

North Potomac Senior Center

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



JUNE 2024 NEWSLETTER

Refund Policy

A new refund policy became effective, May 13, 2024. Refund requests for classes, camps, leagues, trips and tours must be submitted 14 days prior to the start of an activity to receive a full refund. Refund requests submitted after the start of an activity or posted league schedule will not be issued a refund. View the full refund policy online at Mocorec.com.

For more information about registration, visit the website or call the customer service team at 240-777-6840.



Tech Support

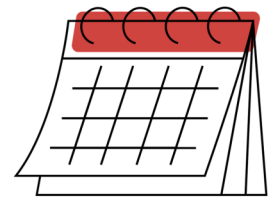
Free, one-on-one Tech Support is coming to North Potomac Senior Center weekdays this summer.

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 dates:

- ◆ JUNETEENTH
Wednesday, June 19, 2024
- ◆ JULY 4th
Thursday, July 4, 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>

55+ Summer Drop-in Soccer at North Potomac

55+ Soccer is growing in the community. North Potomac Senior Center is offering the following 55+ Soccer programs:

- Wednesday and Friday mornings from 9:30 to 11:30am
Active # R07128_501
July 3 to August 30, 2024)
- Thursday evenings from 5:30 to 8:00 pm
Active #R07128_502
July 11 to August 29, 2024



You must register prior to participating in any of the 55+ soccer programs listed above. Register online at [Mocrecrec.com](https://mocrecrec.com) or in person at any Montgomery County Recreation Center during regular business hours.

NPSC Closed for Summer Cleaning

North Potomac Senior Center will be closed for summer cleaning Monday, August 12, 2024 to Sunday, August 18, 2024.

The Center will reopen at 9:00am on Monday, August 19.

2024 Summer Closing Alert

Our centers and pools will close for cleaning throughout the summer.

Visit mocrecrec.com to stay informed.

CONTACT US

Customer Service Available
8:30 a.m. - 4:30 p.m.
240-777-6840

www.mocrecrec.com





DO YOU HAVE INSURANCE QUESTIONS? **THE MIA CAN HELP!**



THE MARYLAND INSURANCE ADMINISTRATION (MIA) IS THE STATE AGENCY THAT CAN HELP YOU:

- Better understand your policies
- Address your insurance questions and concerns
- Help you compare rates for home and auto insurance



MIA is heading to Montgomery County Senior Centers!

The MIA staff will be available, in-person, to answer your insurance-related questions

Thursday, June 6, 2024, 10:00 am - 1:00 pm

Benjamin Gaither: 80-A Bureau Drive, Gaithersburg, MD 20878

Monday, June 10, 2024, 10:00 am - 1:00 pm

North Potomac: 13850 Travilah Rd. Rockville, MD 20850

Monday, June 24, 2024, 10:00 am - 1:00 pm

Damascus: 9701 Main Street, Damascus, MD 20872

Wednesday, June 26, 2024, 10:00 am - 1:00 pm



Long Branch: 8700 Piney Branch Road, Silver Spring, MD 20901

Thursday, June 27, 2024, 10:00 am - 1:00 pm

Margaret Schweinhaut: 1000 Forest Glen Rd, Silver Spring MD 20901

Monday, July 1, 2024, 10:00 am - 1:00 pm

Rockville: 1150 Carnation Drive, Rockville, MD 20850

 800-492-6116 Toll-free
 insurance.maryland.gov





WORLD ELDER ABUSE AWARENESS DAY



14th Annual Montgomery County

2024 OLDER ADULT SAFETY FORUM

A Longevity-Ready Community



Tuesday, June 11

HOLIDAY PARK SENIOR CENTER

3950 Ferrara Drive, Silver Spring, MD 20906

10–11:30 AM • *In Person and Livestream*

Registration at 9:30 AM • Event starts at 10 AM

Presentations by: State’s Attorney’s Office, Law Enforcement, Office of Consumer Protection, and Adult Protective Services.

