

Active Aging Week 2018 Activities by Day of the Week

Monday, September 24

Senior Fit	Senior Fit is a 45-minute exercise class that focuses on strength, flexibility, balance, posture and cardiovascular endurance.	Monday, September 24	8:30 AM - 9:15 AM	Margaret Schweinhaut Senior Center, 1000 Forest Glen Rd, Silver Spring, 20901
Zumba Gold	A modified Zumba class at a lower intensity with a focus on balance, range of motion, muscle conditioning and coordination.	Monday, September 24	9:00 AM - 10:00 AM	Longwood Community Recreation Center, 19300 Georgia Ave, Brookeville, 20833
Senior Fit	Senior Fit is a 45-minute exercise class that focuses on strength, flexibility, balance, posture and cardiovascular endurance.	Monday, September 24,	9:30 AM - 10:15 AM	Margaret Schweinhaut Senior Center, 1000 Forest Glen Rd, Silver Spring, 20901
Tai Chi	Slow, smooth movements that promote relaxation and balance.	Monday, September 24	10:00 AM - 11:00 AM	Longwood Community Recreation Center, 19300 Georgia Ave, Brookeville, 20833
Senior Pickleball	Join this fun game that is similar to tennis!	Monday, September 24	10:00-12:00	Jane E. Lawton Community Recreation Center, 4301 Willow Ln, Chevy Chase, 20815
Senior Fit	Senior Fit is a 45-minute exercise class that focuses on strength, flexibility, balance, posture and cardiovascular endurance.	Monday, September 24	10:45 AM - 11:15 AM	East County Community Recreation Center, 3310 Gateshead Manor Way, Silver Spring, 20904
Art Project: Create Your Own Active Aging Week Visor	Decorate your own visor with drawings and decorations of what active aging means to you. Then we'll take a group photo wearing our visors!	Monday, September 24	11:00 AM - 12:00 PM	Germantown Community Recreation Center, 18905 Kingsview Rd, Germantown, 20874
Sun Visor Art	Create your own sun visor art. They will be painting and drawing on them.	Monday, September 24	11:00 AM	Germantown Community Recreation Center, 18905 Kingsview Rd, Germantown, 20874
Guest Speaker on Medical Cannabis	Join us to learn about therapeutic benefits of medical cannabis	Monday, September 24	12:00 PM - 2:00 PM	Clara Barton Neighborhood Recreation Center, 7425 MacArthur Blvd, Cabin John, 20818

The Dick Kauffmann Band	Enjoy the music of the Dick Kauffmann and Glen Pearson Trio. Feel free to relax and enjoy the music or get up and dance!	Monday, September 24	12:30 PM - 1:30 PM	Longwood Community Recreation Center, 19300 Georgia Ave, Brookeville, 20833
Senior Pickleball	Join this fun game that is similar to tennis!	Monday, September 24	12:30-2:30	Bauer Drive Community Recreation Center, 14625 Bauer Dr, Rockville, 20853
Clancy Works Chair Dancing Class	Join our dance instructors for a variety of dancing styles and dance-inspired games that are all done while seated and coordinated with enjoyable music!	Monday, September 24	1:00 PM - 2:00 PM	Germantown Community Recreation Center, 18905 Kingsview Rd, Germantown, 20874
Jewelry Workshop	This workshop will be used to use recycled materials.	Monday, September 24	2:00 PM	Damascus Senior Center, 9701 Main St, Damascus, 20872
Bone Builders	A FREE volunteer-led exercise program to you by the Montgomery County Department of Health and Human Services, Recreation and the RSVP volunteer program. One-hour classes held twice per week are designed to increase bone density. Participants lift ankle weights and hand weights, and participate in warm-up, cool-down and balance exercises. ActiveMontgomery.org, Course #56031 to register	Monday, September 24 Wednesday, September 26	3-4 PM	Damascus Community Recreation Center, 25520 Oak Dr, Damascus, 20872

