

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

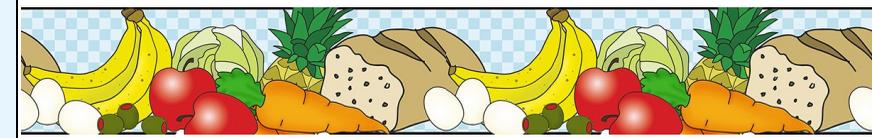
March 2026-North Potomac Senior Center 55+ Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:15 Zumba 2</p> <p>9:15 Tai Chi Practice for Beginners</p> <p>9:30 Stretch to Music</p> <p>9:45 Walking Soccer-weather permitting</p> <p>9:45 Tai Chi Practice (Mandarin)</p> <p>10:00 American Mah Jongg</p> <p>10:30 Stretch to Music-Seated</p> <p>11:30 Jai Ho Discussion Group</p> <p>12:15 Bonjour! Basic French</p> <p>1:15 Rummikub Game</p> <p>2:00 Healthy Body/Mind</p>	<p>9:15 Tai Chi Sword-Beginner (1st Day) 3</p> <p>9:30 Tai Chi for Beginners</p> <p>9:30 Zumba Video</p> <p>10:00 Chinese Mahjong</p> <p>10:30 Japanese, Intermediate</p> <p>1:00 Knit and Crochet Group</p> <p>1:00 Bridge</p> <p>1:00 Chinese Classical Folk Dance</p> <p>2:00 Chinese Karaoke</p> <p>3:15 Heart Plus Exercise</p> <p>6:00 Strength and Balance (1st Day)</p>	<p>9:15 Cardio Fit 4</p> <p>9:15 Tai Chi Practice-Beginners</p> <p>9:30 Stretch to Music</p> <p>9:30 & 1:30 Blood Pressure</p> <p>9:30 Tai Chi CMC 37</p> <p>9:45 Soccer-weather permitting</p> <p>10:00 Chinese Mahjong</p> <p>10:00 American Mah Jongg</p> <p>10:30 Stretch to Music-Seated</p> <p>10:45 Sit and Stretch</p> <p>12:15 Health Presentation</p> <p>1:00 Mindfulness Fitness</p> <p>1:00 Chinese Folk Dance</p> <p>1:00 Int'l Ballroom Dancing</p> <p>2:30 Tai Chi Foundations</p>	<p>5</p> <p>9:30 Qigong Practice/Video</p> <p>9:30 Zumba Video</p> <p>10:00 Current Events</p> <p>11:00 Chat with Senior Center Director</p> <p>12:00 Rummikub Game</p> <p>12:30 Virtual Reality</p> <p>1:00 Dance for Posture (Mandarin)</p> <p>1:00 American Mah Jongg</p> <p>1:00 Bridge</p> <p>2:00 Yoga-Slow Flow</p> <p>3:15 Heart Plus Exercise</p>	<p>6</p> <p>9:15 Tai Chi Practice for Beginners</p> <p>9:30 Stretch to Music</p> <p>9:45 Soccer-weather permitting</p> <p>10:00 Coping with Change</p> <p>10:00 Holi Celebration</p> <p>10:30 Stretch to Music-Seated</p> <p>12:00 Chinese Mahjong</p> <p>12:15 International Folk Dance</p> <p>12:30 Knit and Crochet Group</p> <p>12:45 Mindfulness Coloring</p> <p>1:30 Trail Ride Line Dance</p> <p>2:30 Tai Chi Chen 18</p>	<p>7</p> <p>9:00—1:00 TechConnect</p> <p>9:30-11:00 Martial Arts Health Dance</p>
<p>9:15 Zumba 9</p> <p>9:15 Tai Chi Practice for Beginners</p> <p>9:30 Stretch to Music</p> <p>9:45 Walking Soccer-weather permitting</p> <p>9:45 Tai Chi Practice (Mandarin)</p> <p>10:30 Stretch to Music-Seated</p> <p>10:00 American Mah Jongg</p> <p>11:30 Jai Ho Discussion Group</p> <p>12:15 Bonjour! Basic French</p> <p>1:15 Rummikub Game</p> <p>2:00 Healthy Body/Mind</p>	<p>10</p> <p>9:15 Tai Chi Sword-Beginner</p> <p>9:30 Tai Chi for Beginners</p> <p>9:30 Zumba Video</p> <p>10:00 Chinese Mahjong</p> <p>10:30 Japanese, Intermediate and Up</p> <p>1:00 Knit and Crochet Group</p> <p>1:00 Bridge</p> <p>1:00 Chinese Classical Folk Dance</p> <p>2:00 Chinese Karaoke</p> <p>3:15 Heart Plus Exercise</p> <p>6:00 Strength and Balance</p>	<p>9:15 Cardio Fit 11</p> <p>9:15 Tai Chi Practice-Beginners</p> <p>9:15 Cardboard Boat Regatta</p> <p>9:30 Stretch to Music</p> <p>9:30 & 1:30 Blood Pressure</p> <p>9:30 Tai Chi CMC 37</p> <p>9:45 Soccer-weather permitting</p> <p>10:00 Chinese Mahjong</p> <p>10:00 American Mah Jongg</p> <p>10:30 Stretch to Music-Seated</p> <p>10:45 Sit and Stretch</p> <p>12:15 Health Presentation</p> <p>1:00 Mindfulness Fitness</p> <p>1:00 Chinese Folk Dance</p> <p>1:00 Int'l Ballroom Dancing</p> <p>2:30 Tai Chi Foundations</p> <p>4:00 Evening Crafters</p>	<p>12</p> <p>9:30 Qigong Practice/Video</p> <p>9:30 Zumba Video</p> <p>10:00 Current Events</p> <p>12:00 Rummikub Game</p> <p>12:30 Virtual Reality</p> <p>1:00 Dance for Posture (Mandarin)</p> <p>1:00 American Mah Jongg</p> <p>1:00 Bridge</p> <p>2:00 Yoga-Slow Flow</p> <p>3:15 Heart Plus Exercise</p>	<p>13</p> <p>9:15 Tai Chi Practice for Beginners</p> <p>9:30 Stretch to Music</p> <p>9:45 Soccer-weather permitting</p> <p>10:00 Coping with Change</p> <p>10:30 Stretch to Music-Seated</p> <p>12:00 Chinese Mahjong</p> <p>12:15 International Folk Dance</p> <p>12:30 Knit and Crochet Group</p> <p>12:45 Mindfulness Coloring</p> <p>1:30 Trail Ride Line Dance</p> <p>2:30 Tai Chi Chen 18</p>	<p>14</p> <p>9:00—1:00 TechConnect</p> <p>9:30-11:00 Martial Arts Health Dance</p>
<p>9:15 Zumba 16</p> <p>9:15 Tai Chi Practice for Beginners</p> <p>9:30 Stretch to Music</p> <p>9:45 Walking Soccer-weather permitting</p> <p>9:45 Tai Chi Practice (Mandarin)</p> <p>10:00 American Mah Jongg</p> <p>10:30 Stretch to Music-Seated</p> <p>11:30 Jai Ho Discussion Group</p> <p>12:15 Bonjour! Basic French</p> <p>1:15 Rummikub Game</p> <p>2:00 Healthy Body/Mind</p>	<p>17</p> <p>9:15 Tai Chi Sword-Beginner</p> <p>9:30 Tai Chi for Beginners</p> <p>9:30 Zumba Video</p> <p>10:00 Chinese Mahjong</p> <p>10:30 Japanese, Intermediate</p> <p>1:00 Knit and Crochet Group</p> <p>1:00 Bridge</p> <p>1:00 Chin. Classic Folk Dance</p> <p>2:00 Chinese Karaoke</p> <p>3:15 Heart Plus Exercise</p> <p>6:00 Strength and Balance</p>	<p>9:15 Cardio Fit 18</p> <p>9:15 Tai Chi Practice-Beginners</p> <p>9:30 Stretch to Music</p> <p>9:30 & 1:30 Blood Pressure</p> <p>9:30 Tai Chi CMC 37</p> <p>9:45 Soccer-weather permitting</p> <p>10:00 Chinese Mahjong</p> <p>10:00 American Mah Jongg</p> <p>10:30 Stretch to Music-Seated</p> <p>10:45 Sit and Stretch</p> <p>12:15 Health Presentation</p> <p>1:00 Mindfulness Fitness</p> <p>1:00 Chinese Folk Dance</p> <p>1:00 Int'l Ballroom Dancing</p> <p>2:30 Tai Chi Foundations</p> <p>4:00 Spanish Conversation-Beginners (1st Day)</p>	<p>19</p> <p>9:30 Qigong Practice/Video</p> <p>9:30 Zumba Video</p> <p>10:00 Current Events</p> <p>12:00 Rummikub Game</p> <p>12:30 Virtual Reality</p> <p>1:00 Dance for Posture (Mandarin)</p> <p>1:00 American Mah Jongg</p> <p>1:00 Bridge</p> <p>2:00 Yoga-Slow Flow</p> <p>3:15 Heart Plus Exercise</p>	<p>20</p> <p>9:15 Tai Chi Practice for Beginners</p> <p>9:30 Stretch to Music</p> <p>9:45 Soccer-weather permitting</p> <p>10:00 Coping with Change</p> <p>10:30 Stretch to Music-Seated</p> <p>12:00 Chinese Mahjong</p> <p>12:15 International Folk Dance</p> <p>12:30 Knit and Crochet Group</p> <p>12:45 Mindfulness Coloring</p> <p>1:30 Trail Ride Line Dance</p> <p>2:30 Tai Chi Chen 18</p>	<p>21</p> <p>9:00—1:00 TechConnect</p> <p>9:30-11:00 Martial Arts Health Dance</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28
