

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

# JUNE 2025-North Potomac Senior Center 55+ Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b> <b>9:15 Zumba Party</b> 9:45 Walking Soccer 10:00 American Mah Jongg <b>10:15 Seated Stretching (first class)</b> 10:30 Bollywood Dance 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program <b>2:30 Senior Planet Lecture Series (first class)</b>	<b>3</b> 9:30 Beginner Tai Chi Practice 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Intermediate Japanese 11:30 SNP Lunch Program <b>12:15 Bingo</b> 1:00 Knit and Crochet Group 1:00 Beginners Bridge Play 2:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 3:15 Heart Plus Exercise	<b>4</b> 9:15 Cardio Fit 9:45 Soccer-weather permitting 10:00-12:00 Chinese Mahjong <b>10:15 Seated Stretching Exercises</b> 10:30 Chinese Folk Dance 10:30-12:30 Amer. Mah Jongg <b>10:30 Walk and Plog</b> 11:30 SNP Lunch Program <b>12:30 Bonjour! Basic French Conversation</b> <b>12:30 Fitness Room Review</b> 1:00 Int'l Ballroom Dancing <b>2:00 Intro Yoga Workshop</b> <b>4:00 Intermediate Spanish</b>	<b>5</b> 9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video 10:00 Current Events 11:30 SNP Lunch Program <b>12:30 Crafting Hour</b> 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:30 Beginners Bridge Play 3:15 Heart Plus Exercise 4:00 Conversational Spanish  <b>No Pickleball</b> <b>No Soccer</b>	<b>6</b> 9:30 Stretching Exercise 9:45 Soccer-weather permitting <b>10:00 Coping with Change</b> 10:00-Noon Tai Chi CMC 37 Yang Style <b>10:45 Polynesian Extravaganza \$5 (pre-paid)</b> 11:30 SNP Lunch Program (Community Lounge) 12:15 Chinese Mahjong <b>12:00 Watercolor Wonders (last class)</b> 12:15 International Folk Dance 2:30 Tai Chi	<b>7</b> <b>TechConnect 9am to 1pm (Last Day until Mid-July)</b>  9:30-11:00 Martial Arts Health Dance 10:30-11:30 TechConnect Virtual Reality Meta Quest 3 (last class)
<b>9</b> <b>9:15 Zumba Party</b> <b>9:30 Outing-Silver Spring Rec Center</b> 9:45 Walking Soccer 10:00 American Mah Jongg <b>10:15 Seated Stretching</b> 10:30 Bollywood Dance 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program <b>2:00 Healthy Mind &amp; Body (first class)</b> <b>2:30 Senior Planet Lecture Series</b> 2:30 Slow Flow Yoga <b>4:00 Crafty Companions</b>	<b>10</b> 9:30 Beginner Tai Chi Practice 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Intermediate Japanese 10:30 Chair Aerobics 11:30 SNP Lunch Program 1:00 Knit and Crochet Group 1:00 Beginners Bridge Play 2:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke 3:15 Heart Plus Exercise	<b>11</b> 9:15 Cardio Fit 9:45 Soccer-weather permitting 10:00-12:00 Chinese Mahjong <b>10:15 Seated Stretching Exercises</b> 10:30 Chinese Folk Dance 10:30-12:30 Amer. Mah Jongg <b>10:30 Walk and Plog</b> 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing <b>2:00 Intro to Yoga Workshop</b> <b>4:00 Intermediate Spanish</b>	<b>12</b> 9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video 10:00 Current Events Discussion 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:30 Beginners Bridge Play 3:15 Heart Plus Exercise 4:00 Conversational Spanish <b>4:00 Outdoor Pickleball</b> <b>5:45 Soccer (weather permitting)</b>	<b>13</b> 9:30 Stretching Exercise 9:45 Soccer-weather permitting <b>10:00 Coping with Change</b> 10:00-Noon Tai Chi CMC 37 Yang Style 11:30 SNP Lunch Program 12:15 Chinese Mahjong 12:15 International Folk Dance <b>1:40 Line Dancing (first class)</b> 2:30 Tai Chi	<b>14</b> 9:30-11:00 Martial Arts Health Dance
<b>16</b> <b>9:30 Outing Wegmans in Germantown</b> 9:45 Walking Soccer 10:00 American Mah Jongg <b>10:15 Seated Stretching</b> 10:30 Bollywood Dance (last class) 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 2:00 Healthy Mind & Body <b>2:30 Senior Planet Series Lecture Series</b> 2:30 Slow Flow Yoga	<b>17</b> 9:30 Beginner Tai Chi Practice 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Intermediate Japanese 10:30 Chair Aerobics 11:30 SNP Lunch Program <b>1:00 Juneteenth Social</b> 1:00 Knit and Crochet Group 1:00 Beginners Bridge Play 2:00 Chinese Classical Folk 2:00 Chinese Karaoke 3:15 Heart Plus Exercise 6:30 Scale Modeling Group	<b>18</b> 9:15 Cardio Fit 9:45 Soccer-weather permitting 10:00-12:00 Chinese Mahjong <b>10:15 Seated Stretching Exercises</b> 10:30 Chinese Folk Dance 10:30-12:30 Amer. Mah Jongg <b>10:30 Walk and Plog</b> 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing <b>4:00 Intermediate Spanish</b> <b>5:30 Evening Crafters</b>	<b>19</b> <b>HOLIDAY</b> <b>SENIOR CENTER CLOSED</b>  	<b>20</b> 9:30 Stretching Exercise 9:45 Soccer-weather permitting <b>10:00 Coping with Change</b> 10:00-Noon Tai Chi CMC 37 Yang Style (last class) <b>11:00 Karaoke and Lunch Around the World</b> 11:30 SNP Lunch Program (Community Lounge) 12:15 Chinese Mahjong 12:15 International Folk Dance <b>1:40 Line Dancing</b> 2:30 Tai Chi	<b>21</b> 9:30-11:00 Martial Arts Health Dance

