

North Potomac Senior Center

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



JUNE 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 you are able. Registration is not required.

June 3rd
9:00am to 1:00pm

**Last TechConnect until
Mid-July**

Holiday Closures

The Senior Center will be closed on the following dates:

JUNETEENTH

Thursday, June 19th

JULY 4TH

Friday, July 4th

NEW ANNOUNCEMENT SECTION

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

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



55+


Active #
R07107_559
\$5.00



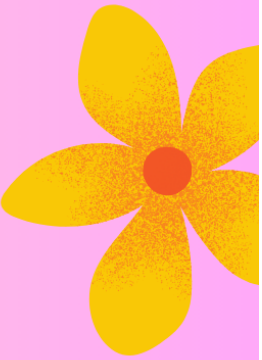
POLYNESIAN EXTRAVAGANZA

Polynesian Dancers and Lunch

MENU:



Passion fruit/guava meatballs,
Pineapple chicken, Coconut rice,
Luau style macaroni/potato salad,
Greens salad, Coconut Cake,
Pineapple upside down cake,
Fresh fruit



Friday, June 6th from 10:45 am to 12:45 pm





Karaoke Around the World

Lunch will be provided

FRIDAY, JUNE 20TH
11AM TO 2PM

ACTIVE#R07107_561

55+ FREE EVENT!



YOU'RE INVITED TO OUR

55+ PIZZA GAME NIGHT

Join us for a fun-filled
evening of delicious
pizza, games, and plenty
of laughter!







Tuesday, June 24

5 to 7pm

Active #

R07107_560

New and Upcoming 55+ Programs

Day/Time	Program	Registration Number
Mondays June 2 to June 30, 2025 2:30 to 3:30pm	Senior Planet Lecture Series	<i>R07105_520</i>
Monday June 4, 2025 2:00 to 3:30pm	 Intro to Yoga Workshop	<i>R07029_526</i>
Monday June 11, 2025 2:00 to 3:30pm	 Intro to Yoga Workshop	<i>R07029_527</i>
Wednesdays June 4 to August 6 10:30 to 11:30am	Walk and Plog for Climate Change	<i>R07023_519</i>
Wednesdays June 4 to August 13, 2025 12:30 to 1:30pm	 Bonjour! Basic French Conversation and Culture	<i>R07019_503</i>
Tuesday July 1, 2025 10:30 to 11:30am	 Tie Dye Fun with Summer Campers	<i>R07095_509</i>
Thursdays June 26 to August 14, 2025 10:30 to 11:30am	 Walking Club	<i>R07035_513</i>
Mondays July 14 to August 18, 2025 5:15 to 6:15pm	 Strength and Balance	<i>R07060_525</i>

Registration, Transportation, & Senior Lunch

NEW INFORMATION—SENIOR NUTRITION PROGRAM (SNP) LUNCH BY DUTCH MILL CATERING

As of March 27, 2025, the Senior Nutrition Lunch Program is no longer taking new applications. 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 is currently \$8.26. Your donations help to support the funding of this program.

New Cancellation and No Show Policy begins June 1, 2025. Speak to your SNP 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 with your information.

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

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 if you become off the waitlist.

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

Applesauce Oatmeal Muffins

Makes 12 muffins



Ingredients:

- 1 1/2 cups old-fashioned oats
- 1 cup unsweetened applesauce
- 1/2 cup milk
- 1/2 cup brown sugar
- 1/4 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 egg
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt

Directions

1. Preheat the oven to 375°F (190°C) and line a muffin tin with paper liners or lightly grease it.
2. In a large bowl, combine oats, applesauce, and milk. Let sit for 10 minutes.
3. Stir in brown sugar, oil, vanilla, and egg until well combined.
4. In a separate bowl, whisk together the flour, baking powder, baking soda, cinnamon, and salt.
5. Gradually fold the dry ingredients into the wet mixture, stirring just until combined.
6. Divide the batter evenly among the muffin cups.
7. Bake for 18–20 minutes, or until a toothpick inserted in the center comes out clean.
8. Allow to cool for a few minutes before transferring to a wire rack.

Cooking Tidbit

Applesauce is a great substitute for oil or butter in baked goods, making them lighter and adding natural sweetness. It also keeps muffins moist without extra fat, making these a wholesome breakfast or snack option.

Beneath the Waves

Unscramble the letters to reveal words related to scuba diving and ocean life.

1. TPUSOCO _____
2. LORAC FERE _____
3. NYEOGX NAKT _____
4. CLWFSNOIH _____
5. SNRKOEL _____
6. AFENGISHL _____
7. LUEB LMARIN _____
8. SEEAEDW _____
9. RASSHK _____
10. SAEHEORS _____
11. TRRECUN _____
12. WTESITU _____
13. IRSFPLPE _____
14. JFSEILHLY _____
15. UBPMCHAK AHLEW _____
16. NLODIPH _____
17. ENCOA _____
18. FRIHATSS _____



North Potomac Senior Center
*Illustration Class
with Mr. Arturo*



North Potomac Senior Center
*Flower Mart at
National Cathedral*



North Potomac Senior Center

Watercolor Wonders



North Potomac Senior Center

Tai Chi Demos for Asian American Pacific Islanders Month



North Potomac Senior Center

Spanish Class with Eirete De Jesus