9:15 Zumba 9:15 Tai Chi Practice for Beginners 9:30 Stretch to Music 9:45 Walking Soccer-weather permitting 9:45 Tai Chi Practice (Mandarin) 10:00 American Mah Jongg 10:30 Stretch to Music-Seated 11:30 Jai Ho Discussion Group 12:15 Bonjour! Basic French Conversation 1:15 Rummikub Game 2:00 Healthy Body/Mind 4:00 Crafty Companions	9:15 Tai Chi Sword-Beginner 9:30 Tai Chi for Beginners 9:30 Zumba Video 10:00 Chinese Mahjong 10:30 Japanese, Intermediate and Up 1:00 Knit and Crochet Group 1:00 Bridge 1:00 Chinese Classical Folk Dance 2:00 Blood Pressure Screening 2:00 Chinese Karaoke 3:15 Heart Plus Exercise 6:00 Strength and Balance (Last Day)	9:15 Cardio Fit 9:15 Tai Chi Practice for-Beginners 9:30 Stretch to Music 9:30 & 1:30 Blood Pressure 9:39 Tai Chi CMC 37 9:45 Soccer-weather permitting 10:00 Chinese Mahjong 10:00 American Mah Jongg 10:30 Stretch to Music-Seated 12:15 Health Presentation 1:00 Mindfulness Fitness 1:00 Chinese Folk Dance 1:00 Int'l Ballroom Dancing 2:30 Tai Chi Foundations 4:00 Spanish Conversation-Beginners	9:30 Qigong Practice/Video 9:30-10:15 Zumba Video 10:00 Current Events 12:00 Rummikub Game 12:30 Virtual Reality 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:00 Bridge 2:00 Yoga-Slow Flow 3:15 Heart Plus Exercise	9:15 Tai Chi Practice for Beginners 9:30 Stretch to Music 9:45 Soccer-weather permitting 10:00 Coping with Change 10:30 Stretch to Music-Seated 12:00 Chinese Mahjong 12:15 International Folk Dance 12:30 Knit and Crochet Group 12:45 Mindfulness Coloring 1:30 Trail Ride Line Dance 2:30 Tai Chi Chen 18	9:00—1:00 TechConnect 9:30-11:00 Martial Arts Health Dance
30	31	Senior Planet AARP MAKEUP classes due to inclement weather closures will be: Monday, March 2 at 2:30pm Room A <i>Using Google Slides</i> and Wednesday, March 4 at 2:30pm Room B <i>Practicing with Google Docs</i>		Senior Nutrition Program (SNP) Lunch Monday through Fridays 11:30am Social Hall A If you have questions, reach out to Jean or Andy, Monday through Friday between 9am and 2:30pm at 240-773-4805 or email NPSC@montgomerycountymd.gov	
9:15 Zumba 9:15 Tai Chi Practice for Beginners 9:30 Stretch to Music 9:45 Walking Soccer-weather permitting 9:45 Tai Chi Practice (Mandarin) 10:00 American Mah Jongg 10:30 Stretch to Music-Seated 11:30 Jai Ho Discussion Group 12:15 Bonjour! Basic French Conversation 1:15 Rummikub Game 2:00 Healthy Body/Mind	9:15 Tai Chi Sword-Beginner 9:30 Tai Chi for Beginners 9:30 Zumba Video 10:00 Chinese Mahjong 10:30 Japanese, Intermediate and Up 1:00 Knit and Crochet Group 1:00 Bridge 1:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 3:15 Heart Plus Exercise 6:00 Strength and Balance (1st Day)				



BONE BUILDER CLASSES at NPSC
 Mondays & Wednesdays—10:45 to 11:45am
 Tuesdays & Thursdays
 10:40 to 11:40am and 11:50am to 12:50pm

SENIOR FIT CLASSES at NPSC
 Mondays & Wednesdays—1 to 1:45pm
 Call Holy Cross Health at 301-754-8800 for registration information.
 Email seniorfit@holycrosshealth.org for information.