


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

# December 2025-North Potomac Senior Center 55+ Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15 Zumba 9:15 Tai Chi Practice for Beginners <b>9:30 Everyday English for Chinese Natives</b> 9:30 Stretching Exercise 9:45 Walking Soccer 9:45 Tai Chi Practice (Mandarin) 10:00 American Mah Jongg 11:30 Jai Ho Discussion Grp <i>11:30 SNP Lunch Program</i> 1:15 Rummikub Game 2:00 Healthy Body/Mind	9:30 Tai Chi Practice 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Japanese, Intermediate and Up <i>11:30 SNP Lunch Program</i> 1:00 Knit and Crochet Group 1:00 Bridge 1:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke <b>2:00 Bridge Lessons-Beginner (first class)</b>	9:15 Cardio Fit 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Chinese Mahjong <b>10:30 Fire Safety at Home</b> 10:45 Sit and Stretch <i>11:30 SNP Lunch Program</i> 1:00 Chinese Folk Dance 1:00 Int'l Ballroom Dancing <b>3:00 Painting</b> <b>3:15 Conversation Spanish Practice</b>	9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video <b>9:30 Trader Joe's-Bring \$</b> 10:00 Current Events 10:30 Mindfulness Art <i>11:30 SNP Lunch Program</i> 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:00 Bridge 2:00 Slow Flow Yoga 3:15 Heart Plus Exercise <b>3:30 Tech Tutoring</b>	9:15 Tai Chi Practice for Beginners 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Coping with Change 10:00 Tai Chi CMC 37 <b>11:00 Chat-Sr Ctr Director</b> <i>11:30 SNP Lunch Program</i> 12:00 Chinese Mahjong 12:15 International Folk Dance 12:30 Knit and Crochet Group <b>1:00 Holiday Ballroom Showcase</b>	9:00—1:00 TechConnect 9:30-11:00 Martial Arts Health Dance
9:15 Zumba 9:15 Tai Chi Practice for Beginners <b>9:30 Everyday English for Chinese Natives</b> 9:30 Stretching Exercise 9:45 Walking Soccer 9:45 Tai Chi Practice(Mandarin) 10:00 American Mah Jongg <b>10:30 Scale Model Exhibit</b> 11:30 Jai Ho Discussion Grp <i>11:30 SNP Lunch Program</i> 12:15 Bonjour! Basic French 1:15 Rummikub Game <b>2:00 Healthy Body/Mind (break until 1/5/26)</b> 4:00 Crafty Companions	9:30 Tai Chi Practice 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Japanese, Intermediate and Up <i>11:30 SNP Lunch Program</i> 1:00 Knit and Crochet Group 1:00 Bridge 1:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 2:00 Bridge Lessons-Beginner <b>3:15 Heart Plus Exercise (first class)</b>	9:15 Cardio Fit 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Chinese Mahjong <b>10:00 American Mah Jongg (first class)</b> 10:45 Sit and Stretch <i>11:30 SNP Lunch Program</i> 1:00 Chinese Folk Dance 1:00 Int'l Ballroom Dancing <b>3:15 Conversation Spanish Practice</b> <b>4:00 Evening Crafters</b>	9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video 10:00 Current Events 10:30 Mindfulness Art <i>11:30 SNP Lunch Program</i> 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:00 Bridge 2:00 Slow Flow Yoga 3:15 Heart Plus Exercise	9:15 Tai Chi Practice for Beginners <b>9:30 Amish Market—Bring \$</b> 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Coping with Change <b>10:00 Tai Chi CMC 37 (last class)</b> <i>11:30 SNP Lunch Program</i> 12:00 Chinese Mahjong 12:15 International Folk Dance 12:30 Knit and Crochet Group <b>1:30 Trail Ride Line Dancing (first class)</b> 2:30 Tai Chi Chen 18	<b>SNOW AND ICE FAMILY FESTIVAL</b> <b>3:30 TO 6:30PM</b>
9:15 Zumba 9:15 Tai Chi Practice for Beginners <b>9:30 Everyday English for Chinese Natives</b> 9:30 Stretching Exercise 9:45 Walking Soccer 9:45 Tai Chi Practice (Mandarin) 10:00 American Mah Jongg 11:30 Jai Ho Discussion Grp <i>11:30 SNP Lunch Program</i> 12:15 Bonjour! Basic French Conversation 1:15 Rummikub Game	9:30 Tai Chi Practice 9:30-10:15 Zumba Video <b>9:30 Wegman's-Bring \$</b> 10:00-12:00 Chinese Mahjong 10:30 Japanese, Intermediate <i>11:30 SNP Lunch Program</i> <b>12:30 Hanukkah, a Festival of Lights</b> 1:00 Knit and Crochet Group 1:00 Bridge 1:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 2:00 Bridge Lessons-Beginner 3:15 Heart Plus Exercise	9:15 Cardio Fit 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Chinese Mahjong 10:00 American Mah Jongg 10:45 Sit and Stretch <i>11:30 SNP Lunch Program</i> 1:00 Chinese Folk Dance 1:00 Int'l Ballroom Dancing <b>1:30 Mingle and Jingle Holiday Party</b> <b>3:15 Conversation Spanish Practice</b>	9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video 10:00 Current Events 10:30 Mindfulness Art <i>11:30 SNP Lunch Program</i> 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:00 Bridge 2:00 Slow Flow Yoga 3:15 Heart Plus Exercise	9:15 Tai Chi Practice for Beginners 9:30 Stretching Exercise 9:45 Soccer-weather permitting 10:00 Coping with Change <i>11:30 SNP Lunch Program</i> 12:00 Chinese Mahjong 12:15 International Folk Dance 12:30 Knit and Crochet Group <b>1:30 Trail Ride Line Dancing (break until 1/9/26)</b> 2:30 Tai Chi Chen 18	9:00—1:00 TechConnect 9:30-11:00 Martial Arts Health Dance (last class)

