

North Potomac Senior Center

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



FEBRUARY 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.



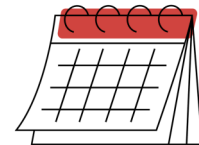
NEW Hotline

Montgomery County introduces a new hate-bias incident portal and a telephone hotline to simplify reporting hate-bias incidents to the Montgomery County Police Department (MCPD). Residents can report a hate-bias incident by calling 311 or visiting montgomerycountymd.gov/report-hate.

Holiday Closure

The Senior Center will be closed on the date below. There will be no classes or programs, JCA Transportation, or Senior Nutrition Lunch:

PRESIDENTS DAY
Monday
February 17, 2025









NEW Feature for Announcements

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

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

New & Upcoming 55+ Programs

Day/Time	Program	Registration Number
Thursdays in February 9:30 to 10:15am	Intro to Qigong	R07059_203
Saturdays in February 9:00am to 1:00pm	TechConnect (Assistance with technology. Bring your device if available)	Registration Not Required
Tuesday February 11 11:00am to 12:00pm	 Coping with Change	R07076_205
Friday February 21 12:30pm to 2:30pm	 Motown and More Black History Month Program	R07107_260
Tuesday March 4, 2025 10:00am to 1:00pm	 Volunteer Resource Fair	R07107_359
Wednesdays March 5 to April 23, 2025 3:00 to 4:00pm	 Basic Self Defense Workshop	R07026_302
Thursday April 3, 2025 10:00 to 11:30am	 Seniors Kickball Fun	R07315_300
Mondays & Wednesdays April 7 to May 7 2:15 to 3:30pm	 Senior Planet: Chromebook Essentials	R07105_334

Registration, Transportation, & Senior Lunch

HOW DO I REGISTER FOR PROGRAMS?

In order 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 have shown up for, 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 check 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

If you reside within five miles of the North Potomac Senior Center, the Jewish Council for the Aging (JCA) provides free, handicap accessible transportation Monday through Friday. Pickup from your home is between 8:00 - 9:00am and the bus leaves the center at approximately 1:45pm to take you home. Please call 240-773-4805 or stop by the North Potomac Senior Center during open hours for an application. Please note that it takes the JCA staff approximately 7 to 10 business days to process applications and to contact all applicants via telephone regarding their application status. Currently, there is a waitlist for JCA transportation, however please submit your application to get on the waitlist and hold your place.

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

If you are age 60+, you can take part in the SNP at North Potomac Senior Center. The suggested donation is \$3.00 per meal to support the funding of the program. The cost of the meal for individuals sixty and under is \$8.26 per meal. If interested, come to the center between 9:00am and 1:00pm to complete an SNP application and for SNP staff to assist and answer any questions. If you have completed an application and would like to place an order, call 240-773-4805 before 10:00am *at least* four business days ahead of time. **If you are going to arrive after 11:45am for your meal or need to cancel your reservation, contact Andy or Jean at 240-773-4805 or email NPSC@montgomerycountymd.gov with your cancellation information.**

LUNAR NEW YEAR CELEBRATION

Friday, February 7, 2025

10am to Noon

North Potomac Senior Center-Main Gym

Active #R07089_237

Note: If you registered for a North Potomac SNP lunch for today with Jean or Andy, your lunch will be available at Noon.

**HAPPY
LUNAR
NEW YEAR**



MONTGOMERY COUNTY
Recreation

**NORTH POTOMAC
SENIOR CENTER**

MONTGOMERY COUNTY RECREATION

GWENDOLYN E. COFFIELD COMMUNITY RECREATION CENTER

CASINO ROYALE



Saturday, Feb. 8 • Noon - 3 p.m.

Scan QR

ACTIVITY R03027-270



FREE • AGES 55+

There will be light refreshments, Blackjack, Roulette, Poker and Baccarat tables, prizes and much more. No Door Prizes.

Registration Required.

2450 Lyttonsville Rd.

Silver Spring



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION

To register, visit ActiveMontgomery.org
240-777-6840 • Hablamos Español • www.mocorec.com



MONTGOMERY COUNTY
Recreation

Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA).
Please contact 240-777-6840 or rec.inclusion@montgomerycountymd.gov to request accommodations.

From Passion to Purpose: Connect With
Nonprofits That Need Your Talents

Volunteer Fair

Connect with incredible nonprofit organizations in Montgomery County eager to discuss how your skills can create a meaningful impact in the community.



