

North Potomac Senior Center

13850 Travilah Road • Rockville, MD 20850 • (240) 773 - 4805



APRIL 2024 NEWSLETTER

55+ Pickleball

55+ Outdoor Pickleball for 2024 has begun! Thursdays from 4:00 to 7:00 pm. You must register before participating in 55+ Outdoor Pickleball and you must scan your RecPass at the front desk prior to entering the Pickleball court. Active #R07091-314. Participants must also scan their RecPass at the front desk prior to going to the field each Wednesday.



Tech Support

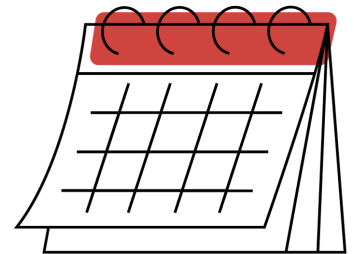
Free, one-on-one Tech Support is available **every Saturday from 9:30am to 12:30pm.**

Whether you are looking to solve a basic problem, require step-by-step guidance in learning how to use your phone or computer, or need guidance to learn how to register for Recreation programs we are here to help! No appointment necessary!

Holidays

The center will be closed on the following date:

- Memorial Day
Monday, May 27, 2024



Receive Emergency Alerts!

Stay informed with **Alert Montgomery**, your go-to for timely notifications on program closures within Montgomery County Recreation or emergencies affecting Montgomery County. Receive accurate updates instantly via text, email, or voice message.

To sign up for emergency notifications, visit:

<https://www.montgomerycountymd.gov/OEMHS/AlertMontgomery/index.html>

Have You Met Andy?

Hong (Andy) Cheng is the second Senior Nutrition Program (SNP) Site Manager at North Potomac Senior Center. Andy started as a SNP volunteer at the senior center and joined the staff as a SNP Site Manager in January 2024. With extensive experience working in the food service industry, he is passionate about serving the community as well as making sure your meals are nutritious and the customers have an enjoyable experience. Andy enjoys meeting new people which is another reason he enjoys working at the senior center. In his spare time, Andy enjoys playing pickleball and loves traveling. If you are outside the center on a Thursday between 4 and 7pm you will see Andy on the Pickleball Court.



Virtual Reality Visits NPSC in May

Virtual Reality better known as VR will be visiting the North Potomac Senior Center for the month of May. VR is a captivating technology that transports people to other worlds, both real and imaginary. VR involves experiencing computer-generated environments that feel real by immersing you in a believable, interactive 3D world where you can explore and interact mentally and physically.

How Does VR Work? Participants wear a VR headset which replaces your sensory input with a virtual environment. The headsets use sensors (like magnetometers, gyroscopes, and accelerometers) to track your movements. The environment you are seeing with the headset is generated by software, creating a seamless experience. Imagine wearing a VR headset and being able to walk on the Moon, swim in deep underwater, or visit a faraway country. Your brain believes you are actually experiencing walking on the Moon or in one of the faraway countries because the VR system responds to your movements, making it feel real.



More information on Virtual Reality (VR) at North Potomac Senior Center will be available on the lobby table later this month. Sign-up will begin Thursday, April 18th at 11am. VR classes will be offered in English and Mandarin. Each class is 30 minutes and is limited to eight participants.

New & Upcoming Programs

Day/Time	Program	Registration Number
Wednesdays, March 6 - April 24 9:30am to 1:30pm	Wellness Wednesdays with University of Maryland Nursing Students Note new ending date of April 24	#R07028_327
Thursdays March 7 - May 30 9:30am	**NEW Introduction to Qigong	#R07059_306
Thursdays March 14 - May 23 4:00pm - 7:00pm	Outdoor Pickleball (Weather Permitting)	#R07091_341
Saturday, April 13 1:00pm	**SPECIAL EVENT** Bethesda Dance Center Performance	#R07107_336
Thursday April 18 10:30am	Simple Cooking with Rhonda— Passover Recipe **Added Class	#R07049_309
Tuesday, April 23 10:00 - 11:30am	North Potomac Table Tennis Tournament	#R07097_307
Friday, May 17 10:00am—12:00pm	**SPECIAL EVENT** AAPI Martial Arts Exhibition Registration opens April 1st at 10am	#R07107_341
Tuesdays July 2—July 23 10:00am	Watercolors with Gillian Opens with Summer Registrations at 6:30am	#R07095_524

Registration, Transportation, & Nutrition

HOW DO I REGISTER FOR PROGRAMS?