Sign up — { *for Boxed Lunches at Holiday Park Senior Center or call 240-777-4999 during business hours.*

CLICK HERE TO REGISTER:

<https://WEAAD2024MC.eventbrite.com>



Whether watching online or attending in person, you’ll benefit from: up-to-date information provided by Montgomery County public officials; learning about County resources; and videos of original Senior Safety Skits. Interactive activities include Q & A with presenters, Music, and Yoga sessions!

HOSTED BY:

The Montgomery County
Elder/Vulnerable
Adult Abuse Task Force



Montgomery County
DEPARTMENT OF POLICE



Montgomery County
STATE'S ATTORNEY'S OFFICE

DHHS

Montgomery County
DEPARTMENT OF HEALTH
AND HUMAN SERVICES



Montgomery County
FIRE AND RESCUE SERVICE



Montgomery County
OFFICE OF THE
COUNTY ATTORNEY

SPONSORED BY:



Charles E. Smith
LIFE Communities



MONTGOMERY COUNTY
Recreation



Ensuring Integrity
in our Marketplace



Interpreters and other auxiliary aids available upon request, preferably at least three (3) business days before the event. Questions? Call 240-777-1841 (V) or 711 (MD Relay) or email: WEAAD@montgomerycountymd.gov



HEALTH FAIR



CareFirst
Mobile Med
Plus Dental
Latino Health Initiative
Recreation Department
MoCo Mid-County Village
African American Health Program
DHHS Medicaid & Qualified Health Plan

**THE LOBBY OF THE
RENEWED SDA CHURCH**

**WEDNESDAY
JUNE 12, 2024
10 AM - 4 PM**

Join us for this FREE event as representatives from a variety of organizations provide education and resources for seniors.

3132 BEL PRE ROAD, SILVER SPRING, MD 20906

Got questions? We've got you covered!



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



Table Tennis

July 27

Potomac Community Recreation Center
11315 Falls Rd.
Potomac, MD 20854

Men's and Women's Singles
Doubles and Mixed Doubles

Fee: \$30 first event, \$5 each additional event

Registration Deadline: July 12



Soccer 8 v 8

August 17-18

Nancy H. Dacek North Potomac Community Recreation Center
13850 Travilah Road, Rockville, MD 20850

Fee: \$200 per team plus \$5 per team member

Registration Deadline: Aug. 2



Badminton

September 7

Wheaton Community Center
11701 Georgia Ave.
Wheaton MD 20902

Singles, Doubles, Mixed Doubles

Fee: \$30 first event, \$5 each additional event

Registration Deadline: Sept. 3

Montgomery County Maryland Celebrates

Active Aging Week

Sept 30–Oct 6, 2024

SAVE THE DATE

During this week, individuals 50+ are invited to attend **FREE** programs & activities to help Go, Grow and Get Active!



Signature Event

Monday, September 30, 2024

9 AM–1 PM

Nancy H. Dacek North Potomac
Community Recreation

13850 Travilah Road, Rockville, MD 20850



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



New & Upcoming 55+ Programs

Day/Time	Program	Registration Number
Tuesday June 4 12:30 to 1:30pm	Outside Iced Tea Social with Denise	<i>R07107_523</i>
Tuesdays and Wednesdays June 4 to August 28 12:30 to 1:15pm	Afternoon Chair Aerobics with Fereshteh	<i>R07066_505</i>
Wednesdays June 5 - August 28 12:45 to 2:00pm	Crafting for Thoughtful Treasures for NIH Mailboxes	<i>R07095_527</i>
Wednesdays June 5 to August 7 2:15 to 3:15pm	Senior Planet Lecture Series	<i>R07105_520</i>
Monday June 10 10:00am to 1:00pm	Maryland Insurance Administration Information Table with Thomas Alois	<i>R07105_521</i>
Monday June 10 2:30 to 4:00pm	Juneteenth History and Craft	<i>R07095_505</i>
Thursday June 13 9:30am to 1:00pm	JCA Bus Outing to Silver Spring Recreation and Aquatic Center	<i>R07101_549</i>
Tuesdays June 18, July 16, and August 20 6:30 to 8:30pm	Scale Modeling Group	<i>R07023_502</i>

Registration, Transportation, & Senior Lunch

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. There is currently a waitlist for JCA transportation, however please submit your application to get on the waitlist.