13850 Travilah Road,
Rockville, MD 20852



March 4th,
2025 11:00 AM - 1:00 PM



Registration begins February 19th at 9am. Registration is encouraged but not required!
Active #R07107_359

Email Sheila.hall@montgomerycountymd with any questions.



ACTIVE SENIOR
Connecting, Engaging & Socializing

NORTH POTOMAC SENIOR CENTER SENIORS

BREAST CANCER

Awareness Presentation

TOPIC: NUTRITION

HANDOUTS, EDUCATIONAL MATERIALS ON
NUTRITION & GIFTS FOR ATTENDING

Active #R07028_349

DATE: THURSDAY, MARCH 27TH

TIME: 10:30AM - 11:30AM

LOCATION: COMMUNITY ROOM

TOGETHER, WE CAN MAKE A DIFFERENCE!



MONTGOMERY COUNTY RECREATION
SOAR
SENIOR OUTDOOR ADVENTURES IN RECREATION



SPRING 2025

Photo Credit: Winterthur Museum, Gardens and Library, DE
Activity R07082-304, Wednesday, May 22



MONTGOMERY COUNTY
Recreation

REGISTRATION BEGINS, WEDNESDAY, FEB. 19 AT 9 A.M. FOR MORE INFORMATION, VISIT WWW.MOCOREC.COM.

**SOAR AND
DAY TRIPPERS
FILL QUICKLY!**

SOAR AND DAY TRIPPERS REGISTRATION INFORMATION

WAYS TO REGISTER

1. ONLINE - Fast...Easy...Secure! Register 24 hours a day, 7 days a week at:
ActiveMONTGOMERY.org

2. IN PERSON - Beginning **Wednesday, Feb. 19 at 9 a.m.** at MCR facilities during regular business hours.

Contact us at 240-777-6840 to inquire about in person assistance at the **Administrative Office**
2425 Reedie Dr. 10th Floor, Wheaton.

3. MAIL - Mail a registration form to:

Montgomery County Recreation Attn: Registrar
2425 Reedie Dr., 10th Floor, Wheaton, MD 20902

Mail in registration is not processed prior to registration day and DOES NOT SECURE A SPOT. THERE IS NO GUARANTEE.

*Credit Card Registrations are **ONLY ACCEPTED ONLINE OR IN PERSON.***

Make checks and money orders payable to ActiveMONTGOMERY. Checks and money orders must include name, address and telephone numbers.
All confirmations will be sent to the email address provided.

YOUR RESPONSIBILITY AS A PARTICIPANT

You, the participant, assume all risks associated with participation in the program. The County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult their physician concerning fitness prior to participating in the program. The participant consents to emergency treatment if medically necessary. The participant also consents to the County's use of any photographs taken or video made of the program.

WHERE DO TRIPS DEPART/RETURN FROM?

**All trips depart /return to Olney Manor Recreational Park,
16605 Georgia Avenue, Olney**

This is at the traffic light at Georgia Avenue and Emory Lane. It is accessible by both automobile and public bus. Turn onto Emory Lane, and take the second left and follow signs for Skate Park and Ballfield #1. Unless noted, all motorcoaches are equipped with restrooms.

Due to unforeseen circumstances, trip itineraries and fees may be altered. Customers will be notified of any changes.

Montgomery County Government is committed to complying with the Americans With Disabilities Act (ADA). If you need auxiliary aids or services (such as an ASL interpreter, large print materials, or lift equipped bus), call 240-777-6840, before the activity.

FOR MORE INFORMATION, VISIT WWW.MOCOREC.COM.

REGISTRATION BEGINS WEDNESDAY, FEB. 19 AT 9 A.M.

FOR MORE INFORMATION, VISIT WWW.MOCOREC.COM or call 240-777-4933.



MONTGOMERY COUNTY RECREATION
SOAR
SENIOR OUTDOOR ADVENTURES IN RECREATION

SOAR offers day trips designed for active adults 55 and older. Travel by motorcoach for trips unless otherwise specified. All trips depart and return to Olney Manor Recreational Park, 16605 Georgia Ave., Olney.

R07082-301 Cherry Blossom Cruise and Lunch, Washington D.C. Th, April 3 • Leave 9:30 a.m., Return 4 p.m. • Fee: \$136

We will cruise along the Potomac River and enjoy a lunch buffet on the Spirit of Washington as we enjoy the sights. The Captain will narrate historic sights and music will be provided for dancing. Fee includes transportation, cruise and lunch. Trip is on as scheduled regardless of bloom status and held rain or shine.

