



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


NOVEMBER 2024-North Potomac Senior Center 55+ Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>There is a TechConnect class on <i>How to Register</i> and <i>How to Use the Wish List Feature</i> on Saturday, November 2nd and Saturday, November 9th from 10 to 11am.</p> <p>Online viewing of Winter programs begins at 10am November 1.</p> <p>Winter Session Registration for 55+ Programs, Bone Builders, Day Trippers, and SOAR begins at 9am, online and in person Wednesday, November 13, 2024.</p> <p>North Potomac Senior Center monthly calendar and newsletter is available online at <u>North Potomac Senior Center - Department of Recreation - Montgomery County, Maryland (montgomerycountymd.gov)</u> by the 5th of every month.</p>	<p>North Potomac Recreation Center and Senior Center</p> <p style="text-align: center;"><i>Snow and Ice Family Fest</i> Sunday, December 15, 2024 1 to 4pm</p> <p style="text-align: center;">Active # R03003_297 Registration Opens November 13th</p>		<p style="text-align: center;">Winter Programs Available for Viewing 1</p> <p>9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer-Outdoor-weather permitting 10:00-Noon Tai Chi CMC 37 Yang Style with Kristen 10:00-3:00 Asian Mahjong 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 2:30 Tai Chi with Shifu Larry</p>	<p style="text-align: center;">TechConnect 9am to 1pm 2</p> <p>9:30-11:00 Martial Arts Health Dance with Josephine 10:00-11:00 TechConnect class—<i>How To Register for Programs and How to Use the Wish List Feature</i></p>	
<p style="text-align: right;">4</p> <p>9:30 Stretching Exercises to Music with Linda 9:30 Everyday English for Chinese Natives 10:00-12:00 Amer. Mahjong 10:00 55+ Walking Soccer 10:30 Easy Dance Fitness 11:30 Jai Ho Discussion Grp 11:30 SNP Lunch Program 12:30 Virtual Reality 2:00 Healthy Mind & Body 2:30 Slow Flow Yoga w/Susan</p>	<p style="text-align: right;">5</p> <p>9:15 AM Chair Aerobics 9:30 Beginners Tai Chi 10:00-4:00 Asian Mahjong 10:00 Watercolors w/Gillian \$ 10:30 Intermediate Japanese 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth</p> <p style="text-align: center;"></p>	<p style="text-align: center;">Wellness Wednesday 6 9:30am—2pm 6</p> <p>9:00 Zumba w/Carol (time change) 9:15 AM Chair Aerobics 9:30 Stretching with Linda 10:00 Drop-In Soccer-Outdoor-weather permitting 10:30 Chinese Dance w/Ming 10:00-3:00 Asian Mahjong 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 1:00 Int'l Ballroom Dancing</p>	<p style="text-align: right;">7</p> <p>9:30 Intro to Qigong 9:30 Zumba Video 10:00 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 12:30-2:00 Gather to Craft and Chat (bring craft project) 1:00 Dance for Posture 1:00-4:00 American Mahjong 3:15 Heart Plus with Elizabeth</p>	<p style="text-align: right;">8</p> <p>9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer-Outdoor-weather permitting 10:00-Noon Tai Chi CMC 37 Yang Style with Kristen 10:00-3:00 Asian Mahjong 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 2:30 Tai Chi with Shifu Larry</p>	<p style="text-align: center;">TechConnect 9am to 1pm 9</p> <p>9:30-11:00 Martial Arts Health Dance with Josephine 10:00-11:00 TechConnect class—<i>How To Register for Programs and How to Use the Wish List Feature</i></p>