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<div>22</div> <div>9:15 Zumba 9:15 Tai Chi Practice for Beginners <b>9:30 Everyday English for Chinese Natives</b> 9:30 Stretching Exercise 9:45 Walking Soccer (weather permitting) 9:45 Tai Chi Practice (Mandarin) 10:00 American Mah Jongg <i>11:30 SNP Lunch Program</i> 12:15 Bonjour! Basic French Conversation  No Jai Ho Group No Rummikub</div>	<div>23</div> <div>9:30 Tai Chi Practice 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Japanese, Intermediate and Up <i>11:30 SNP Lunch Program</i> 1:00 Knit and Crochet Group 1:00 Bridge 1:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 2:00 Bridge Lessons-Beginner</div>	<div>24</div> <div>9:15 Cardio Fit 9:30 Stretching Exercises 9:45 Soccer-weather permitting 10:00 Chinese Mahjong 10:00 American Mah Jongg <i>11:30 SNP Lunch Program</i> 1:00 Chinese Folk Dance <b>1:00-2:30 Int'l Ballroom Dancing</b>  CENTER CLOSSES AT 3PM TODAY</div>	<div>25</div> <div>  SENIOR CENTER AND RECREATION CENTER CLOSED</div>	<div>26</div> <div>SENIOR CENTER AND RECREATION CENTER CLOSED  NO SENIOR PROGRAMS, SNP LUNCH, AND JCA TRANSPORTATION</div>	<div>27</div> <div>SENIOR CENTER AND RECREATION CENTER CLOSED  NO SENIOR PROGRAMS, SNP LUNCH, AND JCA TRANSPORTATION</div>
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<div>YOGA FOR VITALITY (Fee) at NPSC Tuesdays and/or Thursdays Contact Customer Service at 240-777-6840 or <a href="mailto:Recreation.customerservice@montgomerycountymd.gov">Recreation.customerservice@montgomerycountymd.gov</a></div>			<div>BONE BUILDER CLASSES at NPSC Mondays &amp; Wednesdays—10:45 to 11:45am Tuesdays &amp; Thursdays 10:40 to 11:40am and 11:50am to 12:50pm <b>Winter Session Registration-11/18/25 at 9am</b></div>		<div>SENIOR FIT CLASSES at NPSC Mondays &amp; Wednesdays—1 to 1:45pm Call Holy Cross Health at 301-754-8800 for registration information. Email <a href="mailto:seniorfit@holycrosshealth.org">seniorfit@holycrosshealth.org</a> for information.</div>