R07082-302 Walking Tour of Historic St. Mary's City, MD Th, April 10 • Leave 7:15 a.m., Return 5:30 p.m. • Fee: \$89

Experience colorful living history, fascinating archaeology and the great natural beauty of St. Mary's City in the beautiful tidewater landscape of Southern Maryland. We will have a guided tour of the area. Fee includes transportation, tours and lunch at St. Mary's College, Café Bon Appétit. Trip is held rain or shine.

R07082-303 John Wilkes Booth Escape Route Tour, MD Th, April 17 • Leave 8:15 a.m., Return 4:15 p.m. • Fee: \$82

Follow the escape tour of Abraham Lincoln assassin John Wilkes Booth narrated by veteran guide (and Booth relative) Rick Snider. We'll visit the Mary Surratt House in Clinton and Dr. Mudd House in Waldorf while passing several sights along the backroads used by Booth to the Maryland-Virginia border. We will have lunch at a waterfront restaurant on your own. Fee includes transportation, admission and guide. Trip is held rain or shine.

R07082-304 Winterthur Museum, Gardens and Library, DE W, May 22 • Leave 7 a.m., Return 5 p.m. • Fee: \$84

We will experience a self-guided tour of this stunning mansion, featuring the most significant collection of American decorative arts in the world. We will also see the world-class naturalistic garden, which includes a tram tour. Lunch is on your own at the on-site café. Fee includes transportation and admission. Trip is held rain or shine.

R07082-305 Annual Sailing Trip on the Liberte, Annapolis, MD W, May 28 • Leave 8:30 a.m., Return 3:30 p.m. • Fee: \$120

Enjoy three hours on a 76-foot-long sailboat with a professional captain and crew. Fee includes transportation, lunch and sail. Trip is held weather permitting.

R07082-306 B&O Railroad Museum, Baltimore, MD Th, June 5 • Leave 8:30 a.m., Return 3:30 p.m. • Fee: \$82

The museum and historic railway station exhibits historic railroad equipment and is home to the most comprehensive collection of railroad artifacts in the Western Hemisphere. You will enjoy exploring the expansive campus as well as the café and gift shop. Fee includes transportation, admission and tour. Lunch is on your own at The B&O Café. Trip is held rain or shine.

R07082-307 The National Museum of the United States Army, Fort Belvoir, VA Th, June 12 • Leave 8:45 a.m., Return 3:45 p.m. • Fee: \$69

The museum is the first comprehensive and only national museum to capture, display and interpret the Army's history by telling stories through the eyes of soldiers. In addition to the galleries and exhibits, the museum features a multisensory 300-degree screen theatre, a tranquil rooftop garden and hundreds of historic treasures rarely or never-before-seen by the public. Lunch is on your own at the café onsite. Fee includes transportation. Trip is held rain or shine.





MAKE EVERY DAY UNFORGETTABLE!

Day Trippers offers intergenerational trips to a variety of destinations. A day trip is planned with your interests in mind.

Join us for exciting trips and leave the driving to us. Children under 18 must be accompanied by an adult. Trips leave from and return to Olney Manor Recreational Park, 16605 Georgia Ave., Olney.

R07083-301 Hershey - Story Museum - Gardens and Chocolate World, Hershey, PA..... W, April 23 • Leave 7 a.m., Return 5 p.m. • Fee: \$84

The story of Milton S. Hershey and the town that bears his name is presented through exhibits and interactive experiences. We will then make our way to Hershey Gardens to tour the beauty and wonder of nature as well as the butterfly atrium. After our visit, we will travel to Hershey Chocolate World to experience all that it has to offer. Lunch is on your own at the food hall on-site. Fee includes transportation and admissions. Trip is held rain or shine.

R07083-302 “Neil Berg’s The 70’s: Long Live Rock N’ Roll” at The Weinberg Center, Frederick, MD

Sa, April 26 • Leave 4:45 p.m., Return 10:45 p.m. • Fee: \$92

The 70’s started with new classic rock bands and ended up with an exciting new wave of music. This incredible concert includes the songs and stories of many of the iconic artists of the era including Elton John, Billy Joel, The Eagles, Fleetwood Mac, Queen, Bruce Springsteen, Pink Floyd, The Rolling Stones, Chicago, Styx, David Bowie and one-hit-wonders as well. Visit downtown Frederick before the show for dinner and shopping on your own! Fee includes transportation and admission. Trip is held rain or shine.

