

# North Potomac Senior Center

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



## DECEMBER 2025 NEWSLETTER

### Reminder to Cancel

#### ATTENTION 55+ PARTICIPANTS

**PLEASE CANCEL!  
DO NOT BE A NO SHOW!**

If unable to start or complete a program or class you are enrolled in taking, cancel your registration enrollment by emailing:

**Rec.FinanceOffice@montgomerycountymd.gov**

Include your name along with the name, active number, day and, time of the program or class. Almost all the programs at North Potomac Senior Center have a waitlist with others waiting to be enrolled. Thank you.

Contact Sheila with questions at  
[Sheila.hall@montgomerycountymd.gov](mailto:Sheila.hall@montgomerycountymd.gov)

### TechConnect Info

**Assistance with your tablet, laptop, and phone. Bring your device with you if able.**

#### THURSDAYS-3:30 TO 4:30PM

December 4  
January 8  
February 5, 2026

#### SATURDAYS-9AM TO 1PM

December 6  
December 20

### Center Closures

#### HOLIDAY SCHEDULE

Wednesday, December 24  
CLOSES at 3pm

Thursday, December 25  
to  
Sunday, December 28  
CLOSED

Wednesday, December 31  
CLOSES at 3pm

New Years Day  
Thursday, January 1, 2026  
CLOSED

### Transportation Network Directory

A Transportation Network Directory (TND) for People with Disabilities and Older Adults is located in the 55+ binder at the front desk for you to view while at the senior center. You can also view this information at home by visiting the following website:  
**[www.montgomerycountymd.gov/tnd](http://www.montgomerycountymd.gov/tnd)**

# 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](http://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](http://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



# MONTGOMERY COUNTY RECREATION

## Inclement Weather and Emergency Closure Plan

Montgomery County Recreation (MCR) programming can be impacted by emergency closures and inclement weather conditions. All employees should register to receive emergency notifications through Alert Montgomery.

Employees can find the most up-to-date information on County Government Operational Status via the following channels:

- Office of Human Resources Webpage:  
<https://apps.montgomerycountymd.gov/OHROfficeStatus/status>
- A status update email will be sent to Rec.All.

Customers can find the most up-to-date information via the following channels:

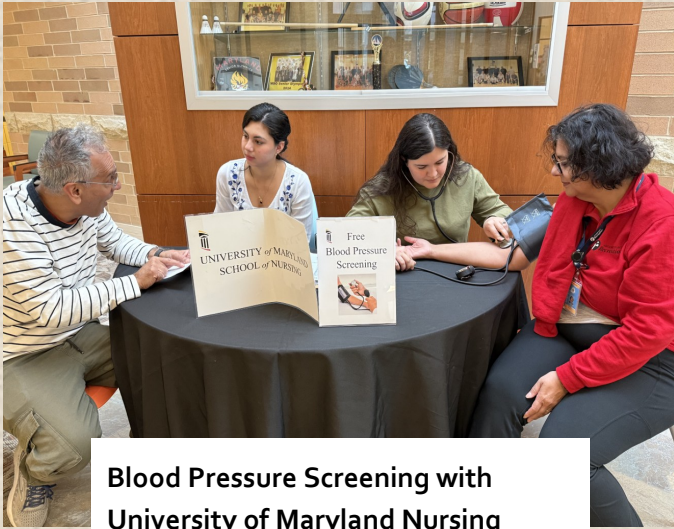
- Montgomery County Recreation website
- Montgomery County Recreation on Facebook
- Montgomery County Recreation on Twitter
- Rec Alerts from Alert Montgomery. They can register here.

### Inclement Weather Policies:

- If MCPS closes:
  - All scheduled in-person programs and classes are canceled. Virtual programs are held as scheduled.
  - All facilities open on a normal schedule for drop-in activities.
- If MCPS has a two-hour delayed opening:
  - In-person programs and classes before 10 a.m. are canceled. Virtual programs are held as scheduled.
  - Senior centers open at 10 a.m.
  - Senior transportation and senior nutrition programs are canceled.
  - Tiny tot classes (programs for children five and under) that begin before noon are canceled.
  - All facilities open on normal schedule for drop-in activities.
- If MCPS has early dismissal:
  - In-person programs and classes beginning at 2 p.m. or later are canceled. Virtual programs are held as scheduled.
  - Club Adventure closes at 2 p.m.
  - Facilities remain open on a normal schedule for drop-in activities.
- If Montgomery County Government has delayed opening:
  - All facilities open at that time.
  - All programs that begin before that time are canceled.
  - \*\*in many instances, this is combined with a MCPS closure.\*\*
- If Montgomery County Government has an early closure:
  - All facilities close at that time.
  - All programs that are scheduled to end after that time are canceled/end at the time of the closure.
  - \*\*in many instances, this is combined with a MCPS closure.\*\*



