

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

OCTOBER 2024-North Potomac Senior Center 55+ Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	Wellness Wednesday 2 9:30am—2pm	3	4	5
	9:15 AM Chair Aerobics 9:30 Beginners Tai Chi 10:00-4:00 Asian Mahjong 10:30 Intermediate Japanese 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth	9:15 AM Chair Aerobics 9:30 Stretching with Linda 9:30 Zumba with Carol 10:00 Drop-In Soccer 10:30 Chinese Dance w/Ming 10:00-3:00 Asian Mahjong 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 1:00 Int'l Ballroom Dancing 4:00 Conversational Spanish for Beginners 4:00 AAW Fall Floral Décor	9:30 Intro to Qigong 9:30 Zumba Video 10:00 Current Events Discussion Group with Lyle 10:00 AAW Paint and Sip 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 12:30-2:00 Gather to Craft and Chat (bring craft project) 1:00-4:00 American Mahjong 4:00-6:30 Outdoor Pickleball 4:30-6:30 Outdoor Drop-in Soccer-weather permitting	9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer-Outdoor (weather permitting) 10:00-3:00 Asian Mahjong 11:30 SNP Lunch Program 12:00 Acrylic Paint Instruction with Dereje 12:30 International Folk Dance with Instruction 2:30 Tai Chi with Shifu Larry	9:30-11:00 Martial Arts Health Dance with Josephine
7	8	Wellness Wednesday 9 9:30am—2pm	10	11	12
9:30 Stretching Exercises to Music with Linda 9:30 Everyday English for Chinese Natives 10:00 Beginners American Mahjongg Lessons 10:00-12:00 Amer. Mahjong 10:00 55+ Walking Soccer 10:30 Easy Dance Fitness 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 12:30 Virtual Reality 2:00 Healthy Mind & Body 2:30 Slow Flow Yoga w/Susan	9:15 AM Chair Aerobics 9:30 Beginners Tai Chi 9:45 JCA Bus Outing to National Gallery of Art 10:00-4:00 Asian Mahjong 10:30 Intermediate Japanese 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance	9:15 AM Chair Aerobics 9:30 Stretching with Linda 9:30 Zumba with Carol 10:00 Drop-In Soccer-Outdoor-weather permitting 10:30 Chinese Dance w/Ming 10:00-3:00 Asian Mahjong 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 1:00 Int'l Ballroom Dancing 1:00 Paint and Socialize 4:00 Conversational Spanish for Beginners	9:30 Intro to Qigong 9:30 Zumba Video 10:00 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 12:30-2:00 Gather to Craft and Chat (bring craft project) 1:00 Dance for Posture 1:00-4:00 American Mahjong 3:15 Heart Plus with Elizabeth 4:00-6:30 Outdoor Pickleball-weather permitting (last day) 4:30-6:30 Outdoor Drop-in Soccer-weather permitting	9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer-Outdoor (weather permitting) 10:00-Noon Tai Chi CMC 37 Yang Style with Kristen 10:00-3:00 Asian Mahjong 11:30 SNP Lunch Program 12:00 Acrylic Paint Instruction with Dereje 12:30 International Folk Dance with Instruction 2:30 Tai Chi with Shifu Larry	9:30-11:00 Martial Arts Health Dance with Josephine
14	15	Wellness Wednesday 16 9:30am—2pm	17	18	19
9:30 Stretching Exercises to Music with Linda 9:30 Everyday English for Chinese Natives 10:00 Beginners American Mahjongg Lessons 10:00-12:00 Amer. Mahjong 10:00 55+ Walking Soccer- 10:30 Easy Dance Fitness 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 12:30 Virtual Reality 2:00 Healthy Mind & Body 2:30 Slow Flow Yoga w/Susan	9:15 AM Chair Aerobics 9:30 Beginners Tai Chi 10:00-4:00 Asian Mahjong 10:30 Intermediate Japanese 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 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	9:15 AM Chair Aerobics 9:30 Stretching with Linda 9:30 Zumba with Carol 10:00 Drop-In Soccer 10:30 Chinese Dance w/Ming 10:00-3:00 Asian Mahjong 12:30 PM Chair