


Asterisk * Next to time indicates Waitlist for that program.

JULY 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
1	2	3	4	5	6
9:30 Stretching Exercises to Music with Linda 10:00-12:00 Amer. Mahjong 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 2:00 Healthy Body w/Tammy *2:30 Slow Flow Yoga with Susan	9:30 Beginners Tai Chi 9:30 Zumba Video 10:00 Morning Chair Aerobics 10:00-12:00 Asian Mahjong 11:30 SNP Lunch Program 12:30 Chair Aerobics 1:00 Knit and Crochet Group 1:30-4:00 Asian Mahjong 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth	9:30 Stretching with Linda 9:30 Zumba with Carol 9:30 Outdoor Drop-In Soccer 10:30 Chinese Dance w/Ming 10:30-12:30 Asian Mahjong 11:30 SNP Lunch Program 12:45 Crafting for Thoughtful Treasures NIH Mailboxes 1:00 Int'l Ballroom Dancing 2:15 Senior Planet Lecture Series	CLOSED FOR HOLIDAY 	9:30 Stretching Exercises to Music with Linda 9:30 Outdoor Drop-In Soccer 11:30 SNP Lunch Program 12:00 Asian Mahjong 12:30 International Folk Dance with Instruction 1:00-3:00 Asian Mahjong	9:15-10:45 Martial Arts Health Dance with Josephine
8	9	10	11	12	13
9:30 Stretching Exercises to Music with Linda 10:00-12:00 Amer. Mahjong 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 12:30 Virtual Reality Session with Meta Quest 3 2:00 Healthy Body w/Tammy *2:30 Slow Flow Yoga with Susan	9:30 Beginners Tai Chi 9:30 Zumba Video 10:00 Morning Chair Aerobics 10:00 Watercolors with Gillian 10:00-12:00 Asian Mahjong *10:30 Japanese Language 2 11:30 SNP Lunch Program 12:30 Chair Aerobics with Fereshteh 1:00 Knit and Crochet Group 1:30-4:00 Asian Mahjong 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth	9:30 Stretching with Linda 9:30 Zumba with Carol 9:30 Morning Chair Aerobics 9:30 Outdoor Drop-In Soccer 10:30 Chinese Dance w/Ming 10:30-12:30 Asian Mahjong 11:30 SNP Lunch Program 12:30 Chair Aerobics 12:45 Crafting for Thoughtful Treasures NIH Mailboxes 1:00 Int'l Ballroom Dancing 2:15 Senior Planet Lecture Series 5:00 Strength Training with Sylvia	9:30 Intro to Qigong 9:30 Zumba Video 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 12:30 Virtual Reality Session with Meta Quest 3 1:00-4:00 American Mahjong 3:15 Heart Plus with Elizabeth 4:00-7:30 Outdoor Pickleball-weather permitting 5:30-8:00 Outdoor Drop-in Soccer	9:30 Stretching Exercises to Music with Linda 9:30 Outdoor Drop-In Soccer 11:30 SNP Lunch Program 12:00 Asian Mahjong 12:30 International Folk Dance with Instruction 1:00-3:00 Asian Mahjong 4:00-6:00 Outdoor Drop-in Soccer	9:15-10:45 Martial Arts Health Dance with Josephine
15	16	17	18	19	20
10:00-12:00 Amer. Mahjong 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 12:30 Virtual Reality Session with Meta Quest 3 2:00 Healthy Body w/Tammy *2:30 Slow Flow Yoga with Susan	9:30 Beginners Tai Chi 9:30 Zumba Video 10:00 Morning Chair Aerobics 10:00 Watercolors with Gillian 10:00-12:00 Asian Mahjong *10:30 Japanese Language 2 11:30 SNP Lunch Program 12:30 Chair Aerobics with Fereshteh 1:00 Knit and Crochet Group 1:30-4:00 Asian Mahjong 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth	9:30 Stretching with Linda 9:30 Zumba with Carol 9:30 Morning Chair Aerobics 9:30 Outdoor Drop-In Soccer 10:30 Chinese Dance w/Ming 10:30-12:30 Asian Mahjong 11:30 SNP Lunch Program 12:30 Chair Aerobics 12:45 Crafting for Thoughtful Treasures NIH Mailboxes 1:00 Int'l Ballroom Dancing 2:15 Senior Planet Lecture Series 5:00 Strength Training with Sylvia	9:30 Intro to Qigong 9:30 Zumba Video 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 12:30 Virtual Reality Session with Meta Quest 3 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjong 3:15 Heart Plus with Elizabeth 4:00-7:30 Outdoor Pickleball-weather permitting 5:30-8:00 Outdoor Drop-in Soccer	9:30 Stretching Exercises to Music with Linda 9:30 Outdoor Drop-In Soccer 11:30 SNP Lunch Program 12:00 Asian Mahjong 12:30 DJ and Dance Music 12:30 International Folk Dance 1:00-3:00 Asian Mahjong 2:15 Tai Chi with Larry Barrett	9:15-10:45 Martial Arts Health Dance with Josephine

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	23	24	25	26	27
9:30 Stretching Exercises to Music with Linda 10:00-12:00 Amer. Mahjong *10:30 Easy Dance Fitness 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 12:30 Virtual Reality Session with Meta Quest 3 2:00 Healthy Body w/Tammy *2:30 Slow Flow Yoga with Susan	9:30 Beginners Tai Chi 9:30 Zumba Video 10:00 Morning Chair Aerobics 10:00 Watercolors with Gillian 10:00-12:00 Asian Mahjong *10:30 Japanese Language 2 11:30 SNP Lunch Program 12:30 Afternoon Chair Aerobics with Fereshteh 1:00 Knit and Crochet Group 1:30-4:00 Asian Mahjong 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth 6:30 Scale Modeling Group	9:30 Stretching Exercises to Music with Linda 9:30 Zumba with Carol 9:30 Morning Chair Aerobics 9:30 Outdoor Drop-In Soccer 10:30 Chinese Dance w/Ming 10:30-12:30 Asian Mahjong 11:30 SNP Lunch Program 12:30 Chair Aerobics 12:45 Crafting for Thoughtful Treasures NIH Mailboxes 1:00 Int'l Ballroom Dancing 2:15 Senior Planet Lecture Series 5:00 Strength Training with Sylvia 6:00 Evening Crafters	9:30 Intro to Qigong 9:30 Zumba Video 10:30 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 12:30 Virtual Reality Session with Meta Quest 3 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjong 3:15 Heart Plus with Elizabeth 4:00-7:30 Outdoor Pickleball-weather permitting 5:30-8:00 Outdoor Drop-in Soccer	9:30 Stretching Exercises to Music with Linda 9:30 Outdoor Drop-In Soccer 11:30 SNP Lunch Program 12:00 Asian Mahjong 12:30 International Folk Dance with Instruction 1:00-3:00 Asian Mahjong 2:15 Tai Chi with Larry Barrett	9:15-10:45 Martial Arts Health Dance with Josephine
29	30	31	<p>FALL 2024 REGISTRATION begins on Monday, August 12, 2024 online at 6:30am and in person at recreation centers during business hours. Plan accordingly.</p> <p>North Potomac Senior Center monthly calendar and newsletter is available online. North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland (montgomerycountymd.gov)</p>		
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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