# NPSC Photos



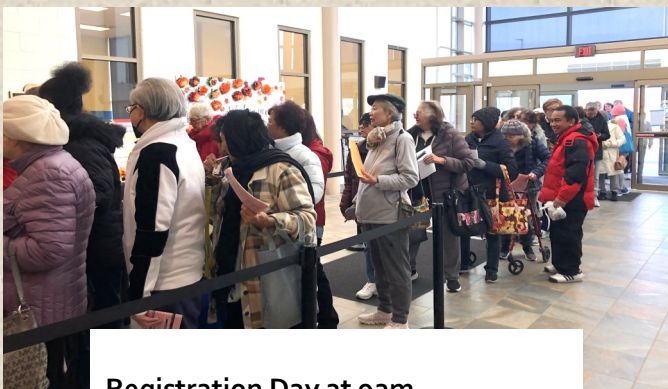
Blood Pressure Screening with University of Maryland Nursing Students

Wednesday Morning Table Tennis for 55+

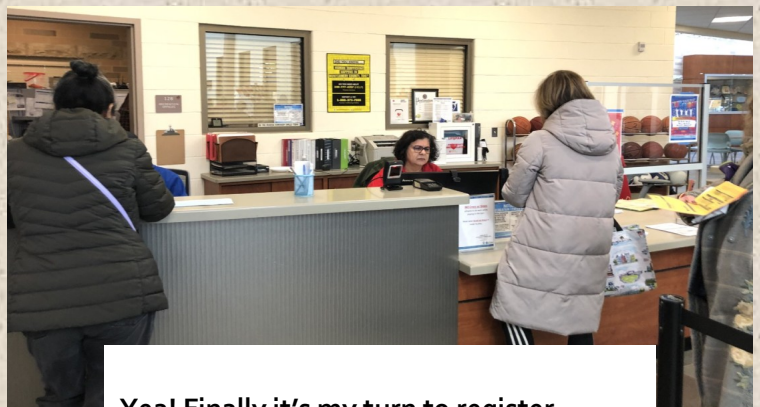


Morning Stretching Exercise

Registration line outside at 8:45am





Registration Day at 9am



Yea! Finally it's my turn to register



# New and Upcoming 55+ Programs

Day/Time	Program	Registration Number
Wednesday December 3 <i>10:30 to 11:30 am</i>	 Fire Safety for You in Your Home— It's About Time!	<i>R07116_203</i>
Friday December 5 <i>1:00 to 5:00 pm</i>	Holiday Ballroom Dance Showcase and Dancing	<i>R07107_203</i>
Friday Dec. 5 to Feb. 27, 2026 <i>12:30 to 2:30pm</i>	 Knit and Crochet Group	<i>R07003_208</i>
Tuesday December 16 <i>9:30 to 11:30am</i>	 Outing to the New Wegman's Grocery in Rockville	<i>R07101_240</i>
Friday December 12 <i>9:30 to 11:30 am</i>	Outing to Amish Market in Germantown	<i>R07101_214</i>
Tuesday December 16, 2025 <i>12:30 to 1:30 pm</i>	 Hanukkah, A Festival of Lights	<i>R07107_221</i>
Wednesday December 17, 2025 <i>1:30 to 3:30 pm</i>	 Mingle and Jingle Holiday Party	<i>R07107_260</i>
Monday January 26, 2026 <i>10:30 am to 4:30 pm</i>	 Jigsaw Puzzle Competition	<i>R07107_206</i>

MONTGOMERY COUNTY RECREATION

NORTH POTOMAC



SCAN

Activity  
**RO3003-215**

*All Ages  
Welcome!*

*Free for  
Everyone!*

# SNOW & ICE

## *Family Festival*



**SATURDAY, DEC. 13 ❄️ 3:30-6:30 P.M.**

Celebrate winter at the Nancy H. Dacek North Potomac Community Recreation and Senior Center's Annual Snow and Ice Family Festival. Activities include roller skating, crafts, a cocoa bar, games, music and more. Participants will also have the opportunity to take photos with a snowman. **Registration is required.**

**North Potomac CRC • 13850 Travilah Road, Rockville**



**MONTGOMERYCOUNTYRECREATION**



**MOCOREC**



**MOCORECREATION**

**To register, visit [ActiveMontgomery.org](https://www.ActiveMontgomery.org)**  
**240-777-6840 • Hablamos Español • [www.mocorec.com](https://www.mocorec.com)**



MONTGOMERY COUNTY  
**Recreation**

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA).  
Please contact 240-777-6840 or [rec.inclusion@montgomerycountymd.gov](mailto:rec.inclusion@montgomerycountymd.gov) to request accommodations.

