


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

JANUARY 2025-North Potomac Senior Center 55+ Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>North Potomac Senior Center monthly calendar and newsletter is online at <u>North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland (montgomerycountymd.gov)</u> by the 5th of every month.</p> <p>NEW FEATURE—North Potomac Senior Center “Announcements” is online at <u>North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland (montgomerycountymd.gov)</u> and is updated weekly.</p>		<p>1</p> <p>CENTER CLOSED</p> 	<p>2</p> <p>9:30 Intro to Qigong (class resumes 1/2/25) 9:30-10:15 Zumba Video 10:00 Current Events Discussion Group 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjongg 2:00 Beginners Bridge</p>	<p>3</p> <p>9:30 Stretching Exercise 10:00 Drop-In Soccer-Outdoor -weather permitting 12:00-4:00 Chinese Mahjong 11:30 SNP Lunch Program 12:30 International Folk Dance 2:30 Tai Chi</p>	<p>4</p> <p>TechConnect 9am to 1pm</p> <p>9:30-11:00 Martial Arts Health Dance 10:30-11:30 TechConnect Virtual Reality Meta Quest 3</p>
<p>6</p> <p>9:15 Zumba 9:30 Stretching Exercise 9:30 Everyday English for Chinese Natives 10:00-12:00 Amer. Mahjongg 10:00 55+ Walking Soccer 10:00-3:00 Cardboard Boat Regatta Design & Build 10:30 Easy Dance Fitness 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program</p>	<p>7</p> <p>9:30 Chair Aerobics 9:30 Beginners Tai Chi 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Intermediate Japanese (class resumes 1/7/25) 11:30 SNP Lunch Program 12:15 Chair Aerobics 1:00 Knit and Crochet Group 2:00 Chinese Folk Dance 2:00 Beginners Bridge 2:00 Chinese Karaoke</p>	<p>8</p> <p>9:15 Cardio Fit 9:30 Chair Aerobics 9:30 Stretching Exercise 10:00 Drop-In Soccer-Outdoor -weather permitting 10:00-3:00 Cardboard Boat Regatta Design & Build 10:30 Chinese Dance 10:00-12:00 Chinese Mahjong 11:30 SNP Lunch Program 12:15 Chair Aerobics 1:00 Int’l Ballroom Dancing</p>	<p>9</p> <p>9:30 Intro to Qigong 9:30-10:15 Zumba Video 10:00 Current Events Discussion Group 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjongg 2:00 Beginners Bridge</p>	<p>10</p> <p>9:30 Stretching Exercise 10:00 Drop-In Soccer-Outdoor -weather permitting 10:00-Noon Tai Chi CMC 37 Yang Style (winter session starts 1/10/25) 10:00-3:00 Cardboard Boat Regatta Design & Build 11:30 SNP Lunch Program 12:00-4:00 Chinese Mahjong 12:30 International Folk Dance 2:30 Tai Chi</p>	<p>11</p> <p>TechConnect 9am to 1pm</p> <p>9:30-11:00 Martial Arts Health Dance 10:00 Conversational Spanish for Beginners 10:30-11:30 TechConnect Virtual Reality Meta Quest 3</p>
<p>13</p> <p>9:15 Zumba 9:30 Stretching Exercise 9:30 Everyday English for Chinese Natives 10:00-12:00 Amer. Mahjongg 10:00 55+ Walking Soccer 10:00-3:00 Cardboard Boat Regatta Design & Build 10:30 Easy Dance Fitness 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program</p>	<p>14</p> <p>9:30 Chair Aerobics 9:30 Beginners Tai Chi 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 10:30 Intermediate Japanese 11:30 SNP Lunch Program 12:15 Chair Aerobics 1:00 Knit and Crochet Group 2:00 Chinese Folk Dance 2:00 Beginners Bridge 2:00 Chinese Karaoke</p>	<p>15</p> <p>9:15 Cardio Fit 9:30 Chair Aerobics 9:30 Stretching Exercise 10:00 Drop-In Soccer 10:00-3:00 Cardboard Boat Regatta Design & Build 10:30 Chinese Dance 10:00-12:00 Chinese Mahjong 11:30 SNP Lunch Program 12:15 Chair Aerobics 1:00 Int’l Ballroom Dancing</p>	<p>16</p> <p>9:30 Intro to Qigong 9:30-10:15 Zumba Video 10:00 Current