Aerobics 11:30 SNP Lunch Program 1:00 Retirement Seminar with Chris Farmer 1:00 Int'l Ballroom Dancing 4:00 Conversational Spanish for Beginners (last day)	9:30 Intro to Qigong 9:30 Zumba Video 10:00 Current Events w/Lyle 11:30 SNP Lunch Program 12:30 Easy Art with Kamel 12:30-2:00 Gather to Craft and Chat (bring craft) 1:00 Dance for Posture 1:00-4:00 American Mahjong 3:15 Heart Plus with Elizabeth 4:30-6:30 Outdoor Drop-in Soccer-weather permitting (last day)	9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer-Outdoor (weather permitting) 10:00-Noon Tai Chi CMC 37 Yang Style with Kristen 10:00-3:00 Asian Mahjong 11:30 SNP Lunch Program 12:00 Acrylic Paint Instruction with Dereje 12:30 International Folk Dance with Instruction 2:30 Tai Chi with Shifu Larry	9:30-11:00 Martial Arts Health Dance with Josephine (Community Lounge)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21	22	Wellness Wednesday 23 9:30am—2pm	24	25	26
9:30 Stretching Exercises to Music with Linda 9:30 Everyday English for Chinese Natives 10:00 Beginners American Mahjongg Lessons 10:00-12:00 Amer. Mahjong 10:00 55+ Walking Soccer-weather permitting 10:30 Easy Dance Fitness 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 12:30 Virtual Reality 12:30 Team Pumpkin Carving 2:00 Healthy Mind & Body 2:30 Slow Flow Yoga w/Susan	9:15 AM Chair Aerobics 9:30 Beginners Tai Chi 10:00-4:00 Asian Mahjong 10:30 Intermediate Japanese 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 1:00 Knit and Crochet Group 3:15 Heart Plus with Elizabeth	9:15 AM Chair Aerobics 9:30 Zumba with Carol 9:30 Wellness Wednesday w/ Univ. of MD Nursing students 10:00 Drop-In Soccer-Outdoor-weather permitting 10:00-3:00 Asian Mahjong 10:30 Chinese Dance w/Ming 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 1:00 Int'l Ballroom Dancing	9:15 JCA Outing-Montgomery County Recycling Center 9:30 Intro to Qigong 9:30 Zumba Video 10:00 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 12:30-2:00 Gather to Craft and Chat (bring craft project) 1:00-4:00 American Mahjong 3:15 Heart Plus with Elizabeth	9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer-Outdoor-weather permitting 10:00-Noon Tai Chi CMC 37 Yang Style with Kristen 10:00-3:00 Asian Mahjong 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 2:30 Tai Chi with Shifu Larry	9:30-11:00 Martial Arts Health Dance with Josephine (Community Lounge)
28	29	Wellness Wednesday 30 9:30am—2pm	31	** NEW DATE ** FALL FESTIVAL NORTH POTOMAC Sunday, October 13th 11am to 2pm NEW DATE	
9:30 Stretching Exercises to Music with Linda 9:30 Everyday English for Chinese Natives 10:00 Beginners American Mahjongg Lessons 10:00-12:00 Amer. Mahjong 10:00 55+ Walking Soccer-weather permitting 10:30 Easy Dance Fitness 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 12:30 Virtual Reality 2:00 Healthy Mind & Body 2:30 Slow Flow Yoga w/Susan	9:15 AM Chair Aerobics 9:30 Beginners Tai Chi 10:00-4:00 Asian Mahjong 10:30 Intermediate Japanese 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 1:00 Knit and Crochet Group 3:15 Heart Plus with Elizabeth	9:15 AM Chair Aerobics 9:30 Zumba with Carol 9:30 Wellness Wednesday w/ Univ. of MD Nursing students 10:00 Drop-In Soccer-Outdoor-weather permitting 10:00-3:00 Asian Mahjong 10:30 Chinese Dance w/Ming 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 1:00 Int'l Ballroom Dancing	9:30 Intro to Qigong 9:30 Zumba Video 10:00 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 12:30-2:00 Gather to Craft and Chat (bring craft project) 1:00-4:00 American Mahjong 3:15 Heart Plus with Elizabeth		

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