

REGISTRATION REQUIRED

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

DECEMBER 2024-North Potomac Senior Center 55+ Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7
9:15 Morning Zumba with Carol 9:30 Stretching with Linda 9:30 Everyday English for Chinese Natives 10:00-12:00 Amer. Mahjongg 10:00 55+ Walking Soccer 10:30 Easy Dance Fitness 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 2:00 Healthy Mind & Body	9:15 AM Chair Aerobics 9:30-10:15 Zumba Video 10:00-12:00 Asian Mahjong 10:00 Watercolor w/Gillian \$ 10:30 Intermediate Japanese 11:30 SNP Lunch Program 12:15 PM Chair Aerobics 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 2:00 Beginners Bridge 2:00 Chinese Karaoke 5:00 Bus outing to Winter Lights at Seneca Park \$5	9:15 AM Chair Aerobics 9:15 Cardio Fit 9:30 Stretching with Linda 9:30 Zumba with Carol 10:00 Drop-In Soccer 10:30 Chinese Dance w/Ming 10:00-12:00 Asian Mahjong 11:30 SNP Lunch Program 12:15 PM Chair Aerobics 1:00 Int'l Ballroom Dancing 5:00 Evening Crafters	9:30 Intro to Qigong 9:30-10:15 Zumba Video 10:00 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 2:00 Beginners Bridge 3:15 Heart Plus with Elizabeth	9:30 Stretching with Linda 10:00 Drop-In Soccer-Outdoor-weather permitting 10:00-Noon Tai Chi CMC 37 Yang Style with Kristen 12:00-4:00 Asian Mahjong 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 1:30 Int'l Holiday Ballroom Dance Showcase No Tai Chi w/Larry Today	9:30-11:00 Martial Arts Health Dance with Josephine No TechConnect Today
9	10	11	12	13	14
9:15 Morning Zumba with Carol 9:30 Stretching with Linda 9:30 Everyday English for Chinese Natives 10:00-12:00 Amer. Mahjongg 10:00 55+ Walking Soccer 10:30 Easy Dance Fitness 10:30am—1:30pm Scale Model Display—Room A 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 2:00 Healthy Mind & Body	9:15 AM Chair Aerobics 9:30-10:15 Zumba Video 10:00-12:00 Asian Mahjong 10:00 Watercolor w/Gillian \$ 10:30 Intermediate Japanese 11:30 SNP Lunch Program 12:15 PM Chair Aerobics 1:00 Knit and Crochet Group 1:00 Holiday Dance Party 2:00 Liuying's Chinese Dance 2:00 Beginners Bridge 3:15 Heart Plus with Elizabeth (class resumes 2/4/25)	9:15 AM Chair Aerobics 9:15 Cardio Fit 9:30 Stretching with Linda 10:00 Drop-In Soccer-Outdoor-weather permitting 10:30 Chinese Dance w/Ming 10:00-12:00 Asian Mahjong 11:30 SNP Lunch Program 12:15 PM Chair Aerobics 1:00 Int'l Ballroom Dancing 5:00 Bus outing to Winter Lights at Seneca Park \$5	9:30 Intro to Qigong 9:30-10:15 Zumba Video 10:00 Current Events Discussion Group with Lyle 10:00 Capture the Flavor: Herbs & Spices-Dr. Habibi 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjong 2:00 Beginners Bridge	9:30 Stretching with Linda 10:00 Drop-In Soccer-Outdoor-weather permitting 10:00-Noon Tai Chi CMC 37 Yang Style with Kristen (winter session starts 1/10/25) 11:30 SNP Lunch Program 12:00-4:00 Asian Mahjong 12:30 International Folk Dance with Instruction 2:30 Tai Chi with Shifu Larry	TechConnect 9am to 1pm 9:30-11:00 Martial Arts Health Dance with Josephine 10:30-11:30 TechConnect Virtual Reality Meta Quest 3 Snow and Ice Family Fest Tomorrow, December 15th 1 to 4pm Active #R03003_297.
16	17	18	19	20	21
9:15 Morning Zumba with Carol 9:30 Stretching with Linda 9:30 Everyday English for Chinese Natives 10:00-12:00 Amer. Mahjongg 10:00 55+ Walking Soccer 10:30 Easy Dance Fitness 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 2:00 Healthy Mind & Body (class resumes 1/20/25)	No Chair Aerobics Today 9:30 Beginners Tai Chi (Winter session begins today) 9:30-10:15 Zumba Video 9:45-12:30 Outing-Creches at Mormon Visitors Center 10:00-12:00 Asian Mahjong 10:00 Watercolor w/Gillian \$ 10:30 Intermediate Japanese (class resumes 1/7/25) 11:30 SNP Lunch Program 1:00 Knit and Crochet Group 2:00 Liuying's Chinese Dance 2:00 Beginners Bridge 6:30 Scale Modeling Group	No Chair Aerobics Today 9:15 Cardio Fit 9:30 Stretching with Linda 9:30 Zumba with Carol 10:00 Drop-In Soccer 10:30 Chinese Dance w/Ming 10:00-12:00 Asian Mahjong 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing	9:30 Intro to Qigong (class resumes 1/2/25) 9:30-10:15 Zumba Video 10:00 Current Events w/Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjong 2:00 Beginners Bridge	9:30 Stretching with Linda 10:00 Drop-In Soccer-Outdoor-weather permitting 11:30 SNP Lunch Program 12:00-4:00 Asian Mahjong 12:30 International Folk Dance with Instruction 2:30 Tai Chi with Shifu Larry	TechConnect 9am to 1pm 9:30-11:00 Martial Arts Health Dance with Josephine 10:30-11:30 TechConnect Virtual Reality Meta Quest 3