Tuesday, September 25

Senior Basketball	Join us to shoot some hoops!	Tuesday, September 25	9:00 AM - 12:00 PM	Bauer Drive Community Recreation Center, 14625 Bauer Dr, Rockville, 20853
Walk and Breakfast	Morning walk and exercise on the outside adaptive rink and breakfast before the neighborhood senior program.	Tuesday, September 25	9:30 AM - 10:30 AM	Potomac Community Recreation Center, 11315 Falls Rd, Potomac, 20854
Soul Line Dancing	Enjoy old School and new school line dancing are a part of this fun class. It will get your body moving in a fun way with no pressure beginning and intermediate levels are taught in this exciting class.	Tuesday, September 25	10:00 AM -11:00 AM	Mid County Community Recreation Center, 2004 Queensguard Rd, Silver Spring, 20906
Senior Fit	Senior Fit is a 45-minute exercise class that focuses on strength, flexibility, balance, posture and cardiovascular endurance.	Tuesday, September 25	10:30-11:15	Gwendolyn Coffield Community Recreation Center, 2450 Lyttonsville Rd,

				Silver Spring, 20910
Tai Chi	Enjoy this exercise class that builds balance and mobility.	Tuesday, September 25	10:30 AM - 11:30 AM	East County Community Recreation Center, 3310 Gateshead Manor Way, Silver Spring, 20904
Pickleball	A paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Whiffle Ball, over a net. No registration required. Fees waived for Active Aging Week.	Tuesday, September 25	10:30-12:30	Damascus Community Recreation Center, 25520 Oak Dr, Damascus, 20872
Line Dancing	Reduce stress, increase energy, and burn calories! Come join instructor Helen Ni as she teaches an hour-long dance class	Tuesday, September 25	11:30-12:30	Ross Boddy Community Recreation Center, 18529 Brooke Rd, Sandy Spring, 20860
Drumming	Drum therapy is an ancient art that promotes self-expression and relaxation. Join us!	Tuesday, September 25	11:30 AM - 12:30 PM	Ross Boddy Community Recreation Center, 18529 Brooke Rd, Sandy Spring, 20860
Chocolate Pretzel-Making	Make and eat this sweet, salty treat!	Tuesday, September 25	12:00 PM - 2:00 PM	Clara Barton Neighborhood Recreation Center, 7425 MacArthur Blvd, Cabin John, 20818
Stay Firm on Your Feet	Balance is complex and includes touch, vision, and vestibular. A physical therapist from Suburban Hospital will keep you on your toes while sharing tips to improve your balance and avoid possible falls. Learn specifics about diagnoses on related injuries and rehabilitation.	Tuesday, September 25	1:00 PM - 2:00 PM	Holiday Park Senior Center, 3950 Ferrara Dr, Silver Spring, 20906

