	1-2 p.m.

Senior Neighborhood Programs

Multiple locations throughout the County

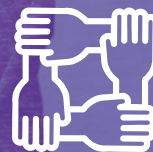
[Click here to view programs.](#)



Fitness and Wellness



Sports and Games



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MONTGOMERY COUNTY
Recreation
WWW.MOCOREC.COM



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[Access online 24/7](#)



View from your desktop, laptop and mobile device.



VISIT WWW.MOCOREC.COM/BULLETIN



MARTIAL ARTS



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
16	Beginners Tai Chi	R07025-109	Holiday Park	9/3	W	9:30-10:20 a.m.
12	Integral Tai Chi	R07025-100	White Oak	9/5	F	1-2 p.m.
10	Intermediate Tai Chi	R07027-104	Silver Spring	9/19	F	9-10 a.m.
11	Intro to Qigong Flow	R07059-104	North Potomac	9/11	Th	9:30-10:15 a.m.
10	Low Impact Aikido	R07028-110	Wheaton	9/19	F	10:55-11:55 a.m.
13	Qigong	R07059-103	Schweinhaut	9/6	Sa	Noon-1 p.m.
11	Qigong	R07059-101	Wheaton	9/5	F	1-2 p.m.
7	Self-Defense	R07028-103	Wheaton	9/18	Th	2-3 p.m.
15	Self-Defense Tae Kwon Do	R07026-102	Holiday Park	9/5	F	2-3 p.m.
12	Tai Chi	R07025-101	Wheaton	9/5	F	10:45-11:45 a.m.
13	Tai Chi	R07025-130	Damascus CRC	9/2	Tu	11 a.m.-Noon
13	Tai Chi	R07025-117	Long Branch	9/3	W	2-3 p.m.
24	Tai Chi	R03027-101	Potomac	9/30	Tu,Th	10:30-11:45 a.m.
10	Tai Chi - Chen 18	R07027-102	North Potomac	9/19	F	2:30-3:30 p.m.
25	Tai Chi (In Person - Beginners Welcome)	R07025-111	White Oak	9/2	Tu,Th	2-3 p.m.
12	Tai Chi Chuan	R07025-113	Schweinhaut	9/2	Tu	2-3 p.m.
15	Tai Chi CMC 37 Yang Style and Chi Gong Exercises	R07025-119	North Potomac	9/12	F	10 a.m.-Noon
16	Tai Chi Exercises	R07025-108	Holiday Park	9/2	Tu	9:30-10:20 a.m.
10	Tai Chi for Beginners	R07025-120	Silver Spring	9/17	W	12:30-1:30 p.m.
5	Tai Chi Beginners 2	R03027-178	Clara Barton	10/22	W	11:30 a.m.-12:30 p.m.
5	Tai Chi Beginners 3	R03027-179	Clara Barton	10/20	M	10-11 a.m.
10	Tai Chi Practice	R07025-118	North Potomac	9/9	Tu	9:30-11 a.m.
16	Tai Chi Sword	R07027-103	Holiday Park	9/8	M	2:30-3:25 p.m.



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MUSIC

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
15	Active Golden Karaoke	R07080-130	Holiday Park	9/5	F	11 am-Noon
16	Active Golden Karaoke	R07080-129	Holiday Park	9/2	Tu	11:20 a.m.-12:10 p.m.
8	African Drumming*	R07115-109	Silver Spring	9/17	W	2-3 p.m.
13	Angklung Music Lessons	R07109-103	Schweinhaut	9/6	Sa	Noon-2 p.m.
13	Chinese Karaoke	R07080-131	North Potomac	9/2	Tu	2-3:30 p.m.
8	Jam Session	R07115-110	Holiday Park	9/3	W	2-3:30 p.m.
11	Let's Practice Ukulele! Club	R07115-102	Wheaton	9/4	Th	1-2 p.m.
4	Piano Club	R07115-107	Holiday Park	9/8	M	2-3:45 p.m.
8	Piano- Intermediate	R07115-105	Silver Spring	9/16	Tu	1:30-2:30 p.m.
12	Sing Along	R07080-106	Long Branch	9/8	M	11 a.m.-Noon
3	Song Circle	R07080-115	Schweinhaut	9/12	F	1:30-3:30 p.m.