In order to participate in programs, classes, or use equipment in Montgomery County Recreation facilities, all individuals must fill out an *Active Montgomery Registration Form*. All programs have an assigned activity number (e.g. #R07010_100) and are important to know during the registration process. The registration form is available at the front desk or you may register online at *ActiveMontgomery.org*. After filling out this form, a Recreation Pass Card, or *Rec Pass* will be granted to you by an employee. This Rec Pass allows access to all Montgomery County Community Recreation Centers and Senior Centers by scanning your card's unique barcode at the front desk. If your name does not appear on the attendance sheet of a class you have shown up for, you **MUST** register at the front desk by filling out an Active Montgomery Registration Form, or, if you are certain you have already registered, please ask an employee to print a receipt confirming your registration. Please be kind to your fellow participants, instructors, and staff by adhering to the rules and regulations set by Montgomery County. Thank you.

FREE CURB TO CURB TRANSPORTATION BY JCA

If you reside within five miles of the North Potomac Senior Center, the Jewish Council for the Aging (JCA) provides free, handicap accessible transportation Monday through Friday. Pickup from your home is between 8:00 - 9:00am and the bus leaves the center at approximately 1:45pm to take you home. Please call 240-773-4805 or stop by the North Potomac Senior Center during open hours for an application. Please note that it takes the JCA staff approximately 7 to 10 business days to process applications and to contact all applicants via telephone regarding their application status.

SENIOR NUTRITION PROGRAM (SNP) ***LUNCH BY DUTCH MILL CATERING***

If you are age 60+, you can take part in the SNP at North Potomac Senior Center. The suggested donation is \$3.00 per meal in order to support the funding of the program. The cost of the meal for individuals 60 and under is \$7.99 per meal. If interested, please come to the center between 9:00am and 1:00pm in order to complete an SNP application and for SNP staff to assist and answer any questions. If you have completed an application and would like to place an order, please call 240-773-4805 before 10:00am *at least* four business days ahead of time. If you are going to arrive after 11:45am for your meal, contact Jean or Andy at 240-773-4805. To cancel a reservation, email Hsiying.Wang@montgomerycountymd.gov or call (240) 773 - 4805.

Easy Recipes for April Fun!

Curried Egg Salad

Ingredients:

- 8 hard-boiled eggs, chopped
- 1/4 cup plain fat-free yogurt
- 1 tablespoon parsley flakes
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika
- 1/4 teaspoon curry powder
- 1/4 teaspoon salt
- Crackers



Instructions:

1. Mix all ingredients except crackers in a medium bowl.
2. Serve with crackers.

Spinach Tortilla Roll-ups



Ingredients:

- 1/2 cup cream cheese, softened
- 1/3 cup pesto
- 2 large spinach tortillas
- 2 stalks green onion, chopped
- 1/2 cup fresh spinach
- 8 slices seedless cucumber

Instructions

1. Using a hand mixer, combine cream cheese and pesto in a large bowl.
2. Spread mixture on each tortilla, dividing equally between both.
3. Top each with one chopped green onion, 1/4 cup spinach, and 4 slices cucumber.
4. Roll each tortilla and cut in half to serve

Sugar-Free Dark Chocolate Mousse

Ingredients:

- 1/4 cup dark chocolate chips
- 1 1/2 cups sugar-free whipped topping, divide

Instructions:

1. In a medium microwave-safe bowl, melt chocolate chips in the microwave for 30 seconds. Stir and microwave for 15 seconds more.
2. Add 1/2 cup of whipped topping and mix well.
3. Add remaining whipped topping and mix well.
4. Cover and chill for 30 minutes before serving





WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

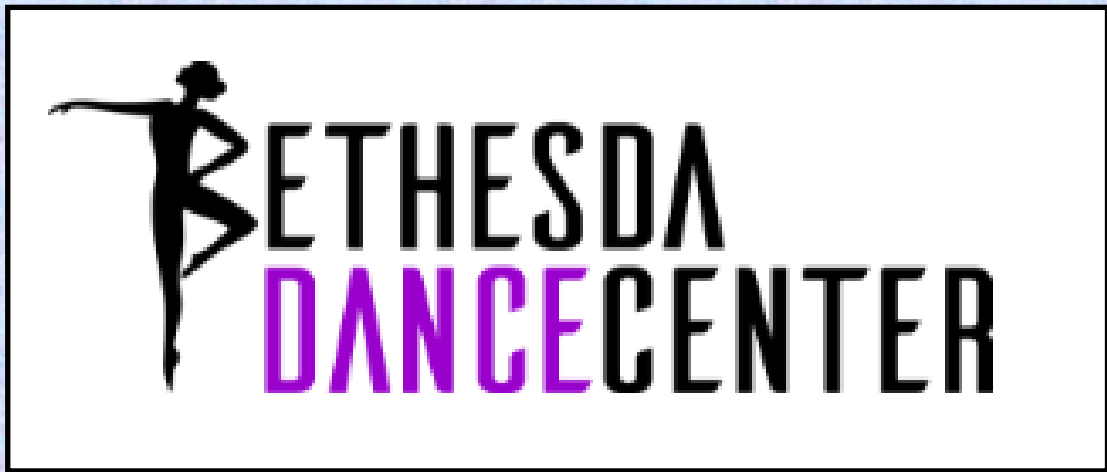
World Elder Abuse Awareness Day (WEAAD) is June 15th. It was first established by the United Nations General Assembly in 2011 to raise awareness about the abuse and neglect experienced by older adults. This day aims to promote understanding of the importance of preventing elder abuse and supporting the rights and well-being of older people. Elder abuse refers to intentional or negligent acts by a caregiver or trusted individual that causes harm to a vulnerable elder. Elder abuse takes many forms, including neglect, physical abuse, sexual abuse, financial abuse and exploitation, emotional or psychological abuse and neglect (including verbal abuse and threats), abandonment, and self-neglect. Elder abuse can occur anywhere - in the home, in nursing homes, or other institutions. It affects seniors across all socioeconomic groups, cultures, and races.

The Seniors Team is looking for people aged 55 and over from each senior center to prepare a skit that showcase scams that occur to older individuals. The skits will be videotaped and should be two to three minutes in length. Skits will be shown in June for WEAAD Day. North Potomac Seniors interested in preparing a skit should email Sheila at Sheila.hall@montgomerycountymd.gov by Monday, April 8th.

The World Elder Abuse Awareness Day symbol is a purple Awareness ribbon, so think, dress, and display purple.

Top 10 Scams Targeting Older Adults

- 1 COVID-19 Vaccine Scams
- 2 Government Impostor Scams
- 3 Lottery and Sweepstakes
- 4 Online Romance Scams
- 5 Peer-to-Peer (P2P) Payment/Lending Scams
- 6 Medicare/Health Insurance Scams
- 7 The Grandparent Scams
- 8 Debt collection/Account Takeover Scam Calls/Texts
- 9 Robocalls/Phone Scams
- 10 Computer Tech Support Scams



Dancers from the Bethesda Dance Center will perform at North Potomac Senior Center for the first time on Saturday, April 13th at 1pm. We are so pleased they have chosen us to spend their Saturday afternoon. Over one dozen dancers, ages 7 to 11, will perform various dance routines with music from the 60s and 70s. After their performances, the students will teach a short and upbeat dance routine to audience members. This is a wonderful way to spend a spring afternoon. Be sure to invite your family and friends to join you in this special event. If you have any questions, reach out to Sheila at or 240-773-4806 or Sheila.hall@montgomerycountymd.gov. The Active # for this special Saturday afternoon event is R07107_336. Register online at Mocorec.com, in person at a Montgomery County Recreation Center during open business hours. See you Saturday, April 13th!

Congratulations to North Potomac's *Pink Lady*!

