


Asterisk * Next to time indicates Waitlist for that program.

APRIL 2024-North Potomac Senior Center 55+ Programs

REGISTRATION REQUIRED.
Programs subject to change without notice.
Call 240-773-4805 to confirm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>No Zumba with Carol Today 1</p> <p>9:30 Stretching Exercises to Music with Linda *10:00 Beginners American Mahjong Lessons with Nancy 10:00-12:00 Amer. Mahjong *10:30 Easy Dance Fitness 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 2:00 Healthy Body, Peaceful Mind with Tammy *2:30 Yoga with Susan</p>	<p>2</p> <p>9:30 Zumba Video 9:30 Morning Paint and Socialize 10:00-12:00 Asian Mahjong *10:30 Japanese Language 2 11:30 SNP Lunch Program 12:30 Afternoon Seated Exercise with Fereshteh 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth</p>	<p>3</p> <p>9:30 Stretching Exercises to Music with Linda 9:30-1:30 Wellness Programs with UMD Nursing Students 10:00 Drop-In Soccer-NEW 10:30 Chinese Folk Dance with Ming 10:30-12:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing</p>	<p>4</p> <p>9:30 Intro to Qigong-NEW 9:30 Zumba Video 9:30 Morning Seated Exercise 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjong 3:15 Heart Plus with Elizabeth 4:00-7:00 Outdoor Pickleball-weather permitting</p>	<p>5</p> <p>9:30 Stretching Exercises to Music with Linda 10:00 Tai Chi CMC 37 Yang Style 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 1:00-3:00 Asian Mahjong 2:15 Tai Chi with Master Guo</p>	<p>6</p> <p>9am to 1pm TechConnect with Puja (walk-ins accepted, appointment not needed) 9:15-10:45 Martial Arts Health Dance with Josephine</p>
<p>8</p> <p>9:15 Zumba with Carol 9:30 Stretching Exercises to Music with Linda *10:00 Beginners American Mahjong Lessons with Nancy 10:00-12:00 Amer. Mahjong *10:30 Easy Dance Fitness 11:30 Jai Ho Group 11:30 SNP Lunch Program 2:00 Healthy Body, Peaceful Mind with Tammy *2:30 Yoga with Susan</p>	<p>9</p> <p>9:30 Zumba Video 10:00-12:00 Asian Mahjong 10:00 Watercolor with Gillian *10:30 Japanese Language 2 11:30 SNP Lunch Program 12:30 Afternoon Seated Exercise with Fereshteh 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth</p>	<p>10</p> <p>9:30 Stretching Exercises to Music with Linda 9:30-1:30 Wellness Programs with UMD Nursing Students 10:00 Drop-In Soccer-NEW 10:30 Chinese Folk Dance with Ming 10:30-12:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing 5:30 Evening Crafters</p>	<p>11</p> <p>9:30 Intro to Qigong-NEW 9:30 Zumba Video 9:30 Morning Seated Exercise 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 12:30 Afternoon Paint and Socialize 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjong 3:15 Heart Plus with Elizabeth 4:00-7:00 Outdoor Pickleball-weather permitting (Registration/scan required)</p>	<p>12</p> <p>9:30 Stretching Exercises to Music with Linda 10:00 Tai Chi CMC 37 Yang Style *10:30 Easy Abstract Art 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 1:00-3:00 Asian Mahjong 2:15 Tai Chi with Master Guo</p>	<p>13</p> <p>9am to 1pm TechConnect with Puja (walk-ins accepted, appointment not needed) 9:15-10:45 Martial Arts Health Dance with Josephine 1:00 Bethesda Dance Center Childrens Performance at NPSC</p> 
<p>15</p> <p>9:15 Zumba with Carol 9:30 Stretching Exercises to Music with Linda *10:00 Beginners American Mahjong Lessons with Nancy 10:00-12:00 Amer. Mahjong *10:30 Easy Dance Fitness 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 2:00 Healthy Body, Peaceful Mind with Tammy *2:30 Yoga with Susan</p>	<p>16</p> <p>9:30 Zumba Video 9:30 Morning Paint and Socialize 10:00-12:00 Asian Mahjong 10:00 Watercolor with Gillian *10:30 Japanese Language 2 11:30 SNP Lunch Program 12:30 Afternoon Seated Exercise with Fereshteh 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth 6:30 Scale Modeling Group</p>	<p>17</p> <p>9:30 Stretching Exercises to Music with Linda 9:30-1:30 Wellness Programs with UMD Nursing Students 10:00 Drop-In Soccer-NEW 10:30 Chinese Folk Dance with Ming 10:30-12:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing</p>	<p>18</p> <p>9:30 Intro to Qigong-NEW 9:30 Zumba Video 9:30 Morning Seated Exercise 10:30 Current Events Discussion Group with Lyle 10:30 Simple Cooking-Passover Recipe-Added class 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjong 3:15 Heart Plus with Elizabeth 4:00-7:00 Outdoor Pickleball-weather permitting</p>	<p>19</p> <p>9:30 Stretching Exercises to Music with Linda 10:00 Tai Chi CMC 37 Yang Style *10:30 Simple Cooking-Passover Recipe 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 1:00-3:00 Asian Mahjong 2:15 Tai Chi with Master Guo</p>	<p>20</p> <p>9am to 1pm TechConnect with Puja (walk-ins accepted, appointment not needed) 9:15-10:45 Martial Arts Health Dance with Josephine</p>