Wednesday, September 26

Senior Fit	Senior Fit is a 45-minute exercise class that focuses on strength, flexibility, balance, posture and cardiovascular endurance.	Wednesday, September 26	8:30 AM - 9:15 AM & 9:30 AM - 10:15 AM	Margaret Schweinhaut Senior Center, 1000 Forest Glen Rd, Silver Spring, 20901
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Tai Chi	Meditation and movement led by PCC volunteer instructors	Wednesday, September 26	9:00 AM - 11:00 AM	Potomac Community Recreation Center, 11315 Falls Rd, Potomac, 20854
HeartWell- Know Your Numbers	Meet with a Suburban Hospital HeartWell nurse for counseling about the numbers that are important to managing your heart health.	Wednesday, September 26	9:00-12 noon	Holiday Park Senior Center, 3950 Ferrara Dr, Silver Spring, 20906
Senior Fit	Senior Fit is a 45-minute exercise class that focuses on strength, flexibility, balance, posture and cardiovascular endurance.	Wednesday, September 26	9:30 AM - 10:15 AM	Margaret Schweinhaut Senior Center, 1000 Forest Glen Rd, Silver Spring, 20901
HeartWell- Know Your Numbers	Meet with a Suburban Hospital HeartWell nurse for counseling about the numbers that are important to managing your heart health.	Wednesday, September 26	10:00-12 noon	Margaret Schweinhaut Senior Center, 1000 Forest Glen Rd, Silver Spring, 20901
Senior Volleyball	Bump, set, and spike with new friends!	Wednesday, September 26	10:30 AM - 12:30 PM	Bauer Drive Community Recreation Center, 14625 Bauer Dr, Rockville, 20853
Spinning Wheels	An indoor cycling class with a focus on endurance and strength using special stationary exercise bicycles.	Wednesday, September 26	10:30 AM - 11:00 AM & 11:00 AM - 11:30 AM	Margaret Schweinhaut Senior Center, 1000 Forest Glen Rd, Silver Spring, 20901
Senior Fit	Senior Fit is a 45-minute exercise class that focuses on strength, flexibility, balance, posture and cardiovascular endurance.	Wednesday, September 26	10:45 AM - 11:15 AM	East County Community Recreation Center, 3310 Gateshead Manor Way, Silver Spring, 20904
Dance to the Latin Beat with DJ Francisco	We open our social hall for dancing followed by nutritious lunch supplemented with Hispanic sides and desserts.	Wednesday, September 26	11:00 AM - 1:00 PM	Long Branch Senior Center, 8700 Piney Branch Rd, Silver Spring, 20901
Diabetes Support & Continuing Education Meetings	Learn new self-management strategies and share concerns, stories, and resources with others living with diabetes. Healthy refreshments are served.	Wednesday, September 26	12:30 PM - 1:30 PM	Holiday Park Senior Center, 3950 Ferrara Dr, Silver Spring, 20906
Bone Builders	A FREE volunteer-led exercise program to you by the Montgomery County Department of Health and Human Services, Recreation and the RSVP volunteer program. One-hour classes held twice per week are designed to increase bone density. Participants lift ankle weights and hand weights, and participate in warm-up, cool-down and balance exercises. ActiveMontgomery.org, Course #56031 to register	Wednesday, September 26	3-4 PM	Damascus Community Recreation Center, 25520 Oak Dr, Damascus, 20872

The Senior Speak-Easy: Open Mic	Have you ever wanted to read a poem, play an instrument, dance, tell a joke or sing in a judgment free and encouraging environment away from the hustle and bustle of the night club scene? Maybe your looking to showcase that juggling talent you've mastered? How about recreating a scene from your favorite play or movie? Well now is your time to shine at the North Potomac Senior Center first Open Mic event. Tour the county's newest senior center then sign up to perform or be a part of the awesome audience. Registration taken 30 minutes before event. Each participant given a max of 5 minutes.	Wednesday, September 26	3:00 PM - 5:00 PM	North Potomac Senior Center, 13850 Travilah Rd, Rockville, 20850
Chronic Disease Prevention and Management Class	African American Health Program (AAHP) chronic disease classes provide information and resources on how to prevent and manage diabetes, heart disease, cancer, Alzheimer's and dementia. Taught by Dr. Ikenna Myers, a certified diabetes educator and physician, and featuring nutritional demonstrations by Robina Barlow.	Wednesday, September 26	6:00 PM - 8:00 PM	White Oak Community Recreation Center, 1700 April Ln, Silver Spring, 20904

Thursday, September 27

Tai Chi	Slow, smooth movements that promote relaxation and balance.	Thursday, September 27	10:00 AM - 11:00 AM	Ross Boddy Community Recreation Center, 18529 Brooke Rd, Sandy Spring, 20860
Fun for Seniors Open House	Drop in for whatever portion interests you! Active 55+ Fitness Class from 9-10a.m., Mini Talk on Energy Boosters from 10:00-10:30a.m., Tables games, crafts, and snacks, and an information table by Holy Cross Health from 10:30 AM - 2:00 PM.	Thursday, September 27	10:00 AM - 2:00 PM	Marilyn J. Praisner Community Recreation Center, 14906 Old Columbia Pike, Burtonsville, 20866