Events Discussion Group 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjongg 2:00 Beginners Bridge (Last day of class)</p>	<p>17</p> <p>9:30 Stretching Exercise 10:00 Drop-In Soccer-Outdoor -weather permitting 10:00-Noon Tai Chi CMC 37 Yang Style 10:00-3:00 Cardboard Boat Regatta Design & Build 11:30 SNP Lunch Program 12:00-4:00 Chinese Mahjong 12:00 Acrylic Paint Instruction with Dereje 12:30 International Folk Dance 2:30 Tai Chi</p>	<p>18</p> <p>TechConnect 9am to 1pm</p> <p>9:30-11:00 Martial Arts Health Dance 10:30-11:30 TechConnect Virtual Reality Meta Quest 3</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	TechConnect 25 9am to 1pm
<p>CENTER CLOSED</p>  <p>MARTIN LUTHER KING DAY</p>	<p>9:30 Chair Aerobics 9:30 Beginners Tai Chi 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 11:30 SNP Lunch Program 12:15 Chair Aerobics 1:00 Knit and Crochet Group 2:00 Chinese Folk Dance 2:00 Chinese Karaoke 6:30 Scale Modeling Group</p>	<p>9:15 Cardio Fit 9:30 Chair Aerobics 9:30-1:45 Outing-Seniors on Strike Bowling 9:30 Stretching Exercise 9:30 Zumba 10:00 Drop-In Soccer 10:00-3:00 Cardboard Boat Regatta Design & Build 10:30 Chinese Dance 10:00-12:00 Chinese Mahjong 11:30 SNP Lunch Program 12:15 Chair Aerobics 1:00 Int'l Ballroom Dancing 1:30-3:30 AARP Tax Aide Appt Schedulers</p>	<p>9:30-10:15 Zumba Video 10:00 Current Events Discussion Group 11:30 SNP Lunch Program 12:30 Chat with the Senior Program Director 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjongg</p>	<p>9:30 Stretching Exercise 10:00 Drop-In Soccer-Outdoor-weather permitting 10:00-Noon Tai Chi CMC 37 Yang Style 10:00-3:00 Cardboard Boat Regatta Design & Build 11:30 SNP Lunch Program 12:00-4:00 Chinese Mahjong 12:00 Acrylic Paint Instruction with Dereje 12:30 International Folk Dance 2:30 Tai Chi</p>	<p>9:30-11:00 Martial Arts Health Dance 10:00 Conversational Spanish for Beginners 10:30-11:30 TechConnect Virtual Reality Meta Quest 3</p>
27	28	29	30	31	 <p>10:00-3:00 Cardboard Boat Regatta Design/Build Info.</p> <p>This is a drop-in program on Mondays, Wednesdays, and Fridays for designing and building our cardboard boat for the Regatta in March 2025.</p> <p>See Sheila if you have any questions. Thanks.</p>
<p>9:15 Zumba 9:30 Stretching Exercise 9:30 Everyday English for Chinese Natives 10:00-12:00 Amer. Mahjongg 10:00 55+ Walking Soccer-weather permitting 10:00-3:00 Cardboard Boat Regatta Design & Build 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 2:00 Healthy Mind & Body (class resumes 1/27/25)</p>	<p>9:30 Chair Aerobics 9:30 Beginners Tai Chi 9:30-10:15 Zumba Video 10:00-12:00 Chinese Mahjong 11:30 SNP Lunch Program 12:15 Chair Aerobics 1:00 Knit and Crochet Group 2:00 Chinese Folk Dance 2:00 Chinese Karaoke</p>	<p>9:15 Cardio Fit 9:30 Chair Aerobics 9:30 Stretching Exercise 9:30 Zumba with Carol 10:00 Drop-In Soccer 10:00-3:00 Cardboard Boat Regatta Design & Build 10:30 Chinese Dance 10:00-12:00 Chinese Mahjong 11:30 SNP Lunch Program 12:15 Chair Aerobics 1:00 Int'l Ballroom Dancing</p>	<p>9:30-10:15 Zumba Video 10:00 Current Events Discussion Group 11:30 SNP Lunch Program 1:00 Dance for Posture (Mandarin) 1:00-4:00 American Mahjongg</p>	<p>9:30 Stretching Exercise 10:00 Drop-In Soccer-Outdoor-weather permitting 10:00-Noon Tai Chi CMC 37 Yang Style 10:00-3:00 Cardboard Boat Regatta Design & Build 11:30 SNP Lunch Program 12:00-4:00 Chinese Mahjong 12:00 Acrylic Paint Instruction with Dereje 12:30 International Folk Dance 2:30 Tai Chi</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