*This activity has a fee.

SPECIAL EVENTS

Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
1	Art Show	R07107-109	Holiday Park	9/10	W	1-7 p.m.
1	Boot Camp	R07060-116	White Oak	10/9	Th	6-7:15 p.m.
1	Canvas Creations Workshop*	R07095-166	Silver Spring	10/8	W	12:30-2:30 p.m.
5	Dance Club Friday	R07081-101	Holiday Park	9/26	F	1-3 p.m.
1	Diwali Celebration*	R07107-133	North Potomac	10/17	F	11:30 a.m.-1 p.m.
1	Free Diabetic Shoes by Medicare	R07028-123	North Potomac	11/5	W	10 a.m.-2 p.m.
1	Friendsgiving	R07089-105	Wheaton	11/21	F	11:30 a.m.-1 p.m.
1	Thanksgiving Lunch	R07089-104	Long Branch	11/26	W	11 a.m.-1:30 p.m.
1	Thanksgiving Party	R07107-111	Holiday Park	11/13	Th	1-3 p.m.
1	German Festival Oktoberfest	R07107-118	Holiday Park	9/23	Tu	1-3 p.m.
1	Giselle by the Ballet of Maryland	R07107-120	Holiday Park	10/7	Tu	1-2 p.m.
1	Halloween Costume Contest and Social	R07081-105	North Potomac	10/31	F	12:30-2 p.m.
1	Halloween Party	R07107-126	Holiday Park	10/31	F	1-3 p.m.
1	Hawaiian Party	R07107-108	Holiday Park	9/5	F	1-3 p.m.
1	Herbs for Flavor	R07102-101	North Potomac	10/9	Th	10:30-11:30 a.m.
1	Hispanic Heritage	R07107-124	Holiday Park	10/10	F	1-3 p.m.
1	Hispanic Heritage Lunch and Music	R07089-103	Long Branch	10/22	W	11 a.m.-1:30 p.m.
1	Line Dance	R07107-103	Holiday Park	9/12	F	1-2:30 p.m.
1	Line Dance	R07107-105	Holiday Park	9/24	W	5:30-6:30 p.m.
1	Mid-Autumn Festival	R07107-106	Holiday Park	9/30	Tu	1-3 p.m.
12	New Movie Monday	R07088-100	White Oak	9/8	M	12:30-2 p.m.
1	Outdoor Walking Club Kickoff	R07035-108	White Oak	10/21	Tu	9:30-11:30 a.m.
1	Paint and Sip	R07095-119	North Potomac	10/8	W	4:30-6 p.m.
1	Saxophone-Choir-of-One	R07107-110	Holiday Park	10/28	Tu	1-2 p.m.
1	Street Fair	R07107-107	Holiday Park	9/3	W	5-7 p.m.

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MONTGOMERY COUNTY MARYLAND

Active Aging Week

2025

FOR RESIDENTS 55+



Oct. 6-12  **Go, Grow and Get Active!**



SAVE THE DATE

During this week, individuals are invited to attend FREE programs and activities to help Go, Grow and Get Active!



SCAN

★ SIGNATURE EVENT ★

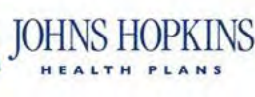
Monday, Oct. 6

9 a.m. – 2 p.m.

Wellness Programs and Activities • 9 a.m. - Noon
Vendor Fair and Health Screenings • Noon - 2 p.m.

Nancy H. Dacek North Potomac CRC
13850 Travilah Road, Rockville

To learn more about changing the way you age, visit ActiveAgingWeek.com



Senior Center Locations

Several
Locations
for Adults
55 and up

Damascus Senior Center is closed for renovations.