North Potomac Senior Center's cardboard boat, *Pink Lady* came in third place in the Regatta Boat Race at the Martin Luther King, Jr. pool on Thursday, March 14th. The award for Most Creative Boat went to North Potomac Senior Center for the second year in a row. Congratulations to "Team Pink."



Design and Build Team

Nancy Lew
Elaine Hiruo
Hyeon Park
Whee Lee
Myong Chun
Helen Lew

Rower

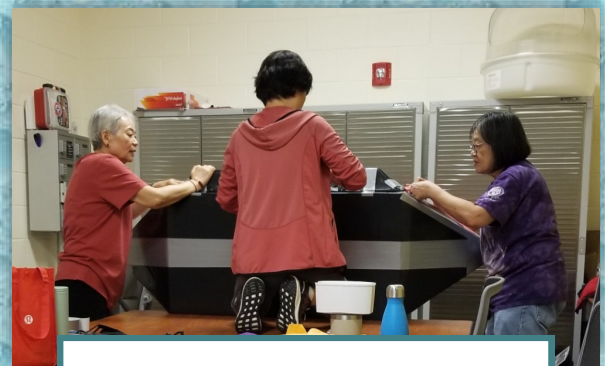
Albert Chang

Team Spirit Leader

Eleanor Scafide



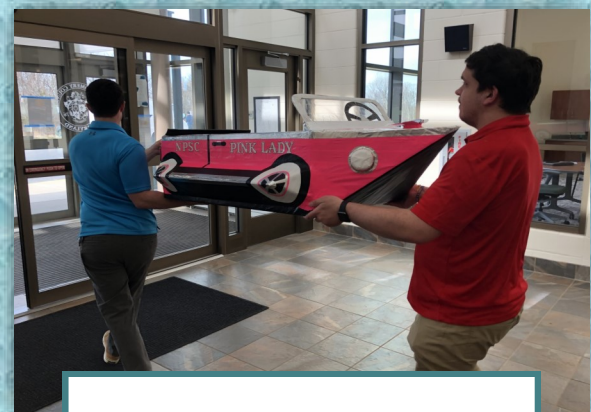
Designing and Building Pink Lady



Designing and Building Pink Lady

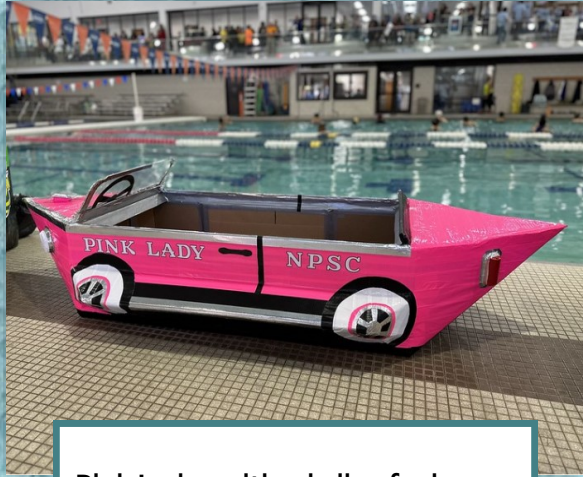


Designing and Building Pink Lady



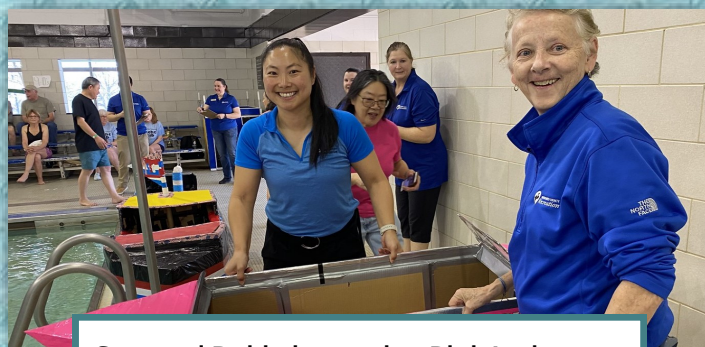
Pink Lady on its way to MLK Pool for Cardboard Boat Regatta

NORTH POTOMAC—TEAM PINK!