<p style="text-align: center;">11</p> <p>SENIOR CENTER CLOSED VETERANS DAY No JCA Bus No SNP Lunch</p> <p style="text-align: center;"></p>	<p style="text-align: right;">12</p> <p>9:15 AM Chair Aerobics 9:30 Beginners Tai Chi 10:00-4:00 Asian Mahjong 10:00 Watercolors w/Gillian \$ 10:30 Intermediate Japanese 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth</p>	<p style="text-align: center;">Winter Registration Begins at 9am 13</p> <p>9:15 AM Chair Aerobics 9:30 Stretching with Linda 9:30 Zumba with Carol 10:00 Drop-In Soccer 10:30 Chinese Dance w/Ming 10:00-3:00 Asian Mahjong 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 1:00 Paint and Socialize 1:00 Int'l Ballroom Dancing</p>	<p style="text-align: right;">14</p> <p>9:30 Intro to Qigong 9:30 Zumba Video 10:00 Current Events w/Lyle 11:30 SNP Lunch Program 12:30-2:00 Gather to Craft and Chat (bring craft) 1:00 Dance for Posture 1:00-4:00 American Mahjong 3:15 Heart Plus with Elizabeth</p>	<p style="text-align: right;">15</p> <p>9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer-Outdoor-weather permitting 10:00-Noon Tai Chi CMC 37 Yang Style with Kristen 10:11:30 Diwali 10:00-3:00 Asian Mahjong 11:30 SNP Lunch Program 12:30 International Folk Dance with Instruction 2:30 Tai Chi with Shifu Larry</p>	<p style="text-align: center;">TechConnect 9am to 1pm 16</p> <p>9:30-11:00 Martial Arts Health Dance with Josephine 10:30-11:30 TechConnect Virtual Reality Meta Quest 3</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19	20	21	22	TechConnect 23
9:15 Mini Cardio Fit 1 w/Carol 9:30 Stretching Exercises to Music with Linda 9:30 Everyday English for Chinese Natives 10:00-12:00 Amer. Mahjong 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 12:30 Virtual Reality 2:00 Healthy Mind & Body 2:30 Slow Flow Yoga w/Susan	9:15 AM Chair Aerobics 9:30 Beginners Tai Chi 10:00-4:00 Asian Mahjong 10:30 Intermediate Japanese 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth 6:30 Scale Modeling Group <i>No Watercolor with Gillian today</i>	9:15 AM Chair Aerobics 9:30 Zumba with Carol 9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer-Outdoor-weather permitting 10:00-3:00 Asian Mahjong 10:30 Chinese Dance w/Ming 11:30 SNP Lunch Program 12:30 PM Chair Aerobics 1:00 Int'l Ballroom Dancing 5:30 Evening Crafters	9:30 Intro to Qigong 9:30 Zumba Video 9:45 JCA Bus Outing to Germantown Amish Market 10:00 Current Events Discussion Group with Lyle 11:30 SNP Lunch Program 12:30 Easy Art with Kamel 1:00 Dance for Posture (Mandarin) 12:30-2:00 Gather to Craft and Chat (bring craft project) 1:00-4:00 American Mahjong 3:15 Heart Plus with Elizabeth	9:15 Mini Cardio Fit 2 w/Carol 9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer-Outdoor-weather permitting 10:00-Noon Tai Chi CMC 37 Yang Style with Kristen 10:00-3:00 Asian Mahjong 11:30 SNP Lunch Program 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
25	26	27	28	29	TechConnect 30
9:15 Mini Cardio Fit 3 w/Carol 9:30 Stretching Exercises to Music with Linda 9:30 Everyday English for Chinese Natives 10:00-12:00 Amer. Mahjong 10:00 55+ Walking Soccer-weather permitting 11:30 Jai Ho Discussion and Social Group 11:30 SNP Lunch Program 12:30 Virtual Reality 2:00 Healthy Mind & Body 2:30 Slow Flow Yoga w/Susan	9:30 Beginners Tai Chi 10:00-4:00 Asian Mahjong 10:00 Watercolors w/Gillian \$ 11:30 SNP Lunch Program 1:00 Knit and Crochet Group 2:00 Liuying's Classical Chinese Folk Dance 3:15 Heart Plus with Elizabeth	9:30 Stretching Exercises to Music with Linda 10:00 Drop-In Soccer-Outdoor-weather permitting 10:00-3:00 Asian Mahjong 10:30 Chinese Dance w/Ming 11:30 SNP Lunch Program 1:00 Int'l Ballroom Dancing	Rec and Senior Center CLOSED Thanksgiving Holiday on Thursday, November 28th	Rec and Senior Center CLOSED Thanksgiving Holiday on Friday, November 29	TechConnect 9am to 1pm 10:30-11:30 TechConnect Virtual Reality Meta Quest 3
					

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