Senior Center programming is available at the
Damascus Community Recreation Center
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

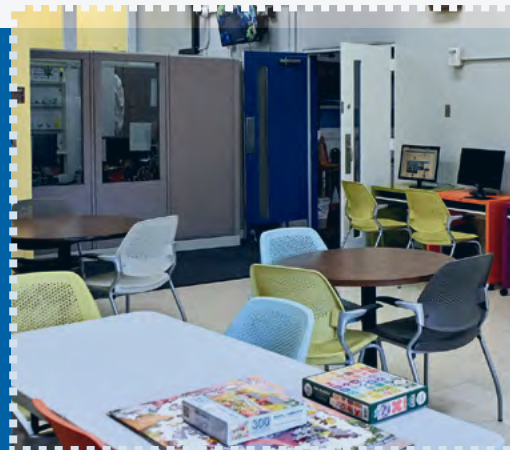
1319 Apple Ave., Silver Spring • 240-777-6900

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/seniors
for more information



SPORTS



Sessions	Class Title	Activity	Location	Start Date	Day(s)	Time
1	Seniors Kickball Fun	R07315-100	North Potomac	10/16	Th	9:15-10:30 a.m.
12	Pickleball	R07091-100	White Oak	9/4	Th	10 a.m.-Noon
5	Outdoor Pickleball	R07091-104	North Potomac	9/11	Th	4-6:30 p.m.
12	Newbies and Beginners Pickleball	R07091-112	Schweinhaut	9/4	Th	1-2 p.m.
12	Advanced Beginners Pickleball	R07091-113	Schweinhaut	9/4	Th	2-3 p.m.
12	Intermediate Pickleball	R07091-114	Schweinhaut	9/4	Th	3-4 p.m.
1	Beginners Pickleball	R07091-116	Silver Spring	10/13	M	12:30-2 p.m.
1	Beginners Pickleball	R07091-117	North Potomac	10/23	Th	10-11:30 a.m.
26	Soccer	R07128-101	North Potomac	9/3	W	9:45 am-Noon
8	Soccer	R07128-104	North Potomac	9/4	Th	5:15-7:30 p.m.
26	Soccer	R07128-102	North Potomac	9/5	F	9:45 a.m.-Noon
25	Walking Soccer	R07128-105	North Potomac	9/8	M	9:45 a.m.-Noon
13	Seated Volleyball and Cornhole	R07093-102	Long Branch	9/5	F	10 a.m.-Noon



2025

INFORMATION & REGISTRATION GUIDE



Maryland Senior Olympics



WELCOME TO THE 2025 SEASON!

"TO PARTICIPATE IS TO WIN!"



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MINI TRIPS

Class Title	Activity	Location	Start Date	Day(s)	Time
99 Ranch Market	R07101-106	North Potomac	9/15	M	9:30-11:15 a.m.
Active Aging Week at N. Potomac Senior Center	R07101-101	Wheaton	10/6	M	9 a.m.-Noon
Active Aging Week Event at NPCC	R07101-120	Schweinhaut	10/6	M	9:30 a.m.-2 p.m.
Amish Market	R07101-160	Damascus CRC	9/25	Th	9:30-11:30 a.m.
Butler's Orchard	R07101-119	Schweinhaut	10/24	F	9 a.m.-Noon
Crossroads Farmers Market	R07101-195	Long Branch	9/10	W	10:45 a.m.-12:15 p.m.
Damascus Fair	R07101-180	Damascus CRC	9/5	Fri	9:30-11:30 a.m.
Dollar Tree	R07101-165	Damascus CRC	10/20	M	9:30-11:30 a.m.
Dollar Tree	R07101-149	Damascus CRC	11/17	M	9:30-11:30 a.m.
Germantown Library	R07101-158	Damascus CRC	9/11	Th	9:30-11:30 a.m.
Glenstone Museum	R07101-107	North Potomac	9/25	Th	9:30-11:15 a.m.
Kensington Antique Row	R07101-175	Wheaton	9/17	W	9:30 a.m.-1:30 p.m.
Laurel Dutch Country Market	R07101-159	Schweinhaut	9/19	F	9:30 a.m.-Noon
Patel Brothers Indian Marketplace	R07101-105	North Potomac	10/7	Tu	9:30-11:15 a.m.
Patel Brothers Indian Marketplace	R07101-169	Damascus CRC	11/19	W	9:30-11:30 a.m.
Trader Joe's Grocery Store	R07101-154	North Potomac	10/22	W	9:30-11:15 a.m.
Wheaton Mall	R07101-183	Wheaton	10/16	Th	9:30 a.m.-Noon

THE REC INSIDER



SIGN UP

**FOR OUR
NEWSLETTER TODAY!**



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REGISTRATION BEGINS TUESDAY, AUG. 12 AT 9 A.M.