# Jingle and Mingle Holiday Party

*Celebrate the holiday season with  
friends and neighbors with DJ AYO.  
Great Company, Food, and Cheer.*

**DECEMBER 17, 2025**  
**1:30 TO 3:30PM**

**55+ ONLY**

**R07107\_260**

**Registration ends on  
December 11th.**





# **FIRE SAFETY FOR YOU IN YOUR HOME...**

## **IT'S ABOUT TIME!**

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Presented by  
**Jim Resnick**  
(retired Battalion Chief),  
Program Manager

Learn about what is causing fires in our homes, why these fires are increasingly fast-moving and deadly, and some of the simple things that all of us can do to reduce our risks, including Lithium-Ion and other rechargeable battery fires. This important session will be interactive,

**Wednesday, December 3**  
**10:30am**  
**Active # R07116\_203**



# ONE-ON-ONE TECH HELP

**Need a Hand with Your Tech?**

**Whether you're troubleshooting or just trying to learn, get support tailored to your needs.**

**North Potomac Senior Center**

**9:30am to 12:15pm**

**Thursdays until December 11**

***No Advance Registration Required***



**SENIOR PLANET**  
MONTGOMERY FROM AARP





Senior Nutrition Program  
Montgomery County Dept of Health and Human Services

Effective October 15, 2025, the Price of Your Meal is

**\$8.40**



Please donate to help provide meals to other seniors in Montgomery County.

The recommended donation is \$3 per meal, but every penny counts.



Your donations provide MORE MEALS for people like you.



# 55+ Enrollment By Day Information

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## Enrollment By Day Class Information

Winter Session 2025/2026

### Enrolled Participants:

- Will be admitted first, during the first five minutes of class.

### Waitlisted Customers or New Customers: (for select *Enrollment By Day* classes)

- May be admitted only for that specific day, after the first five minutes, if there is space available.
- Must complete and sign an Active enrollment form in person.
- One-day enrollment cannot be done online. The form must be completed in person at the senior center.
- Being admitted for one day does not remove your name from the waitlist. Waitlist is still in effect.
- If you want to attend a Enrollment By Day class again, you must complete and sign a new Active registration form each time you wish to participate.

Below are the Winter Session programs with the Enrollment By Day option:

⇒	American Mah Jongg	R07047_212
⇒	American Mah Jongg	R07047_210
⇒	American Mah Jongg	R07047_215
⇒	Chinese Mahjong	R07047_207
⇒	Chinese Mahjong	R07047_209
⇒	Crafty Companions	R07095_233
⇒	Jai Ho Discussion Group	R07312_204
⇒	Knit and Crochet Group	R07003_208
⇒	Knit and Crochet Group	R07003_201
⇒	Painting	R07095_232
⇒	Rummikub Game	R07086_208
⇒	Sit and Stretch	R07066_202

# Rec Assist Applications

Montgomery County Recreation will begin accepting applications for 2026 Rec Assist, the department's financial assistance program, on Monday, December 8, 2025.

County residents who receive public assistance from any of these programs are eligible for Rec Assist:

- *Care for Kids*
- *Free and Reduced-Price Meal Services (FARMS)*
- *Heat and Eat (H-EAT)*
- *Housing Assistance from a Shelter*
- *Maryland Energy Assistance*
- *Maryland Medicaid*
- *Supplemental Nutrition Assistance Program (SNAP)*
- *Supplemental Social Security Income*
- *Temporary Cash Assistance (TCA)*
- *WIC*

Any student who attends a Montgomery County Public School participating in Community Eligibility Provision is eligible for Rec Assist. Proof of enrollment must be provided.

Once approved, each eligible family member will receive \$400 placed on the qualifying individual's ActiveMONTGOMERY account for use. Rec Assist 2026 funds are available for use from Jan. 1 through Dec. 31, 2026, or until the funds are depleted. Funds are available on a first come, first served basis.

Rec Assist applications will be accepted online, by mail to Montgomery County Recreation Attention Rec Assist, 2425 Reddie Drive, 10th Floor, Wheaton, MD, 20902 or can be dropped off at that same address Monday to Friday, 8:30 a.m. to 4:30 p.m.

