

North Potomac Senior Center

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



JANUARY 2025 NEWSLETTER

Holiday Closures

The Senior Center will be closed on the following dates:

NEW YEARS HOLIDAY

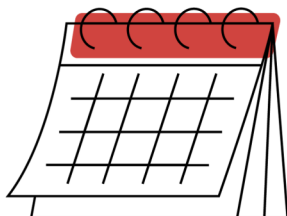
- Wednesday, December 31st closing at 3pm
- Thursday, January 1, 2025

DR. MARTIN LUTHER KING, JR. HOLIDAY

- Monday, January 20, 2025

PRESIDENTS DAY

- Monday, February 17, 2025



NEW Feature

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/RecFinanceOffice) and is updated weekly.

Changes in 55+ classes and programs will be updated here once a week.

Please Cancel!

Do Not be a NO SHOW! To respect our customers, your friends, and the staff, if you are not able to attend a program or outing, please cancel your registration as soon as possible by emailing Rec.FinanceOffice@montgomerycountymd.gov. Many programs and outings have a wait list and for a customer to be enrolled from the waitlist, a customer not able to attend must cancel.







RecALERT Emergency Information

Stay informed with **Alert Montgomery**, your go-to for timely notifications on program closures within Montgomery County Recreation or emergencies affecting Montgomery County. Receive accurate updates instantly via text, email, or voice message.

To sign up for emergency information notifications, visit:

<https://www.montgomerycountymd.gov/OEMHS/AlertMontgomery/index.html>

New & Upcoming 55+ Programs

Day/Time	Program	Registration Number
Thursdays Dec. 5, 2024 to Feb. 27, 2025 9:30 to 10:15am	Intro to Qigong	R07059_203
Fridays Dec. 6, 2024 to Feb. 28, 2025 2:30 to 3:30pm	Tai Chi	R07027_202
Wednesday January 22, 2025 1:30 to 3:30pm	 AARP Tax Aide Appointment Schedulers	R07095_215
Wednesdays March 5 to April 23, 2025 3:00 to 4:00pm	 Basic Self Defense Workshop	R07026_302
Tuesday March 4, 2025 10:00am to 1:00pm	 Volunteer Resource Fair	R07107_359
Saturdays Jan. 11 to Feb 22, 2025 10:00 to 11:30am	 Conversational Spanish for Beginners	R07015_211
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

NEW Hotline at Montgomery County

Montgomery County Launches New Hate-Bias Incident Complaint Portal and Hotline to Simplify Reporting Process



Montgomery County Executive Marc Elrich announced a new hate-bias incident complaint 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 visiting montgomerycountymd.gov/report-hate. Read the [press release](#).

AARP Tax-Aide at North Potomac

AVOID THE CROWDS: SCHEDULE YOUR FREE TAX APPOINTMENT EARLY AT NORTH POTOMAC SENIOR CENTER ON JANUARY 22, 2025 FROM 1:30 TO 3:30PM. THIS IS FOR SCHEDULING ONLY!

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.**

Snow and Ice Family Festival at North Potomac



A surprise visit by
FROSTY!



Snow and Ice Family Festival at North Potomac



Skating, DJ,
crafts, treats,
and tons of fun
for everyone!



Searching for January

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



AQUARIUS

GARNET

PARKA

AUSTRALIA (Day)

HAT

POLAR BEAR PLUNGE

BLIZZARD

INAUGURATION

SKIING

CAPRICORN

MARTIN L. KING (Day)

SNOWDROP

FIREPLACE

MITTENS

SNOWFLAKE

FROZEN

NEW YEAR'S DAY

SWEATER

MONTGOMERY COUNTY RECREATION

SENIORS ON STRIKE BOWLING TRIP

WEDNESDAY, JAN. 22 | 9:30 A.M. - 1:45 P.M. | \$5 FEE

AGES:
55+

NORTH POTOMAC
SENIOR CENTER

240-773-4805



ACTIVITY
R07101-202

Join your senior center and other participating centers in a friendly competition of bowling at Bowl America in Gaithersburg. Registration includes bowling, rental shoes, arcade card, pizza, water and soft drinks. **Registration is required and space is limited.** Bus transportation from centers is strongly encouraged!
Registration will take place at the front desk only.



MONTGOMERYCOUNTYRECREATION



MOCOREC



MOCORECREATION

For more information, visit mcorec.com
240-777-6840 • Hablamos Español • www.mcorec.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.