DECEMBER 2024-North Potomac Senior Center 55+ Programs

REGISTRATION REQUIRED

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>23</p> <p>9:15 Morning Zumba with Carol 9:30 Stretching with Linda 9:30 Everyday English for Chinese Natives 10:00-12:00 Amer. Mahjongg 10:00 55+ Walking Soccer-weather permitting 10:30 Easy Dance Fitness 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program</p>	<p>24</p> <p>9:15 AM Chair Aerobics 9:30 Beginners Tai Chi 9:30-10:15 Zumba Video 10:00-12:00 Asian Mahjong 10:00 Watercolor w/Gillian \$ 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 1:00-2:30 Knit and Crochet Group</p> <p>No Classical Chinese Folk Dance and Beginners Bridge Today</p> <p>All Classes End at 2:30pm today.</p>	<p>25</p> <p>CLOSED FOR HOLIDAY</p> 	<p>26</p> <p>9:30-10:15 Zumba Video 10:00 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjong 2:00 Beginners Bridge</p>	<p>27</p> <p>9:30 Stretching with Linda 10:00 Drop-In Soccer-Outdoor-weather permitting 11:30 SNP Lunch Program 12:00-4:00 Asian Mahjong 12:30 International Folk Dance with Instruction 2:30 Tai Chi with Shifu Larry</p>	<p>TechConnect 28 9am to 1pm</p> <p>9:30-11:00 Martial Arts Health Dance with Josephine 10:30-11:30 TechConnect Virtual Reality Meta Quest 3</p>
<p>30</p> <p>9:15 Morning Zumba with Carol 9:30 Stretching with Linda 9:30 Everyday English for Chinese Natives 10:00-12:00 Amer. Mahjongg 10:00 55+ Walking Soccer-weather permitting 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program</p>	<p>31</p> <p>9:15 AM Chair Aerobics 9:30 Beginners Tai Chi 9:30-10:15 Zumba Video 10:00-12:00 Asian Mahjong 11:00 Hanukkah Dreidel Game 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 1:00 Kwanzaa History w/ Denise 1:00-2:30 Knit and Crochet Group</p> <p>No Classical Chinese Folk Dance and Beginners Bridge Today</p> <p>All Classes End at 2:30pm today.</p>	<p>North Potomac Senior Center monthly calendar and newsletter is online at North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland (montgomerycountymd.gov) by the 5th of every month.</p>	<p>North Potomac Recreation Center and Senior Center</p> <p>Snow and Ice Family Festival</p> <p>Sunday, December 15, 2024 1 to 4pm</p> <p>Active # R03003_297 Registration Limited</p>		<p>North Potomac Senior Center is closing at 3pm on December 31, 2024 and will be closed on January 1, 2025 for the New Year's Day Holiday.</p>

BONE BUILDERS CLASSES at NPSC

Mondays & Wednesdays—10:45 to 11:45am
Tuesdays & Thursdays—10:45 to 11:45am & 11:50am to 12:50pm
Email Ann Marie at 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 during open registration.
Email seniorfit@holycrosshealth.org for information.

YOGA FOR VITALITY (Fee) at NPSC

Tuesdays—9:30 to 10:30am
Contact Customer Service at 240-777-6840 or
Recreation.customerservice@montgomerycountymd.gov