Senior Fitness Extravaganza	Variety of fitness classes and sport activities throughout the entire day.	Thursday, September 27	10:00 AM	White Oak Senior Center, 1700 April Ln, Silver Spring, 20904
Thursday Morning Book Discussion	Join us every fourth Thursday of the month as we discuss notable books. This month's book is Lilac Girls by Martha Hall Kelly.	Thursday, September 27	10:30 AM	Marilyn J. Praisner Library, 14910 Old Columbia Pike, Burtonsville, 20866
Pickleball	A paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Whiffle Ball, over a net. No registration required. Fees waived for Active Aging Week.	Thursday, September 27	10:30-12:30	Damascus Community Recreation Center, 25520 Oak Dr, Damascus, 20872
Yoga in Spanish	Explore the benefits of movement, breath, and meditation! The class is geared to those new to yoga or those looking to refresh the basics. No registration required.	Thursday, September 27	11:00 AM - 11:50 AM	Long Branch Senior Center, 8700 Piney Branch Rd, Silver Spring, 20901
Coping With Change	Group meets to discuss how seniors deal with advancing age and changes to their physical and mental health.	Thursday, September 27	11:00 AM	Damascus Senior Center, 9701 Main St, Damascus, 20872
Zumba Gold	A modified Zumba class at a lower intensity with a focus on balance, range of motion, muscle conditioning and coordination.	Thursday, September 27	12:00 PM - 12:50 PM	Long Branch Senior Center, 8700 Piney Branch Rd, Silver Spring, 20901
Explore Tech: Cloud Storage	Lecture from Senior Planet Montgomery that introduces the topic of cloud storage. Will cover the general purpose and concept, how it is useful, and some tips and tricks.	Thursday, September 27	1:00 PM - 2:30 PM	Margaret Schweinhaut Senior Center, 1000 Forest Glen Road, Silver Spring, MD 20901
Tea Dance	Couples will ballroom dance and enjoy tea and dessert.	Thursday, September 27	1:00 PM - 3:30 PM	Damascus Senior Center, 9701 Main St, Damascus, 20872

Friday, September 28

Senior Fit	Senior Fit is a 45-minute exercise class that focuses on strength, flexibility, balance, posture and cardiovascular endurance.	Friday, September 28	8:30 AM - 9:15 AM & 9:30 AM - 10:15 AM	Margaret Schweinhaut Senior Center, 1000 Forest Glen Rd, Silver Spring, 20901
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Senior Fit	Senior Fit is a 45-minute exercise class that focuses on strength, flexibility, balance, posture and cardiovascular endurance.	Friday, September 28	9:30 AM - 10:15 AM	Margaret Schweinhaut Senior Center, 1000 Forest Glen Rd, Silver Spring, 20901
Walking Club	We will be walking around our local park to add step to our day! Join us for a team effort in getting more sneaker miles or steps to your pedometer! Weather permitting.	Friday, September 28	10:30 AM - 11:00 AM	Plum Gar Community Recreation Center, 19561 Scenery Dr, Germantown, 20876
Arts for the Aging	Enjoy movement, music, storytelling, and dance.	Friday, September 28	11:00 AM - 12:00 PM	East County Community Recreation Center, 3310 Gateshead Manor Way, Silver Spring, 20904
Line Dancing	Reduce stress, increase energy, and burn calories! Come join instructor Helen Ni as she teaches an hour-long dance class	Friday, September 28	11:30-12:30	Potomac Community Recreation Center, 11315 Falls Rd, Potomac, 20854
Healthy Cooking Demonstration	Join us as we learn how to cook and eat healthier! Provided by Manna Food Center.	Friday, September 28	12:00 PM - 1:00 PM	Plum Gar Community Recreation Center, 19561 Scenery Dr, Germantown, 20876

Saturday, September 29

Pickleball	A paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net. No registration required. Fees waived for Active Aging Week.	Saturday, September 29	10:30-12:30	Damascus Community Recreation Center, 25520 Oak Dr, Damascus, 20872
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