

North Potomac Senior Center

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



APRIL 2025 NEWSLETTER

Don't be a No Show

Do Not be a NO SHOW!

Please respect customers, your friends, and others in the community. If you are not able to finish attending a program, cancel your registration by emailing

Rec.FinanceOffice@montgomerycountymd.gov.

Many programs have a waitlist and for a customer to be taken off the waitlist and enrolled in a program, the customer not able to finish attending must cancel by emailing the Finance office at the email address above.

Remember...It could be you on the waitlist one day hoping for a spot to become available.

Cancel registrations via email to allow waitlisted customers a chance to enroll.



TechConnect

What is TechConnect?

TechConnect is assistance with technology. Bring your tablet, laptop, or mobile phone if able.

April 5

April 12

April 19

April 26

9:00am to 1:00pm

**Registration
Not Required**

NEW Feature

A NEW FEATURE—North Potomac Senior Center "Announcements" is online at [North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland](https://montgomerycountymd.gov/npsc) (montgomerycountymd.gov) and is updated weekly.

North Potomac Senior Center updates 55+ programs weekly on their website under "Announcements."

Registration Dates

Mark your calendars for upcoming registration dates for Montgomery County Recreation programs and activities:

- Summer – May 13 (Programs Viewable Online May 2)
- Fall – Aug. 12 (Programs Viewable Online Aug. 1)
- Winter – Nov. 18 (Programs Viewable Online Nov. 7)