SENIOR NUTRITION PROGRAM (SNP) — NEW EMAIL INFORMATION 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 to support the funding of the program. The cost of the meal for individuals sixty and under is \$7.99 per meal. If interested, come to the center between 9:00am and 1:00pm 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, 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 or need to cancel your reservation, contact Andy or Jean at 240-773-4805 or email NPSC@montgomerycountymd.gov with your cancellation information.**

Easy Recipes for June Fun!

Summer Salad

Ingredients:

- 1 cup of either fresh boiled corn or canned corn
- 1 long cucumber, chopped
- 2 cups cherry tomatoes, cut in half
- 1 avocado, cubed
- 2 cups quartered fresh strawberries
- 1/2 cup chopped fresh basil
- 1/3 cup crumbled feta
- 1/2 lemon, juice only
- 2 tablespoons olive oil
- Salt & pepper to taste



Directions:

1. In a large salad bowl, add the corn, cucumber, tomatoes, avocado, and strawberries.
2. Sprinkle with basil, feta, lemon juice, olive oil, salt, and pepper.
3. Toss everything to combine.
4. You can enjoy this salad immediately or if making ahead, add olive oil, avocado, lemon juice, and cheese right before serving.
5. Serves 4 as a side dish.

African Banana Coconut Bake



Ingredients:

- 5 medium bananas
- 1 tablespoon margarine or butter
- 1/3 cup orange juice
- 1 tablespoon lemon juice
- 3 tablespoons brown sugar (packed)
- 2/3 cup shredded coconut

Directions:

1. Preheat oven to 375°F.
2. Slice the bananas crosswise into halves, then split each half lengthwise. Place these banana quarters in a greased 9-inch pie plate.
3. Dot the bananas with margarine, and evenly drizzle them with the orange and lemon juices.
4. Evenly sprinkle the brown sugar and shredded coconut over the bananas.
5. Bake in the preheated oven until the coconut is golden, approximately 8 to 10 minutes.
6. Makes 6 servings.

Searching for June

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



V E T R E G A P N E Y S S P T
Y B H S H W E N R A W T T Y S
S A M C H U Y M D Y O R R W Y
Y A D G A L F T I F E A I O T
W H P L B E S C A N S W P E O
Q G T U E E B T T T I B N L U
H Y G N G M H W R M I E N C V
Z S T N E E O O D K I R C I A
U E O V R E H N I O B R A S H
P L W S M S T N A H J Y N P S
W E D D I N G E Z D Y M C O U
B A V L V M B O N L E O E P K
Y K I N X Q I Y C U D O R Q H
G R A D U A T I O N J N T U R
R E M M U S I N J T L Q E P O

BEACH

GEMINI

SHAVUOT

BIKING

GRADUATION

SHORTS

BUGS

JUNETEETH

STRAWBERRY MOON

CANCER

LEMONADE

SUMMER

FATHER'S DAY

LONGEST DAY

TRIP

FLAG DAY

POPSICLE

WEDDING

Caught on Camera at NPSC



Morning Zumba with Carol



Evening Crafters



Evening Crafters



Stretching with Linda held outdoors at NPSC on a beautiful morning

Caught on Camera at NPSC



Virtual Reality Class with Ed



Tim assisting a participant with a virtual reality headset



Grabbing a bite at AAPI Social after Martial Arts Exhibition



Asian American Pacific Islanders (AAPI) Social after Martial Arts Exhibition