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>23</b> 9:45 Walking Soccer (weather permitting) 10:00 American Mah Jongg <b>10:15 Seated Stretching</b> 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 2:00 Healthy Mind & Body <b>2:30 Senior Planet Lecture Series</b> <b>2:30 Slow Flow Yoga (last class)</b>	<b>24</b> 9:30 Beginner Tai Chi Practice 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Intermediate Japanese 10:30 Chair Aerobics 11:30 SNP Lunch Program 1:00 Knit and Crochet Group 1:00 Beginners Bridge Play 2:00 Chinese Classical Folk Dance 2:00 Chinese Karaoke <b>5:00-7:00 Pizza and Game Night</b>  <b>No Heart Plus Exercise</b>	<b>25</b> 9:15 Cardio Fit 9:45 Soccer-weather permitting 10:00-12:00 Chinese Mahjong <b>10:15 Seated Stretching Exercises</b> 10:30 Chinese Folk Dance 10:30-12:30 Amer. Mah Jongg <b>10:30 Walk and Plog</b> 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing (begins in Social B) <b>4:00 Intermediate Spanish</b>	<b>26</b> 9:30 Intro to Qigong Flow 9:30-10:15 Zumba Video 10:00 Current Events Discussion <b>10:30 Walking Club with Matt (first class)</b> 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00 American Mah Jongg 1:30 Beginners Bridge Play 4:00 Conversational Spanish <b>4:00 Outdoor Pickleball</b> <b>5:45 Soccer (weather permitting)</b>  <b>No Heart Plus Exercise</b>	<b>27</b> 9:30 Stretching Exercise 9:45 Soccer-weather permitting <b>10:00 Coping with Change</b> 11:30 SNP Lunch Program 12:15 Chinese Mahjong 12:15 International Folk Dance <b>1:40 Line Dancing</b> 2:30 Tai Chi	<b>28</b> 9:30-11:00 Martial Arts Health Dance
<b>30</b> 9:45 Walking Soccer (weather permitting) 10:00 American Mah Jongg <b>10:15 Seated Stretching</b> 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 2:00 Healthy Mind & Body <b>2:30 Senior Planet Lecture Series (last class)</b>					

**YOGA FOR VITALITY (Fee) at NPSC**

Tuesdays and Thursdays

Contact Customer Service at 240-777-6840 or  
Recreation.customerservice@montgomerycountymd.gov

**BONE BUILDER CLASSES at NPSC**

Mondays & Wednesdays—10:45 to 11:45am  
Tuesdays & Thursdays—10:40 to 11:40am

Email-AnnMarie.Heiser@montgomerycountymd.gov

**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.