Senior Planet: Chromebook Essentials

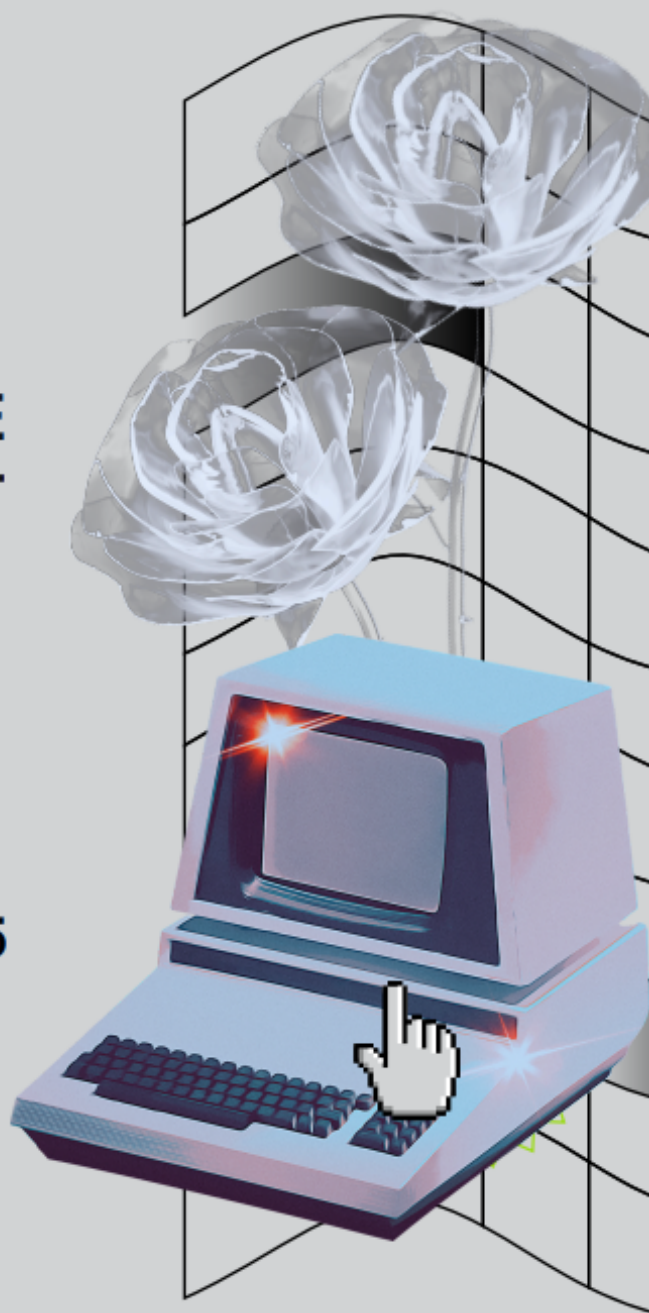


**IN THIS 5 WEEK
COURSE THE
ESSENTIALS OF HOW
TO USE A
CHROMEBOOK WILL BE
TAUGHT. IT IS A GREAT
COURSE FOR
BEGINNERS OR THOSE
WHO NEED A
REFRESHER.**

APRIL 7, 2025 - MAY 7, 2025

2:15PM - 3:30PM

**ACTIVITY CODE: R07105
SECTION: 334**



**NEW DATE
AND
LOCATION!!**



RESPITE RESOURCE & HEALTH FAIR

Join us for a day of care, support and health!
Discover resources for respite care-home health
care agencies, respite facilities, adult medical day
programs, camps and therapeutic programs for
seniors and people with disabilities.

Saturday

APRIL 5TH, 2025



Time

10:00 AM - 2:00 PM



**Activity Center at
Bohrer Park**

506 S FREDERICK AVE,
GAITHERSBURG, MD 20877



Free

OPEN TO THE
PUBLIC



RESOURCES AVAILABLE FOR SENIORS AND PEOPLE WITH DISABILITIES OF ALL AGES

- HEALTH SCREENINGS
- AGING & DISABILITY RESOURCES
- INTERACTIVE ACTIVITIES
- AND SO MUCH MORE

ADA Reasonable Accommodation: Sign language interpreter services and other types of reasonable accommodations will be provided upon request preferably 5 business days or with as much advance notice as possible. Please call 301.984-5777x1206 or via MD Relay at 711 or email Julia.Abate@TheArcMoCo.org. In all situations, a good faith effort (up until the time of the event) will be made to provide accommodations.

新日期
和地方!!



照護者喘息服務資源博覽會

請參加我們的照護者喘息服務資源博覽會！
探索老年人和殘疾人士的暫托設施、成人醫療日托計劃、夏令營和治療計劃的資源。

週六

4月5日, 2025年

時間

早上10點— 下午2點

**Activity Center at
Bohrer Park**

506 S FREDERICK AVE,
GAITHERSBURG, MD
20877

為所有年齡層的老年人和殘疾人
提供資源

- 健康篩查
- 長者及殘疾人士資源
- 互動活動
- 還有更多

ADA美國殘障法合理便利服務：提供手語翻譯服務和其他類型的合理輔助，最好提前 5 個工作日或盡可能提前申請。請致電 301.984-5777x1206 或透過 MD Relay 馬里蘭州電訊轉接服務撥打711 或發送電子郵件至 Julia.Abate@TheArcMoCo.org。在所有情況下，我們都會盡可能（直到活動開始前）提供輔助。

INTERNATIONAL FOLK DANCE

Learn various folk dances from around the world. No experience or dance partner necessary.

MARCH 7, 2025 - MAY 30, 2025
12:30PM - 2:00PM
FRIDAYS

Activity Code:
R07009
Section: 332



ALERT MONTGOMERY

An enhanced electronic emergency warning system with the information you need, when and where you need it.



WHAT IS ALERT MONTGOMERY?

Alert Montgomery is a free service that allows registered users to receive emergency alerts on their cell phones, or other mobile devices during a major crisis, emergency, or severe weather event.

WHAT KIND OF ALERTS ARE SENT, AND WHEN WILL I RECEIVE THEM?

If you live, work, and/or attend school in Montgomery County, you have a wide choice of alerts from which you can choose. The amount of alerts you receive in most cases is up to you. Traffic alerts can be frequent, but severe weather alerts should occur far less often. If you feel you are getting too few or too many alerts, you can adjust your alert settings online.

HOW CAN I REGISTER OR UPDATE MY ACCOUNT?