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<p><i>Earth Day</i> 22</p> <p>9:15 Zumba with Carol 9:30 Stretching Exercises to Music with Linda 10:30 Earth Day Walk-n-Plog *10:30 Easy Dance Fitness 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 12:30 Earth Day Seed and Plant Cutting Exchange 2:00 Healthy Body, Peaceful Mind with Tammy *2:30 Yoga with Susan</p> <p><i>Beginners Mahjong Lessons Not Meeting Today</i></p>	<p>23</p> <p>9:30 Zumba Video 10:00-12:00 Asian Mahjong 10:00 Watercolor with Gillian *10:30 Japanese Language 2 11:30 SNP Lunch Program 12:30 Afternoon Seated Exercise with Fereshteh 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth</p>	<p>24</p> <p>9:30 Stretching Exercises to Music with Linda 9:30-1:30 Wellness Programs with UMD Nursing Students 10:00 Drop-In Soccer-NEW 10:30 Chinese Folk Dance with Ming 10:30-12:30 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing</p>	<p>25</p> <p>9:30 Intro to Qigong-NEW 9:30 Zumba Video 9:30 Morning Seated Exercise 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 12:30 Afternoon Paint and Socialize 1:00-4:00 American Mahjong 3:15 Heart Plus with Elizabeth 4:00-7:00 Outdoor Pickleball-weather permitting (Registration and scan at front desk required)</p>	<p>26</p> <p>9:30 Stretching Exercises to Music with Linda 10:00 Tai Chi CMC 37 Yang Style 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 1:00-3:00 Asian Mahjong 2:15 Tai Chi with Master Guo</p>	<p>27</p> <p>9am to 1pm TechConnect with Puja (walk-ins accepted-appointment not needed) 9:15-10:45 Martial Arts Health Dance with Josephine</p>
<p>29</p> <p>9:15 Zumba with Carol 9:30 Stretching Exercises to Music with Linda *10:00 Beginners American Mahjong Lessons with Nancy 10:00-12:00 American Mahjong *10:30 Easy Dance Fitness 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 2:00 Healthy Body, Peaceful Mind with Tammy *2:30 Yoga with Susan</p>	<p>30</p> <p>9:30 Zumba Video 9:30 Morning Paint and Socialize 9:30 Morning Paint and Socialize 10:00-12:00 Asian Mahjong 10:00 Watercolor with Gillian *10:30 Japanese Language 2 11:30 SNP Lunch Program 12:30 Afternoon Seated Exercise with Fereshteh 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth</p>	<p>April 22, 2024 is Earth Day</p> <p>The first Earth Day was celebrated in 1970, when a United States senator from Wisconsin organized a national demonstration to raise awareness about environmental issues. Rallies took place across the country and, by the end of the year, the U.S. government had created the Environmental Protection Agency. By 1990, Earth Day was an event celebrated by more than 140 countries around the globe.</p> <p>Our planet needs your help to thrive! This is why annually on April 22, more than a billion people celebrate Earth Day to protect the Earth from things like pollution and deforestation. By taking part in activities like picking up litter and planting trees, we are making our world a healthier place to live. Join us on April 22 for Walking and Plogging at 10:30am and a Flower and Plant exchange at 12:30pm. You must register for both programs.</p>		<p>Sign up online for <i>Rec Alerts</i> for Montgomery County Recreation Center closings and delays!</p> <p>The monthly calendar and newsletter for North Potomac Senior Center is available on the North Potomac Senior Center website.</p> <p>Thank you.</p>	

BONE BUILDERS CLASSES at NPSC

Mondays & Wednesdays—10:45 to 11:45am
Tuesdays & Thursdays—10:45 to 11:45am & 11:55am to 12:55pm
Email Ann Marie at AnnMarie.Heiser@montgomerycountymd.gov

SENIOR FIT CLASSES at NPSC

Mondays & Wednesdays—1 to 1:45pm
Call Holy Cross Health at 301-754-8800 for registration information during open registration.
Email seniorfit@holycrosshealth.org for info only

YOGA FOR VITALITY (Fee) at NPSC

Tuesdays—9:30 to 10:30am
Contact Customer Service at 240-777-6840 or
Recreation.customerservice@montgomerycountymd.gov