FOR MORE INFORMATION, VISIT 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 Port Deposit Museums and Donaldson Brown Estate Tour, Port Deposit, MD Th, Sept. 11 • Leave 8 a.m., Return 4 p.m. • Fee: \$99

We will meet our guide for a tour of the Paw Paw Museum and Bainbridge Museum. Then we'll make our way to the Donaldson Brown Center for a historic estate tour followed by lunch at the estate overlooking the Chesapeake Bay and the Susquehanna River. Fee includes transportation, guided tours and lunch. Trip is held rain or shine.

R07082-102 Rocky Gap Casino Resort and Hiking Trails, Flintstone, MD Tu, Oct. 7 • 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 scenery by walking on the trails and dining with majestic lake views. Fee includes transportation. Trip is held rain or shine.

R07082-103 Thomas Jefferson Monticello Estate Tour, Charlottesville, VA W, Oct. 15 • Leave 7 a.m., Return 6 p.m. Fee: \$92

Take a guided Highlights Tour of Thomas Jefferson's home and explore the iconic architecture that Monticello has to offer. We will have lunch on our own at the Monticello Café or the Farm Shop. Visit the Shop at Monticello to get snacks, books and one-of-a-kind gifts and mementos of your visit. Fee includes admission, guided tour and transportation. Trip is held rain or shine.

R07082-104 East Broad Top Railroad Train Ride, Trolley Ride and Museum Shop Tour, Rockhill, PA Th, Oct. 23 • Leave 7 a.m., Return 6 p.m. • Fee: \$114

Ride the rails on America's oldest operating narrow gauge railroad. First, you will experience a train excursion departing from historic Orbisonia Station. Then we will make an outdoor lunch and nature stop at the Colgate Grove Park facility. Following lunch, we will be picked up by train to return to the station where we will board a vintage trolley for a ride along Blacklog Creek. After the vintage trolley ride, we will experience a guided tour of the Machine Shop. Fee includes transportation, train and trolley rides, guided tour and boxed lunch. Trip is held rain or shine.

R07082-105 Luray Caverns, Luray, VA W, Oct. 29 • Leave 7 a.m., Return 5 p.m. • Fee: \$89

Tour the splendor of the caverns as well as the Car and Carriage Caravan Museum and gift shop. Have lunch on your own at the restaurant stop on the way back home. Fee includes admission and transportation. Trip is held rain or shine.

R07082-106 Naval Academy Walking Tour, Annapolis, MD Th, Nov. 13 • Leave 8:30 a.m., Return 4:30 p.m. • Fee: \$79

Take a guided walking tour of the United States Naval Academy and enjoy time on your own, including lunch, in downtown Annapolis and the City Dock. Fee includes admission, guided tour and transportation. Trip is held rain or shine.

R07082-107 National Harbor and Annmarie Sculpture Garden in Lights, MD Th, Dec. 11 • Leave 11 a.m., Return 10 p.m. • Fee: \$84

Shop and dine at National Harbor before heading out to the Annmarie Garden in Lights festival. The sculpture garden is transformed into a twinkling wonderland of glowing light sculptures, wondrous light installations and photo opportunities around every corner. Walk around on your own to do some holiday shopping or enjoy food trucks and other night activities and entertainment. Fee includes admission to the light show and transportation. Trip is weather permitting.