Pink Lady waiting in line for her turn to race!

Smiling for the camera...Albert and Nancy



Sara and Robin inspecting Pink Lady before the race

Rower, Albert Chang in action



Robin presenting Creative Boat Trophy to Nancy Lew and Albert Chang

Free Asian American
and Pacific Islanders

Friday, May 17
10 a.m. - Noon

MARTIAL ARTS

Exhibition

55+



ACTIVITY
R07107-341

Hard and soft styles of Kung Fu will be demonstrated.
Various arts include Bagua Zhang, Tai Chi Chuan, Xing-I Chuan,
Swordplay and other styles.

North Potomac Senior Center
13850 Travilah Road, Rockville



MONTGOMERYCOUNTYRECREATION



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To register, visit ActiveMontgomery.org
240-777-6840 • *Hablamos Español* • www.mocorec.com



MONTGOMERY COUNTY
Recreation



ALZHEIMER'S ASSOCIATION®

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STRATEGIES FOR SUCCESSFUL AGING

VIRTUAL PROGRAMS

As we age, we encounter new changes and challenges. During this 3-part series, our expert panelists will review popular areas of challenging change, and provide their guidance and tools. Please note you can attend one or all of the sessions.

THURSDAY, MARCH 14
2:30-3:45 P.M.

DRIVING

Our expert panelists will review how we should approach driving, aging and safety. They will also share tips and resources for driver safety.

Speakers:

- ◇ Amalie Ward, CDRS, OT/L Certified Driver Rehabilitation Spec. and Occupational Therapist
- ◇ Amy Stoughton, Montgomery County Police: Crisis Intervention Team, Autism, IDD, Alzheimer's and Dementia Unit
- ◇ Laurie Reyes, Montgomery County Police: Crisis Intervention Team, Autism, IDD, Alzheimer's and Dementia Unit
- ◇ Michael Smith, MSW Community Educator and VA Support Group Facilitator, Alzheimer's Association

[REGISTER HERE FOR LOGIN INSTRUCTIONS](#)

THURSDAY, APRIL 18
NOON-1:15 P.M.

COSTS OF AGING

Our expert panelists will discuss financial practical's, set realistic expectations for the costs of aging, and share tips and tools to protect against, and prevent fraud and scam.

Speakers:

- ◇ Teresa Boring, LCSW-C, UCSW, C-ASWCM Director of Care Management, Aging Well Eldercare
- ◇ Karen Fagan, MPH Health Systems Director, Alzheimer's Association
- ◇ Michael Brick Community Educator, Alzheimer's Association

[REGISTER HERE FOR LOGIN INSTRUCTIONS](#)

Please call 800.272.3900 if you are unable to connect on the registration link.

THURSDAY, MAY 16
NOON-1:15 P.M.

SOCIAL ISOLATION AND LONELINESS

Experts in the field will review the impact of social isolation and loneliness in older adults well-being. Efforts in the community and by community members to combat social isolation and loneliness, will also be shared.

Speakers:

- ◇ Pazit Aviv, MSW, Village Coordinator, Aging and Disability Services for Montgomery County
- ◇ Jennifer Fitzpatrick, LCSW, CSP, Jenerations Health Education
- ◇ Laura Byer, MBA, MS OD Program Manager, Alzheimer's Association
- ◇ Carole Ashendorf, MSW, Support Group and Memory Care facilitator Alzheimer's Association

[REGISTER HERE FOR LOGIN INSTRUCTIONS](#)

Mixed-Up *Titanic*

Unscramble the letters to reveal words associated with the *Titanic*.

1. IPAACTN _____
2. SGNEPRSAES _____
3. OCNAE _____
4. BEGECRI _____
5. LIEF ATOSB _____
6. ACBIN _____
7. YLOML RONWB _____
8. WNE YKRO _____
9. EDIANM AOEYVG _____
10. FRTIS SASCL _____
11. USCREE _____
12. TIEWH RAST NLIE _____
13. RIHBTSI _____
14. XRLYUU _____
15. KTETIC _____
16. NTCATLIA _____
17. TEASHPISM _____
18. ONTGVAINIA _____

