

# North Potomac Senior Center

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



## NOVEMBER 2024 NEWSLETTER

### New Date & Time

Winter programs and classes available for viewing in ActiveMontgomery beginning November 1, 2024 at 10am.

NEW DATE: Winter Programs 2024-25 Registration is Wednesday, November 13 at 6:30am for County residents. **Senior Program registration (55+) including Bone Builders, Day Trippers, and Senior Outdoor Adventures in Recreation will begin at 9:00am.** A confirmation receipt will be sent to you via email once your registration is complete. You will receive notification and be placed on a waitlist if the program or class you selected is full and offers a waitlist.

Non-county residents must pay an additional \$15 per participant, per session for each program or class registered.

### TechConnect

TechConnect has returned to North Potomac Senior Center. TechConnect is available from 9am to 1pm on Saturdays. On November 2 and November 9 there will be a class from 10am to 11am on **How to Register for Programs** and **How to Use the Wish List Feature**. No registration is needed. Please bring your device i.e. laptop, iPad, or mobile phone to this class.

### Holiday Closures

**The Senior Center will be closed on the following dates:**

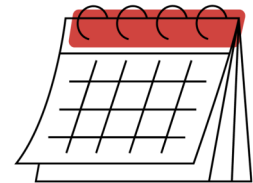
VETERANS DAY

Monday, November 11th

THANKSGIVING HOLIDAY

Thursday, November 28th

Friday, November 29th







### 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
Wednesday November 13 1:00 to 2:30pm	Paint and Socialize	<i>R07095_105</i>
Thursday November 21 9:45am to 12:30pm	JCA Bus Outing to Amish Market in Germantown	<i>R07101_133</i>
Tuesday December 3 5:00 to 7:30pm	JCA Outing to Winter Lights at Seneca Creek State Park—\$5	<i>R07101_228</i>
Tuesdays Dec 3 to Dec 17 3:00 to 4:00pm	 Strength Training with Philoy	<i>R07060_216</i>
Tuesdays & Thursdays Dec 3 to Jan 16, 2025 2:00 to 3:30 pm	 Beginner's Bridge	<i>R07074_210</i>
Friday December 6 1:30 to 4:30pm	Holiday Ballroom Dance Showcase	<i>R07107_203</i>
Monday December 9 10:30am to 1:30pm	 Scale Model Display	<i>R07023_210</i>
Saturdays Jan 11 to Feb 22, 2025 10:00 to 11:30am	 Conversational Spanish for Beginners	<i>R07015_211</i>

# Maryland Senior Citizens Hall of Fame

## Congratulations

### 2024 Maryland Senior Citizens Hall of Fame Recipients

**Nancy Lew**, Volunteer at North Potomac Senior Center in Rockville  
and

**Paul Mink**, Volunteer at Schweinhaut Senior Center in Silver Spring



Recipients, Nancy Lew, and Paul Mink were inducted at the Annual Awards Luncheon held last month at Ten Oaks Ballroom. Inductees received a membership certificate, an official MSCHF lapel pin, and are featured in the annual coveted Blue Book, located at the University of Baltimore's Library. The MSCHF serves to recognize, acknowledge, and honor the volunteer achievements of Maryland individuals. Congratulations Nancy and Paul!

# JCA Mini Trip to MoCo Recycling Center



*An interesting and informative tour of the Montgomery County Recycling Center in Rockville. We highly recommend this tour to others.*



# Pumpkin Carving at NPSC



*So many talented 55+ participants!*

# North Potomac Fall Festival



# North Potomac Fall Festival



# 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 filling out an Active Montgomery Registration Form, or, if you are certain you have already registered, please ask an employee to print a receipt confirming your registration. Please be kind to your fellow participants, instructors, and staff by adhering to the rules and regulations set by Montgomery County. Thank you.

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## ***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.

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## ***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](mailto:NPSC@montgomerycountymd.gov) with your cancellation information.**



# Mixed-Up Mountains and Hiking

Unscramble the letters to reveal words associated with mountains and hiking.

1. UOMNTANI NEAGRS \_\_\_\_\_
2. PACBCAKK \_\_\_\_\_
3. TMNO ALCBN \_\_\_\_\_
4. TUNARE \_\_\_\_\_
5. FSRIT DIA TKI \_\_\_\_\_
6. NREOSIO \_\_\_\_\_
7. AWTSCBHCIK \_\_\_\_\_
8. RETVSEE \_\_\_\_\_
9. OIPNSO YIV \_\_\_\_\_
10. PIIACFC TSREC \_\_\_\_\_
11. AUTETLID \_\_\_\_\_
12. AEBS ITGEHW \_\_\_\_\_
13. PLACAIPAANH RAITL \_\_\_\_\_
14. AWTER LBOTTE \_\_\_\_\_
15. AIALNMOIJRK \_\_\_\_\_
16. LNDWLIHO \_\_\_\_\_
17. TERHONRMAT \_\_\_\_\_
18. KKTINGRE \_\_\_\_\_



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](http://mcorec.com)  
240-777-6840 • Hablamos Español • [www.mcorec.com](http://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](mailto:rec.inclusion@montgomerycountymd.gov) to request accommodations.



North Potomac  
Recreation and Senior  
Center

# *Snow and Ice Family Fest*

Sunday, December 15, 2024  
1pm to 4pm



Wintery Crafts

Refreshments

Skating

Games

Photo Ops with Snowman

Registration Required  
Active # R03003\_297