To access the registration page, go to:

<https://alert.montgomerycountymd.gov>

Once you have registered, you'll be able to update your account, and/or manage the notifications that you receive.

**Enroll Today: A Minute Now
Could Save You Later!**



• IMPORTANT County Phone Numbers




• FOR MORE INFORMATION

on Emergency Preparedness visit www.montgomerycountymd.gov/oemhs, or if you do not have access to a computer, contact 311 or 240-777-0311 (TTY 301-251-4850).

- **DURING EMERGENCIES**, listen to local FM or AM radio for Emergency Broadcast System information.

- **SIGN UP FOR ALERT MONTGOMERY** to get emergency alerts via text, voice, or e-mail. Update or create your account by logging onto alert.montgomerycountymd.gov.

• EMERGENCY

	Police	911
	Fire	911
	Ambulance	911



• NON-EMERGENCY

Police	301-279-8000
Report Crime Tips	240-773-TIPS (8477)
Poison Control	800-222-1222
Montgomery County Government	311 or 240-777-0311 (TTY 301-251-4850)



@ReadyMontgomery



Montgomery County, MD
Office of Emergency
Management and
Homeland Security

Registration, Transportation, & Senior Lunch

HOW DO I REGISTER FOR PROGRAMS?

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 completing this form and having your picture taken a Recreation Pass Card, or *RecPass* will be given to you by a staff member. This RecPass allows holder 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 plan to attend, you **MUST** register at the front desk by completing and signing an Active Montgomery Registration Form. Unsure if you are registered for a program or class? The front desk staff can verify your status and print a receipt confirming your registration or waitlist status.

Finally, 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. 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. Currently, there is a waitlist for JCA transportation, however please submit your application to get on the waitlist and hold your place.

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 \$8.26 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.**

New and Upcoming 55+ Programs

Day/Time	Program	Registration Number
Tuesdays & Thursdays Current to May 29, 2025 1:30 to 3:00pm	 Beginners Bridge Play	<i>R07074_363</i>
Every Other Monday March 31 to June 9, 2025 4:00 to 5:00pm	 Crafty Companions with Neurosilver	<i>R07095_354</i>
Fridays April 18 to May 30, 2025 1:40 to 2:20pm	 Line Dancing	<i>R07011_319</i>
Mondays & Wednesdays April 7 to May 7, 2025 2:15 to 3:30pm	 Chromebook Essentials with Senior Planet/AARP	<i>R07105_334</i>
Tuesday April 22, 2025 9:00 to 11:00am	 Public Transit Travel Training with JCA and WMATA	<i>R07105_335</i>
Tuesday April 22, 2025 10:00 to 11:00am	 Earth Day Walk and Plog	<i>R07023_310</i>
Friday June 6, 2025 10:45am to 12:45pm	 Polynesian Extravaganza	<i>Active # available at summer program viewing in May</i>
Thursdays June 26 to August 14, 2025 10:30 to 11:30am	 Morning Walk	<i>R07035_513</i>

“Bloom” and “Grow”

Use the clues to determine words that rhyme with *bloom* or *grow*. The first eight words rhyme with *bloom*. The remaining words rhyme with *grow*.

- | | |
|------------------------------|-------|
| 1. Weaving apparatus | _____ |
| 2. Sweeping tool | _____ |
| 3. Hotel offering | _____ |
| 4. Wedding cake figurine | _____ |
| 5. Cannon sound | _____ |
| 6. Grant's landmark | _____ |
| 7. Be furious; exhaust vapor | _____ |
| 8. Gloom's partner | _____ |
| 9. Black bird | _____ |
| 10. Paddle a boat | _____ |
| 11. Average guy | _____ |
| 12. Kind of worm | _____ |
| 13. Sluggish | _____ |
| 14. AAA service | _____ |
| 15. Hurl | _____ |
| 16. Use a needle and thread | _____ |
| 17. Trim the lawn | _____ |
| 18. Slang for money | _____ |