Once your application is approved, the amount of eligible assistance will be placed on your ActiveMONTGOMERY account within 10 business days. If you applied and received Rec Assist in 2025, it can be used on your account until the end of the year, Dec. 31, 2025, or until the fund is depleted. For more information or to apply online, visit [mcorec.com/recassist](https://mcorec.com/recassist).



# Senior Lunch, Registration, and Transportation

## ***SENIOR NUTRITION PROGRAM (SNP)***

As of November 1, 2025, the Senior Nutrition Lunch Program is keeping a list of all seniors interested in the Senior Nutrition Lunch Program (SNP). Email your first and last name along with your email address, and phone number to [NPSC@montgomerycountymd.gov](mailto:NPSC@montgomerycountymd.gov) for the SNP Site managers Jean and Andy. If you are currently a participant, you can continue to reserve meals. Meals are available for a voluntary contribution toward the cost of the meals for those sixty and over. Individuals under sixty must pay the full price of the meal which increased to \$8.40 effective October 15, 2025. Your \$3.00 recommended donation helps to support this program.

New Cancellation and No Show Policy begins June 1, 2025. Speak to your SNP site managers, Jean or Andy for information if needed.

To make a meal reservation, call 240-773-4805 before 10:00am *at least* four business days ahead of desired lunch day. If you need to cancel your meal reservation, contact Andy or Jean at 240-773-4805 or email [NPSC@montgomerycountymd.gov](mailto:NPSC@montgomerycountymd.gov) with your information.

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## ***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*. The Active Registration form is available at the front desk or you can register online at [ActiveMontgomery.org](https://ActiveMontgomery.org). After completing the ActiveMontgomery 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.

All 55+ programs have an assigned activity number which begins with R07 (e.g. #R07010\_100). 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*. Are you unsure if you are registered for a program or class? The front desk staff and 55+ staff can verify your enrollment status and print a receipt confirming your registration or waitlist status if available.

Finally, please be kind to the staff, instructors, and fellow participants by adhering to the rules and regulations set by Montgomery County Department of recreation. Thank you.

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## ***FREE CURB TO CURB TRANSPORTATION BY JCA***

Currently JCA transportation has a waitlist, however they recommend you complete and have your application submitted to go onto the waitlist. If you reside within **five miles** of the North Potomac Senior Center, the Jewish Council for the Aging (JCA) offers free, handicap accessible transportation Monday through Friday. Call 240-773-4805 or stop by the North Potomac Senior Center for an application. Once application is submitted, you will be contacted by JCA when a space becomes available.

# Cozy Winter Eggnog Loaf

Makes 1 loaf



## Ingredients:

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 1/2 cup sugar
- 1/2 cup unsalted butter (softened)
- 2 large eggs
- 1 cup eggnog
- 1 teaspoon vanilla extract

## Glaze:

- 1/2 cup powdered sugar
- 2 to 3 tablespoons eggnog
- Pinch of nutmeg

## Directions

1. Preheat oven to 350°F. Grease a 9x5-inch loaf pan.
2. In a medium bowl, whisk together flour, baking powder, salt, and nutmeg.
3. In a large bowl, beat sugar and butter until creamy.
4. Add eggs one at a time, mixing well after each addition.
5. Stir in eggnog and vanilla.
6. Gradually add dry mixture into the wet mixture, stirring until just combined. Do not overmix.
7. Pour batter into prepared loaf pan and bake 45 to 55 minutes, or until a toothpick comes out clean.
8. Cool bread in pan for 10 minutes, then remove to a wire rack.
9. For glaze, stir together powdered sugar, eggnog, and nutmeg until smooth. Drizzle over cooled bread.

## Fun Food Fact

Eggnog dates back to at least the 13th century, when medieval monks enjoyed a hot, milk-based drink with eggs and spices. Later, it became popular in colonial America, where rum was often added. Today, eggnog is a classic holiday treat enjoyed in both drinks and desserts.



# Festive Eggnog

The words listed below can be found vertically and horizontally.

C	I	N	N	A	M	O	N	H	S
K	H	O	H	C	W	A	U	M	P
W	P	S	B	R	E	G	V	O	I
N	U	T	M	E	G	U	B	S	C
R	A	A	P	A	G	E	K	Q	E
U	C	L	Z	M	S	Q	I	D	D
M	E	G	V	A	N	I	L	L	A
C	H	I	L	L	E	D	B	O	I
H	T	C	V	N	O	T	O	K	C
E	F	N	S	W	E	E	T	U	E

CHILLED  
CINNAMON  
CREAM  
EGGS  
NOSTALGIC



NUTMEG  
RUM  
SPICED  
SWEET  
VANILLA