Photo by: East Broad Top Railroad



East Broad Top Railroad Train Ride, Trolley Ride
and Museum Shop Tour, Rockhill, PA

Activity R07082-104, Thursday, Oct. 23



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 The Tea Cart, Winchester, VA Th, Sept. 18 • Leave 8:30 a.m., Return 4:30 p.m. • Fee: \$106

Enjoy the memorable and nostalgic Royal Ascot tea service at this historic venue. Nestled in historic downtown Winchester, The Tea Cart brings the Old Water Street Inn to life again since being built in 1840. Fee includes transportation and tea service. Trip is held rain or shine. *Note: The Old Water Street Inn is not wheelchair accessible.*

R07083-102 Occoquan's Fall Arts and Crafts Show, Occoquan, VA Sa, Sept. 27 • Leave 8:30 a.m., Return 3:30 p.m. • Fee: \$62

Explore more than 200 artisans, makers, crafters, bakers, demos and more. Enjoy an all-you-can-taste experience on your own with many food and drink vendors on hand while watching musicians perform. Fee includes transportation. Trip is weather permitting.

R07083-103 OysterFest at Chesapeake Bay Maritime Museum, St. Michaels, MD Sa, Oct. 25 • Leave 8 a.m., Return 5 p.m. • Fee: \$79

This is an event featuring live music, boat rides, oysters, cooking demos and many varieties of food that you can purchase and enjoy. Fee includes transportation and entrance. Trip is weather permitting.

R07083-104 Peddler's Village Apple Festival, Lahaska, PA Sa, Nov. 1 • Leave 8 a.m., Return 6 p.m. • Fee: \$72

Celebrate apple season in Peddler's Village with vendors, shops, entertainment, food and beverages. Enjoy all the season has to offer in this magical place. Fee includes transportation. Trip is weather permitting.

R07083-105 Noah at Sight & Sound Theatres, Lancaster, PA Th, Nov. 20 • Leave 9 a.m., Return 8 p.m. • Fee: \$162

With a catastrophic storm on its way, Noah is given a monumental task: build a boat big enough to save his family from a flood that will cover the entire earth. A pre-show lunch will take place at the newly restored Hershey Farm Restaurant near the theater. Fee includes lunch, show ticket and transportation. Trip is held rain or shine.

R07083-106 Front Porch Tea Room, Hallam, PA Th, Dec. 4 • Leave 9 a.m., Return 5 p.m. • Fee: \$106

Enjoy Full High Tea at this charming tea room where one can take a step back to an era where manners and civility were common. Fee includes transportation and tea service. Trip is held rain or shine.

R07083-107 Million Dollar Quartet Christmas at Majestic Theatre, Gettysburg, PA Su, Dec. 7 • Leave 9 a.m., Return 6 p.m. • Fee: \$92

From the creators of *Million Dollar Quartet*, your favorite rock 'n' roll legends — Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley — return for a brand-new holiday musical experience. Jam-packed with the sounds of the season, the gang is up to their usual antics as we journey through stories of Christmas past, present and future. Enjoy the Gettysburg Christmas Festival in downtown Gettysburg before the show. Fee includes transportation and show ticket. Trip is held rain or shine.

R07083-108 Maryland Holiday Light Spectacular, Timonium, MD Sa, Dec. 13 • Leave 2:30 p.m., Return 9:30 p.m. • Fee: \$84

See more than a million beautiful lights, dozens of holiday displays and oversized snow globes on a half-mile walking trail. A Holiday Village will feature boutiques, shops, food trucks, Santa and other live performers. Fee includes admission and transportation. Trip is weather permitting.

R07083-109 Wicked at Hippodrome Theatre, Baltimore, MD Th, Dec. 18 • Leave 11:30 a.m., Return 6:30 p.m. • Fee: \$169

Set in the mythical land of Oz long before Dorothy's arrival, *Wicked* reveals the hidden history between two young women: the radiant and popular Galinda and the misunderstood outcast Elphaba, born with emerald-green skin. Enjoy time on your own before the show for a bite to eat at a nearby spot. Fee includes transportation and show ticket. Trip is held rain or shine.



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 Reddie Drive

10th Floor

Wheaton, MD 20902

DROP-OFF

Customers may drop off their registration form and payment at: Montgomery County Recreation

Administrative Office

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



MONTGOMERY COUNTY
Recreation

FACILITY ADDRESSES

Registration begins Tuesday, Aug. 12 for fall programs.