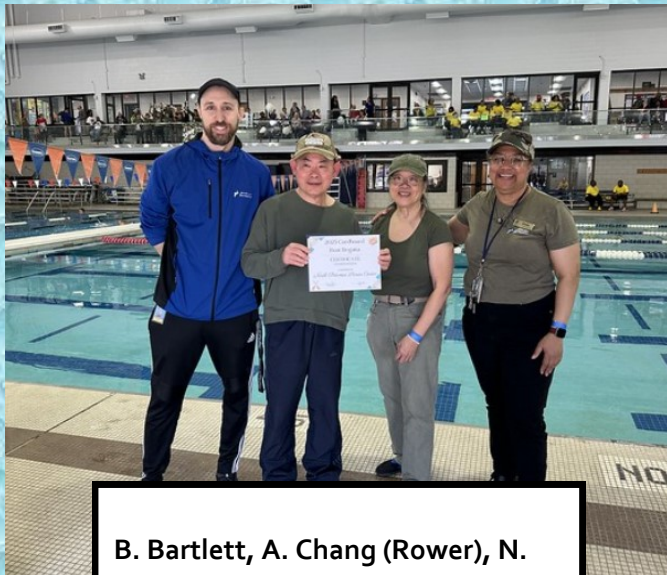
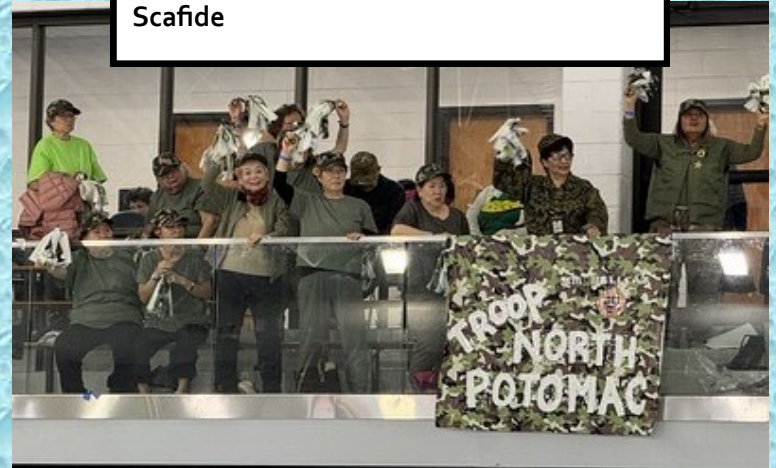
North Potomac Senior Center

Cardboard Boat Regatta 2025 at MLK Pool



Captain Albert of the WWII Hellcat

WWII Hellcat Cheering Section led by E. Scafide



B. Bartlett, A. Chang (Rower), N. Lew, S. Hall

North Potomac's boat the WWII Hellcat came in 3rd place at Regatta 2025



North Potomac Senior Center

Evening Crafters



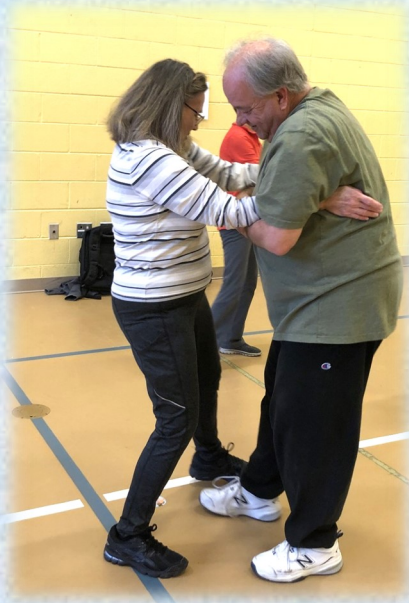
North Potomac Senior Center

Holi Bingo



North Potomac Senior Center

Basic Self Defense Workshop



North Potomac Senior Center

Crafty Companions with Neurosilver



North Potomac Senior Center

Wellness Wednesdays