R07083-303 Tea Time at the Tea Trolley, Delta, PA Th, May 8 • Leave 9 a.m., Return 5 p.m. • Fee: \$98

Step back in time and enjoy a full high tea service surrounded by Victorian elegance. Fee includes transportation and high tea. Trip is held rain or shine.

R07083-304 Carroll County Farmer’s Market - Mother’s Day Event, Westminster, MD..... Sa, May 10 • Leave 9 a.m., Return 3 p.m. • Fee: \$52

The market is all indoors with 60 vendors and a free giveaway of a flowering plant to the first 500 moms to arrive. There will be many beautiful hanging baskets, potted plants, spring garden plants, herbs and more available for Mother’s Day gifts. You will also be able to check out crafts, arts, baked goods, gourmet food items, wine and cheese. Fee includes transportation. Trip is held weather permitting.

R07083-305 Virginia Museum of Fine Arts, Richmond, VA W, May 14 • Leave 8 a.m., Return 5 p.m. • Fee: \$74

Visitors will see art that spans over 6,000 years of history and represents many different cultures. You will have time on your own to experience all the museum has to offer. Lunch is on your own at the Best Café. Fee includes transportation and guided tour. Trip is held rain or shine.

R07083-306 “Shear Madness at the Kennedy Center,” Washington D.C. Su, June 1 • Leave 12:45 p.m., Return 5:45 p.m. • Fee: \$89

This unique whodunit-comedy takes place in the Shear Madness hairstyling salon and is chock full of up-to-the-minute spontaneous humor. Fee includes transportation and show. Lunch is on your own at the KC Café before the show. Trip is held rain or shine.

R07083-307 Baker Park Bandshell - Concert Series, Frederick, MD Su, June 8 • Leave 5 p.m., Return 10 p.m. • Fee: \$54

Enjoy high quality musical entertainment from a wide range of musical backgrounds. You will have time to enjoy the food trucks before the show and the performing group will be announced in March when they finalize the schedule. Fee includes transportation. Trip is held weather permitting.



**NEW DATE
AND
LOCATION!!**



RESPITE

RESOURCE & HEALTH FAIR

Join us for a day of care, support and health! Discover resources for respite care-home health care agencies, respite facilities, adult medical day programs, camps and therapeutic programs for seniors and people with disabilities.

Saturday

APRIL 5TH, 2025



Time

10:00 AM - 2:00 PM



Activity Center at

Bohrer Park

506 S FREDERICK AVE,
GAITHERSBURG, MD 20877



Free

OPEN TO THE
PUBLIC



RESOURCES AVAILABLE FOR SENIORS AND PEOPLE WITH DISABILITIES OF ALL AGES

- HEALTH SCREENINGS
- AGING & DISABILITY RESOURCES
- INTERACTIVE ACTIVITIES
- AND SO MUCH MORE

ADA Reasonable Accommodation: Sign language interpreter services and other types of reasonable accommodations will be provided upon request preferably 5 business days or with as much advance notice as possible. Please call 301.984-5777x1206 or via MD Relay at 711 or email Julia.Abate@TheArcMoCo.org. In all situations, a good faith effort (up until the time of the event) will be made to provide accommodations.

新日期
和地方!!



照護者喘息服務資源博覽會

請參加我們的照護者喘息服務資源博覽會！
探索老年人和殘疾人士的暫托設施、成人醫療日托計劃、夏令營和治療計劃的資源。



為所有年齡層的老年人和殘疾人
提供資源

- 健康篩查
- 長者及殘疾人士資源
- 互動活動
- 還有更多

週六
4月5日, 2025年
時間
早上10點- 下午2點

**Activity Center at
Bohrer Park**
506 S FREDERICK AVE,
GAITHERSBURG, MD
20877

ADA美國殘障法合理便利服務：提供手語翻譯服務和其他類型的合理輔助，最好提前 5 個工作日或盡可能提前申請。請致電 301.984-5777x1206 或透過 MD Relay 馬里蘭州電訊轉接服務撥打711 或發送電子郵件至 Julia.Abate@TheArcMoCo.org。在所有情況下，我們都會盡可能（直到活動開始前）提供輔助。

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

Seniors on Strike Bowling at Bowlero Lanes!