Looking for Senior Centers?

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



Looking for pool locations?

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

ELEMENTARY SCHOOLS

Bethesda ES..... 7600 Arlington Rd, Bethesda 20814
Oakland Terrace ES..... 2720 Plyers Mill Rd, Silver Spring 20902
Sligo Creek ES..... 500 Schuyler Rd, Silver Spring, 20910
Rock View ES..... 3901 Denfeld Ave, Kensington, 20895

MIDDLE SCHOOLS

Cabin John MS..... 10701 Gainsborough Rd, Potomac 20854
Tilden MS..... 6300 Tilden Ln, Rockville, 20852
Wood MS..... 14615 Bauer Dr, Rockville 20853

HIGH SCHOOLS

Wootton HS..... 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 Pike, Burtonsville, 20866
Mid-County CRC..... 2004 Queensguard Road, Silver Spring, 20906
NancyH.DacekNorthPotomacCRC..... 13850Travilah 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

Cabin John RP..... 7400 Tuckerman Ln, Bethesda, 20817
Bauer Drive LP..... 14625 Bauer Dr, Aspen Hill, 20853
Layhill Village LP..... 1920 Queensguard Rd, Wheaton, 20906
Laytonia RP..... 7300 Airpark Rd, Gaithersburg, 20879
Olney Manor RP..... 16601 Georgia Ave, Olney 20832
Ridge Road RP..... 21155 Frederick Rd, Germantown, 20876
Tilden Woods LP..... 6800 Tilden Ln, Rockville, 20852
Wheaton RP..... 2000 Shorefield Rd, Silver Spring, 20902

OTHER FACILITIES

Life Rescue Training..... 12105 Nebel St., Rockville, 20852
School of Music..... 1331 Rockville Pike, Ste. Q, Rockville, 20852

Abbreviation Key

Outdoor Pools

BOP - Bethesda Outdoor Pool
GOP - Germantown Outdoor Pool
LBOP - Long Branch Outdoor Pool
MLKOP - Martin Luther King Jr. Outdoor Pool
UCOP - Upper County Outdoor Pool
WCOP - Sarah E. Auer Western County Outdoor Pool
WGOP - Sergeant Hector I. Ayala Wheaton/Glenmont Outdoor Pool

Indoor Pools

GISC - Germantown Indoor Swim Center
MLKSC - Martin Luther King Jr. Swim Center
OSC - Olney Swim Center
SSRAC - Silver Spring Recreation and Aquatic Center

Parks

LP - Local Park
RP - Regional Park/
Recreational Park

Centers

CRC - Community Recreation Center
SC - Senior Center
RAC - Recreation and Aquatic Center

Schools

ES - Elementary School
MS - Middle School
HS - High School



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 Reedie Drive

10th Floor

Wheaton, MD 20902

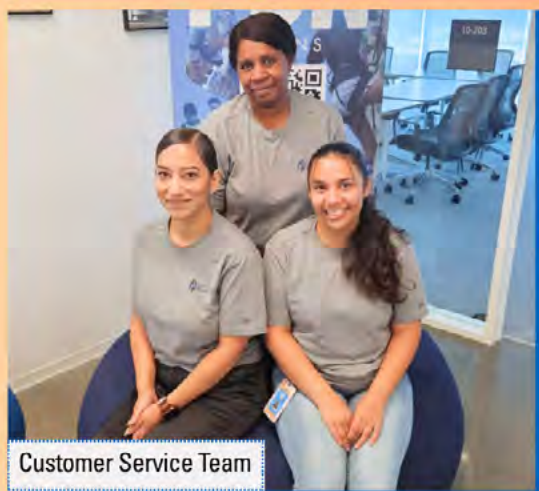
[See Map](#)

FALL 2025

Registration begins
**Tuesday,
Aug. 12**



Public Outreach Team



Customer Service Team

Montgomery County Recreation

2425 Reedie Drive

10th Floor

Wheaton, MD 20902



www.mocorec.com



240-777-6840



recreation.customerservice@montgomerycountymd.gov



MONTGOMERY COUNTY
Recreation